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October 2017 Volume 17, No. 10

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



Fold 'em, Fill 'em. Members of the Brunswick Area Teen Center helped Center Coordinator Jordan Cardone fold and mail many of the annual appeal letters this fall.

Expo Extra!

The People Plus Senior Health Expo opens at 9 a.m. on Tuesday, Oct. 17th on the heated, indoor concourse at Brunswick's Cook's Corner Shopping Mall. Sponsors and vendors have filled the spaces, leaving all to anticipate another exciting event. See our pull-out "Preview".



"Aging Well" Lunch & Learn

"New parts installed"

Doctors Jacob Furey and Thomas Kryzak, both surgeons at Brunswick's Mid Coast Hospital, will discuss the "hows" and "whys" of total and partial joint replacement for knees and hips during a People Plus Lunch & Learn on Monday, Oct. 23, beginning at 12 noon.

Both doctors earned their medical degree from Tufts University school of Medicine, Kryzak completed his residency at San Antonio Military Medical School; Furey completed his at University of Massachusetts, Worcester. "We are



so fortunate to have these two talented surgeons join our team," said Dr. Scott Mills, Chief Medical Officer at Mid Coast Hospital. "As the population ages and we see a growing need for joint replacement surgeries, we are now very well positioned to care for the orthopedic needs of our Community."

Monday Munchies on this date will be serving veggie soup with a grilled cheese sandwich, or you can bring your own lunch and join us for chips and drinks. Your pre-registration will help us plan for the day, call 729-0757.

Walking or riding:

Leaf lookers like their chances

There are two opportunities for leaf enthusiasts at People Plus this month, a FYI! "Stroll" in Brunswick and a van field trip to the top of coastal Mount Battie.

On Thursday, Oct. 12, Jay Astle, Brunswick's arborist, will offer a guided walking tour of downtown Brunswick, and point out many of the town's special trees. "It's too easy to take our trees for granted," Astle said, "it's fun to enjoy them when they're at their best." Each walker will be given a self-guided map offering more details about more than 40 trees featured in the area. The walk starts at People Plus at 1:30 p.m., and is free to members.

On Wednesday, Oct. 11, meet Frank Connors at the Center at 9:30 a.m. for a van trip to Camden and a ride to the top of Camden's Mount Battie. "It's just the easiest way I've found to climb a

mountain," Connors said of the van from Coastal Landing. "We'll take the first dozen members who sign up!" he added. He said there would be a quick stop for riders at the Maine State Prison Store (early Christmas presents?) and what he called, "a rambling narrative" as we travel up Route one. "If the weather's

okay, we'll hike a trail near the peak if folks want," Connors said. Expect to eat a "late" lunch at Moody's Diner in Waldoboro (you buy your own) and we should be back at the Center in time for Frank's 3 p.m. nap. Cost of Frank's Field Trip is only \$10, thanks to the generous sponsorship of Scott Lemieux from Ameriprise Financial, and Coastal Landing Retirement Community, both of Brunswick.



Brunswick Teen Center

Funding campaign growing steadily

Less than two weeks into the Brunswick Area Teen Center's annual campaign, Office Manager Betsy White reports the collected total stands at \$4,398.88, and that donations are "coming in steadily." More than 1,500 appeal letters were mailed last month, suggesting a donation of only \$25 would sponsor a teen "membership" and that \$50 donated would purchase a week's worth of healthy food and snacks for center members.

"The kids are a bigger part of the appeal this year," Teen Center Coordinator Jordan Cardone reported proudly, "we had them stuffing and licking envelopes and they were glad to do it. We want them to see and understand the direct relationship between raising money for the Center and

the benefits they enjoy."

Since last fall, the Teen Center hosted more than 1,800 visits and 28 new members "joined the gang." Cardone said those teens consumed 8,379 meals with drinks, played 62,391 games, completed 897 craft projects, did 245 multi-media projects, painted 387 fingernails and devoured 722 pizza slices!

People Plus Executive Director Stacy V. Frizzle said the need to raise \$10,000 each fall is the number that covers the Teen Center's food budget. She said a larger appeal list was possible because Center members offered their assistance. "It's gratifying to see the numbers increase quickly," she said, "no one ever seems to question the need."

Transportation network growing, gets new coordinator

Lynne Smith has been hired as the new, part-time coordinator for the Volunteer Transportation Network (VTN) operated by the People Plus Center. This ever-expanding service, which connects volunteer drivers with area residents needing rides, continues to set records of service. Last month, 50 volunteer drivers provided 253 rides to some of the 376 people now registered as riders.

Smith has lived in Brunswick for 25 years, and is the mother of three grown children. Her husband Roger Smith is an IT Director for the State of Maine. She graduated from Fisher College in Boston in 1990 with a degree in Early Childhood Education. She said she is

very excited to accept the challenges offered by this program, which is funded in part by a grant from the United Way of Mid-Coast Maine. This year, the People Plus Center plans to expand the program area-wide, with more emphasis in Harpswell and "in the direction of Bath."

Smith replaces Lynn Ellis, who plans to "leave the area" to live closer to family and friends. Smith started her duties in mid-September, working with Ellis to familiarizing herself with the program and meeting drivers and riders.



See YOU at the Senior Health Expo!

People Plus News

The monthly newspaper of People Plus, serving residents of the Brunswick-Topsham-Harpsswell 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:

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Change is seldom easy....

What an amazing month September has been. We were freezing cold camping during Labor Day weekend with lows in the high 30s and then sweltering hot with high humidity and temps in the 80s three weeks later.

They say it will extend leaf peeping for quite a while as the trees will be slower to change colors. And it got me thinking how nice it would be if we could all extend our seasons a little longer every year. If we could prevent the changing of our own colors per se and reap the sweet rewards of life from every single minute even more slowly.

I suppose that's very melancholy and I might be waxing a bit poetic but with my eldest daughter going off to college in Italy, the flow of time seems to have accelerated in my life. She was only 11 years old when I started working at People Plus.

It's probably also because I'm celebrating my sixth anniversary with People Plus in October. It will be six years of women's breakfast, scores of monthly lunches, hundreds of grant applications, six annual fund campaigns, six Music in April events, and countless memories made with all of my friends at the Center.

Actually, the best thing about working at People Plus is developing amazing friendships with the staff and members. I never expected to really love all the people here so much. And I never anticipated how impactful the passing of time would be, but it catches us all and even as we make new friends, we also lose some of our favorite members every year along with the leaves that change color and drift gently to the ground every season.

We lost a beloved member last month. George Burr passed peacefully after a battle with cancer. And that's an absence I believe all the men at men's breakfast will feel every month. I'm not sure I ever saw that man without a smile on his face. He was so lovely and so generous to everyone who knew him.

The changing of his colors definitely came too early this year.

And our beloved Judy Krok is not doing so well. A longtime member of People Plus, she worked the front desk for about a decade, took Suzanne's Tai Chi class up until three months ago and brought her calm wisdom to everything she touched. She was there every Monday afternoon for every week I have worked at the Center. I never saw someone go through a crossword puzzle faster than Judy. If you know her, now is the time to give her a phone call or send a card. Don't delay.

And I suppose there in lies the lesson. We should never delay to tell the people that we love hello, to give them a shout out, to spend time with them while we can.

From the Executive Director

Stacy V. Frizzle



I hope you'll come to the People Plus Center and meet some of these amazing members. Make new friends, make hay while the sun shines and see why People Plus is truly the Center that builds community in our lives one person at a time. Just maybe it will slow the changing of your colors this season as well.

CHANS Announces Fall Support Groups

CHANS Home Health & Hospice offers free grief and bereavement services to those who have experienced the death of a loved one. This fall, the hospice program will offer the following support groups free and open to the community:

Grieving Parents Support Group: Open to anyone grieving the death of a child of any age. Meets Thursdays, 1:00-2:30 p.m. at CHANS Home Health & Hospice, 45 Baribeau Dr., Brunswick.

Survivors of Suicide Loss Support Group: Open to anyone grieving the death by suicide of a loved one. Meets Mondays, 6:00-7:30 p.m. at Bath United Methodist Church, 340 Oak Grove Ave., Bath.

Adult Grief Support Group: Open to anyone grieving the death of a loved one. Meets the 2nd and 4th Tuesday of the month, 6:30-8:00 p.m. at CHANS Home Health & Hospice, 45 Baribeau Dr., Brunswick.

Adult Grief Support Group: Open to anyone grieving the death of a loved one. Meets the 1st and 3rd Wednesday of the month, 2:00-3:30 p.m. at The Highlands, Cadigan Lodge, 54 Governor's Way, Topsham.

Pet Loss Support Group: Open to anyone in the community grieving the terminal illness or death of a companion animal. Meets the 3rd Thursday of the month, 3:30-5:00 p.m. at CHANS Home Health & Hospice, 45 Baribeau Dr., Brunswick.

Structured 7-Week Adult Grief Support Group: Open to anyone grieving the death of a loved one who is looking for a more structured approach to discussing grief. Each session has a subject and instructional readings for consideration.

For more information or to register for any of the above groups, call Andy Sokoloff, LMSW, CHANS Home Health & Hospice Grief Support and Bereavement Coordinator, at (207) 721-1357.

From Anita's Plate

Anita Huey



207-504-6439, shebakme@comcast.net

Apple season is upon us! I often wondered why everyone puts sugar on strawberries for short cake and the same thing with apples for apple crisp or pie. After all we eat fruit, by itself, without adding sugar to it! So with this apple season, I challenge you to make an apple dessert with less sugar or maybe "no sugar."

As many of us make our journey of healthier eating it is about finding the balance. It is OK to have a dessert but is best to have a lower carbohydrate meal when you do.

For example: Grilled chicken and vegetables followed by apple pie vs. spaghetti and meat-balls followed by apple pie.

With the cooler weather people begin to think of comfort foods. There are many creative recipe makeovers that can make them healthier. For example: American chopped suey made with shredded cabbage instead of pasta and Shepherd's pie topped with mashed carrots and parsnips instead of potatoes are just two examples. So let's "think outside the box" when making our comfort meals.

Autumn Roasted Veggies with Apples and Pecans

Ingredients

- 16 oz. Brussels sprouts, bottoms trimmed, halved
- 1/2 medium red onion, diced into small chunks
- 1 Tb. fresh lemon juice
- 3 c. cubed butternut squash
- 2 medium crisp baking apples
- 2 Tb. packed light brown sugar
- 1/4 t. ground cinnamon
- 1/4 t. ground nutmeg
- 2/3 c. pecans, chopped
- 1/3 c. Dried cranberries

Yield: About 5 servings

Instructions

Preheat oven to 400 degrees. Spray a rimmed 18 by 13-inch baking sheet with non-stick cooking spray. Add Brussels sprouts and red onions to a large mixing bowl. Add 1 Tbsp lemon juice, toss while seasoning with pepper. Transfer to baking sheet and spread out across pan. Add squash and apples to same mixing bowl. Sprinkle brown sugar, cinnamon and nutmeg over top and toss to evenly coat. Transfer to baking sheet and spread into an even layer (just around Brussels sprouts and onions). Roast in preheated oven, tossing once halfway through baking, until Brussels sprouts have browned slightly and squash is soft, while sprinkling pecans and cranberries over top during the last 3 minutes of baking, about 40 minutes total. Serve warm.

As I have written before, Medicare will cover the Diabetes Prevention Program, starting in 2018! This robust program helps participants lose weight, increase physical activity and reduce their risk for developing Type 2

diabetes. For those with Medicare they must meet specific blood test requirements to be eligible. Please feel free to contact me at 504-6439. Happy apple picking!

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BROWNTAIL MOTHS

by Russ Kinne

Did you get an itchy rash this summer? From the browntail moth? Well, you're hardly alone. This invasive species (been here since at least 1897) has caused a lot of us a lot of discomfort. But RIGHT NOW, this fall, is the time to avoid a lot of discomfort next year.

The larvae (caterpillars) spend the winter in web nests on the tips of branches of trees and shrubs. As many as 2,000 per nest! Many of these are too high to reach; unless you have a friend with a bucket-truck; but many are low enough to destroy.

In past years men have used oil or gasoline to burn these nests, which is dramatic and works but isn't necessary. A good rich soap-and-water solution works just as well and is neater, cleaner, safer and less expensive. Detergents work the best. I'm told Windex works too, but it's harder to get inside the nests.

These fragile-looking nests are almost waterproof! -and you need to get your soap solution inside. You can snip them off and soak in a bucketful of soapy water, or use a hand-held "pump oiler" designed to lubricate machinery; available at NAPA or hardware stores. Just poke the oiler's snout into the middle of the nest and squirt away! You'll soak the masses of larvae inside, and that's a lot more caterpillars you WON'T have to face next spring.

And of course stomp on any caterpillars you see. Browntail larvae are about two inches long, have two white stripes and some red dots; but if you stomp the wrong species, no real harm done. So spray and stomp away! - and avoid some itching (and bitching?) next year.

The Elephants

by Elizabeth B. Bates

Two elephants were trying to decide if they were going to watch baseball or football that afternoon. It was winter outside, with snow blowing onto the windows. One of them looked out and said he would be shoveling in a while, but it was okay to watch the TV for an hour or two.

Before they found the right channel for the games a BREAKING NEWS sign came on the screen. The Congress of perspicacious elephants had just voted for IMPEACHMENT of their leader. Spies had found out what he had done, and journalists were writing about it in the newspapers.

The two elephants sighed and decided not to see more. They sat down and each had a large bowl of applesauce, followed by a nap.



Eramo's Market, on the "shore" of New Meadows Lake, opened in the summer of 1943 with Zack Eramo as owner. "He was fussy about the meat he sold and prided himself with his fresh produce," his daughter Rose Marie, who loaned us this picture, remembers. The business became the New Meadows Market in the late 1950's and closed in 1973, soon after the route one bypass was installed.

The Blue Angels

by Sally Hartikka

They come screaming from every direction. Their maneuvers never cease to astound. I watch as they fly low over my house, Holding my breath from the ground.

Barrel rolls, loops, upside down; They part, meet in twos and threes Then split up again, all going diverse ways 'Til they are no longer seen for the trees.

I hear them return, quite softly at first, then Each shrieking from a different direction, They come together in close formation. Their moves have to be perfection.

As their noise envelops me from all sides, I marvel at their nerve and precision And hope and pray they won't ever have A misjudgment or a collision.

Their actions mimic those in battle, And the sound they make can be scary. I can't imagine what it would be like To be standing here as an adversary.

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Exorcise Plants

by Russ Kinne

For years we lived in Connecticut on a two-acre piece of land and we had a garden about 20-feet square. Since we both worked full-time, I still don't see how we ever found time for it, but it was usually a modest success. The only unwelcome "weed" was a wise old woodchuck who always ate the blossoms off my squash plants-so I had lovely green leaves but never any squash. The woodchuck had to go, but he was trap-wise, and went through electric fences, too. Nothing to do but waffle him with a 12-gauge, which I did at 6:30 one morning! Immediately the phone rang, and it was my neighbor, who had extensive (and expensive) flower-beds which the "chuck routinely devastated. She said, "Russ, was that bang what I hope it was?" I assured her that it was, she was grateful and our gardens both prospered from then on.

My Connecticut place was built by a landscape gardener who planted his left-overs: laurels, rhododendrons, dogwoods, hollies, apples, pears, you name it, a great healthy mix. I also had ragweed, goldenrod, crab-grass and poison ivy. Most homeowners try to get rid of these, but they were welcome on my turf, BECAUSE I supplied photographs to publishers of textbooks, encyclopedias and dictionaries, who want pictures of everything, including weeds! They didn't pay much but they bought tons of pictures; we were both happy with this situation.

I don't have a garden here in Maine because my soil is pretty poor, but I still welcome a good crop of weeds- goldenrod, hawkweed and such; it's an environmentally-friendly area, and my bees have a lot of nectar and pollen available. I still try to maintain a peaceful co-existence with Mother Nature, and we both seem to benefit

Write on Writers meet Wednesdays at 1 pm

FOR MEN'S EYES ONLY
by Ralph Laughlin

The following comments are based upon ten years of observation of retirement life and not necessarily through personal experiences. Retirement is something we all look forward to enjoying, typically after more than forty years of working various jobs. It's a time of anticipated relaxation, earned through challenging and many times arduous work. The time to enjoy the pleasures of life, and have the world wait on you. Okay, enough with the hyperbole.

Yes, when we retire, we enter a new world, but not the one many men think. You enter your wife's world. That's right. You enter her world. She doesn't enter yours. Some wives have defined it as the "domestication" time of life.

Everything goes smoothly for the first six to eight weeks, depending upon your wife's tolerance of you sitting around the house, leaving debris fields behind where ever you go, and looking more like a bum dressed in the same clothes every day. You're not the well-groomed, well-dressed sophisticated looking man she sent out to work each morning.

That's when the retraining starts. "Oh, I forgot to get a gallon of milk." She stands there, saying nothing, waiting for you to say, "I'll go get that." "Oh, that would be so sweet." And before you know it you been whisked out the door to go get the milk. It's her way of trying to gain a little peace and quiet; a momentary pause to relax...from you!

Yes, you have now become her errand boy, to be dispatched to get any number of things: groceries, laundry, dry cleaning, car washed and vacuumed. You name it, you'll be asked to fetch it. ALL in the name of her getting some free time away from her loving mate. THAT'S THE FIRST PART of your domestication.

THE NEXT PART is being her chauffeur. All of a sudden, she forgot how to drive, or maybe she just wants to give up driving. Either way, you get the "Honey would you like to go the library with me?" You jump at the chance because you like to show off your masculinity with your driving skills. You're hooked. Pretty soon you're chauffeuring her everywhere...including the beauty shop, and the mall, and beyond.

THE FINAL PART comes right out of Tom Sawyer and the Picket Fence. It starts with her saying she needs to do something. The tone of voice is pitched so you believe that she really doesn't want to do it. So, white knight that you are you say, "Let me do it." She responds with, "You don't know how to do it." You respond, "Yes I can" and at that point you've plant your foot squarely on the trap and the jaws begin snapping shut, BANG. You're caught. She's got you. She's fed your ego just enough to get you, the fly, to willingly fly into her meticulously woven web.

In total ignorance, you have been snared. She continues with the same method to draw you into doing other domestic chores, until finally you're doing all the work around the house: dusting, vacuuming, laundering, cooking, and even ironing. You're doing it all because you stepped into the "you can't do it" trap with your "Yes I can" feet.

You are now fully domesticated and house-broken. You are now the maid, chief cook and bottle washer without ever knowing it! Look on the bright side, you're at least doing something more than sitting in your favorite lounge chair, scattering a stack full of papers around you, while devouring a multiplicity of snacks, cookies and treats.

Before you go to the dark side, think of all the money you're saving by not having to pay for a maid, chauffeur, cook and all those other domestics you would have had to hire if your wife hadn't help you adjust to retirement.

Yes, retirement can be the best years of one's life...just ask your wife.

October at People Plus...



"Hands UP!" Members of Suzanne Neveux's Wednesday Loosen up class enjoy the "energy and socialization" of the hour-long class.

Lunch & Connections

"Harvest Feast" is Fall luncheon

We celebrate the fall harvest season on Thursday, October 19, with that most delightful and flavor-filled of New England's seasonal meals, the "Boiled Dinner!" Chef Frank Connors said, "this is sure to be a good one, loaded with fresh seasonal veggies, corned beef and fruit." The meal will include fresh and local boiled potatoes, turnip, carrots, cabbage and onions, pickled beets and our own corned beef. "This is not one to be missed," Connors added. Dessert this month will be another of our fall favorites, deep-dish apple crisp, smothered by vanilla ice cream.

Of course there will be a lightly dressed, tossed green garden salad for all; drinks include fresh-pressed cider, hot coffee, teas, iced-water on each table and milk.

Our monthly Lunch & Connections meal

is underwritten by Spectrum Generations, and planned to focus on nutrition, information and variety. A CHANS home-health care professional is on hand to offer and record free blood pressure checks, and Mary Marino from Mary's Affordable Hearing Aids is also available to offer a free hearing check from 11 a.m. until noon.

Join us at 11:30 a.m. to select your favorite seat and to purchase your 50/50 raffle ticket. (Last months winner took home \$48!) Everyone is automatically registered to win one of our several free door prizes. Seating is limited to 68 people, so advance registration is necessary, and obtained by calling People Plus. 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.

NEW Date & Time For Trip Presentation

Spain's Classics and Portugal

Tues Nov 7, 3:30 pm.

Visit Spain, October 17-30, 2018 with Collette Travel and People Plus! Highlights include Lisbon, Fatima, Nazare, Obidos, Madrid, Royal Palace, Toledo, Cordoba, Seville, Flamenco Show, Granada, The Alhambra and Valencia. Savor a "paella experience" including a paella-making demonstration and lunch and dine on traditional Portuguese cuisine and enjoy Fado music. Come hear all about it at this presentation from Collette! Open to the public.

Collette Travel Trip

Pacific Northwest & California

Collette and People Plus are partnering on a new trip featuring Washington, Oregon and California in May 2018. Highlights include Seattle, Mount St. Helens Visitor Center, Portland, Columbia River Gorge, Newport, Bandon State Natural Area, Redwood National Park, Eureka, Avenue of the Giants and San Francisco. Contact Jill Ellis for more information!

Chair Yoga

Tuesdays, 2-3 pm

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. \$5 per class for members/\$10 non-members. You can try any class once for free.

Chronic Pain Workshop

Mondays, Nov 6-Dec 11, 1:30-4 pm

This 6-week workshop, hosted by Spectrum Generations, is for those who want to learn ways to better manage their pain and health concerns. Beginning Monday, Nov 6, the workshop will be held once a week, on Mondays for 2 1/2 hours for adults who have long-term or chronic pain lasting longer than 3 - 6 months, or beyond the normal healing time for an injury. Participants of this interactive workshop learn ways to deal with frustration, fatigue, poor sleep, and isolation.

Participants will also learn appropriate exercises for maintaining and improving strength, flexibility, endurance, techniques for pacing activity and rest, how to evaluate new treatments, the appropriate use of medications, and much more.

Studies have shown that participants of the Chronic Pain Workshop gain immediate benefits: more vitality and energy, reduced pain, more independent lifestyle, improved mental health, more involvement in everyday activities



and more satisfaction with their lives.

Spectrum Generations is licensed by the Self-Management Resource Center to provide the Chronic Pain Self-Management Program (CPSMP) originally developed by Stanford University. Free, and open to the public, this workshop is held at the People Plus Center. Registration required.

A Matter of Balance with Spectrum Generations

Mondays & Thursdays, Oct 2-30, 1:30-3:30 pm

This program, hosted by Spectrum Generations, is designed to control and manage the fear of falling and encourage physical activity.

Participants learn to:

- View falls as something you can control
- Set goals and increase your activity level
- Make changes around the home to reduce fall risks
- Exercise to increase strength and balance
- Become a proactive self-manager in reducing their own risk for falls

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.

Medicare 101 Session with Spectrum Generations

Tue, Oct 10, 12:30 pm. Learn 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.

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

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Mon	Tue	Wed	Thu	Fri	Sat
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 A Matter of Balance	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 1:00pm Quilters 2:00pm Chair Yoga	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 1:30pm A Matter of Balance 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:30 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 6:30pm Folk Dance Brunswick	10:00 Bridge
Center Closed 	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 11:30 LUNCH OUT 12:30pm Aerobics Lite 12:30pm Medicare 101 Session 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 9:30 Frank's Filed Trip-Camden 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 10:30 Retired Educators Potluck 11:00 Yoga 1:30pm FYI! "Leaf Peeping Stroll!" 1:30pm A Matter of Balance 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 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 A Matter of Balance 6:30pm Civil War Book Club	8:30 Table Tennis 9:00 Senior Health Expo 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 1:00pm Quilters 2:00pm Chair Yoga 3:00pm Books a la Carte	8:00 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write on Writers 5:30pm Knights of Columbus	9:30 Beg/Intermediate Bridge 11:00 Hearing Screenings 11:30 CHANS BP Check 12:00pm Lunch and Connections 1:30pm A Matter of Balance 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 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: "New Parts Installed" 1:30pm A Matter of Balance	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm 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 8:30 AARP Smart Driver Class 9:30 Beg/Intermediate Bridge 11:00 Yoga 1:30pm A Matter of Balance 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 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 A Matter of Balance	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Chair Yoga		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		

Tuesday, October 31st
HAPPY HALLOWEEN

Investments designed with you in mind

BATH SAVINGS TRUST COMPANY

1-866-670-7517 bathsavings.com

Drivers Needed!

Did you know that People Plus provides **FREE** rides for community members in need of transportation? Volunteer Drivers Needed for the growing number of ride requests in the Bath area!

Sign up to drive **TODAY!**

People Plus Volunteer Transportation Network

FMI 729-0757
www.peopleplusmaine.org

Do you live alone?

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

Sign up now!

People Plus Good Morning Program

In Partnership with Brunswick Police Dept.
FMI 729-0757
www.peopleplusmaine.org

Changing your perception on health care

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

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

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

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

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

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

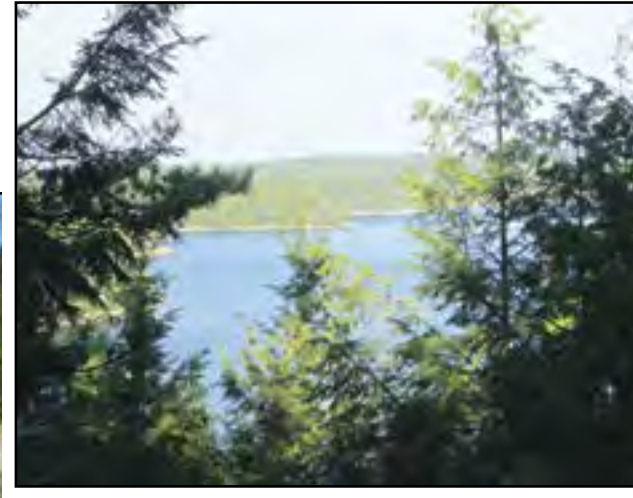
Prevention is the key. It is easier to maintain a healthy body than it is to regain one. Proper health starts day 1 of life. Healthy kids make healthy adults.

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

Dr. Tim Coffin



Afloat or afield, Thursday hikers enjoy their sunny fall days kayaking off Lands End in Harpswell, and peeking through the trees at Merrymeeting Bay from Thorne's Head, in Bath.



Bus to Christmas Tree Shops

You can get a jump on your Christmas shopping with a bus trip to the South Portland Christmas Tree Shops on Tuesday, Nov 14. Bus leaves the Bath Area Senior Center at 9 a.m. and picks up in Topsham at the Home Depot Park & Ride at about 9:15 a.m. Cost of transportation is still only \$5 if you are a member of People

Plus or the Bath Center, \$7 if you are not a member. There will be a stop for lunch on your own at Romano's Macaroni Grill about 1 p.m., and you should be back in the Brunswick-Bath area before 3 p.m. Please register and pay at the Bath Center, 443-4937.

CLIP & SAVE

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

OCTOBER 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 16 through December 2

- Oct. 3-RSU 5 Freeport Schools, Freeport High School, 30 Holbrook Street, Freeport 3-7 p.m.
- Oct. 4-Bath YMCA, 303 Centre Street, Bath 9:30-10:30 a.m.
- Oct. 5-Harpswell Town Office, 263 Mountain Road, Harpswell 9 a.m.-NOON/5-6:30 p.m.
- Oct. 5-Maine Senior Guide Expo, Hilton Garden Inn, 5 Park Street, Freeport 9:00 a.m.-2:00 p.m.
- Oct. 6-Wellness Fair /Community School, 308 Harpswell Island Road, Harpswell 11 a.m.-2 p.m.
- Oct. 7-Bath Citizen Involvement Day, Bath Waterfront Park, Bath 9:30 a.m.-12:30 p.m.
- Oct. 11-Richmond Golden Oldies, 314 Front Street, Richmond 2:30-4:30 p.m.
- Oct. 12-Brunswick Landing, L.L.Bean Learning Ctr., 29 Sewell St., Brunswick 9-11 a.m. / 3-5 p.m.
- Oct. 14-Elijah Kellogg Church, Public Supper, 917 Harpswell Neck Road, Harpswell 5-7 p.m.
- Oct. 14-Brunswick Public Schools, Stowe Elementary School, 44 McKeen Street 8 a.m.-1 p.m.
- Oct. 16-Freeport Town Office, 30 Main Street, Freeport 1-3 p.m.
- Oct. 17-People Plus Senior Health Expo, Cook's Corner Mall, 172 Bath Road 9 a.m.-1 p.m.
- Oct. 18-Wiscasset Community Center, 242 Gardiner Road, Wiscasset 4:30-5:30 p.m.
- Oct. 19-Lisbon Schools, Lisbon High School, 2 Sugg Drive, Lisbon 4:00-5:30 p.m.
- Oct. 21-MSAD 75 , Mt. Ararat Middle School, 66 Republic Ave., Topsham 9 a.m.-NOON
- Oct. 24-The Highlands (Maine Lodge, Georgetown Parlor), 30 Governors Way, Topsham 10:30 a.m.-NOON
- Oct. 24-The Highlands (Cadigan Lodge), 54 Governors Way, Topsham 3:30-4:30 p.m.
- Oct. 25-Bowdoinham Town Office, 13 School Street, Bowdoinham 3:00-5:30 p.m.
- Oct. 26-Freeport Community Services, 53 Depot Stree, Freeport 10-11 a.m.
- Oct. 28-Bath Area Senior Citizens, 56 Floral Street, Bath 3:30-6:30 p.m.
- Oct. 31-Grace Episcopal Church/Food Truck, 1100 Washington Street, Bath 1:30-2:30 p.m.
- Oct. 31-Mid Coast Senior Health Center, 58 Baribeau Drive, Brunswick 4-6 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

Here are books which we have enjoyed:

The mysteries of Louise Penny, featuring Inspector Gamache and a variety of memorable characters in a tiny village in Quebec.

The mysteries of Lisa Gardiner (early books.)

The mysteries of Linda Fairstein (set in New York City.)

Old favorite Colony by Anne River Siddons

New favorite A Man Called Ove by Frederick Backman

Me before You by Jojo Myers

Science Matters (Achieving Science Literacy) by Robert W, Hazen and James Treffick

Books A La Carte is a group of readers who gather monthly to discuss, trade, lend, and donate books. Members read books of any genre, there is no assigned list. Readers describe books they have read and provide an opinion, pro or con, of the books.

The group meets on the third Tuesday of each month at 3 PM at People Plus.

The next meeting is scheduled for October 17th. For additional info call Vince at 729-0685

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

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Ray @ 207-542-7229
Email: info@norcasterschorus.org
www.norcasterschorus.org



School Marm Betsy Steen hosted a group visiting the Jellerson District, one-room school in Bowdoinham last month. Steen described the restoration of the school, and what life used to be like in the school year 1890.

"Harriet Beecher Stowe and the Hanover: The Romance and Reality of a Maine Shipwreck"

The Pejepscot Genealogical Society (PGS) will hold its next monthly meeting in the Morrell Meeting Room of the Curtis Memorial Library, Brunswick, Maine on Sunday, October 8, 2017 at 2 pm. Guest speaker, Dr. Susan F. Beegel, will tell how Harriet Beecher Stowe's mid-19th century novel, *The Pearl of Orr's Island*: This illustrated lecture will focus on a maritime disaster "the tragic 1849 wreck of the ship *Hanover*" which provides the eventful opening of Stowe's story. We'll look not only at the actual shipwreck and its fictional transformation, but at how local people told the story in newspapers, letters, sermons, poems, folk art, paintings, and a uniquely Victorian art form, the moving panorama. The shipwreck will be the focal point of this talk, framed by information about the *The Pearl of Orr's Island* and Stowe's relationship to maritime Maine.

There will be a brief social period with refreshments before and after the speaker. A business meeting will follow. For more information contact John Webster, PGS President at (207) 833-5430.

"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. \$3 per meal (additional donation appreciated). Come eat with your friends or take it home or both! Check our calendar for weekly menu! *menu subject to change www.peopleplusmaine.org



MONDAY MUNCHIES MENU

- Oct 2 Baked Mac & Cheese with Ham
- Oct 9 Veggie Soup & Grilled Cheese
- Oct 16 Chicken Corn Chowder
- Oct 23 Baked Potato Soup

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

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



An apple a day. Grace Chick was one of more than a dozen members enjoying the apple picking outing to Rocky Ridge Orchards last month. All enjoyed free cider and donuts.

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.headtotoept.com

BRUNSWICK AREA STUDENT AID FUND
BOWDOIN • BOWDOINHAM • BRUNSWICK • HARPSWELL • TOPSHAM

"Brunswick Area Student Aid Fund, along with a lot of hard work, allowed me to go to the University of Maine which then led to a legal career, ten years as Maine Attorney General and a position now as a teacher at both Columbia and Harvard Law Schools. BASAF changed my life and it will change the life of others."
- James Tierney, BHS Class of 1965

Visit www.studentaidfund.org
Donations may be sent to:

BRUNSWICK AREA STUDENT AID FUND
P.O. Box 867, Brunswick, ME 04011

TEEN OF THE MONTH Liam Bailey

Liam is in 7th grade at Mt. Ararat Middle School. Liam came to the TC during the summer of 2016 and then returned this summer and has figured out a way to continue coming regularly even since school started! Liam rides his bikes miles to school so that he can ride his bike to the TC after-school! Liam likes coming here to have "free time from my family" and his favorite thing to do here is use the computers. We enjoy having Liam here and he gets to go to the movies on us!



Brunswick Area Teen Center

Helping Hands

Did you know?

- Teen program members help at Music in April!
- Attend public presentations (Rotary, Bowdoin College, United Way) to share information about the program and help us get funding?
- Help prepare, fold, stuff and seal our Annual Appeal letter?
- Serve on the Teen Center Advisory Committee to add youth input and feedback?
- Do the heavy lifting, carrying, moving and fixing of things in the TC space and in and out to cars and up and down stairs when needed?

We have sent out our Annual Back To School Fund letter for this year and we have already received a great response to our mailing, thank you! I thought I would give you my view of what you are helping to fund and why I believe it is so worthwhile!

We don't charge our youth to come to the TC or to eat here because most of them are 11-15 years old with a handful of up to 18 year olds and they don't have money,

nor do many of their families and because we want them to be getting enough to eat (which quite a few of them would not be otherwise). Lack of food affects their schoolwork, their moods, their health, etc.

We are extended family for most all of our youth members and like families, we provide a place and nourishment and in return we have expectations. Membership at the TC is a privilege not a right and all of our kids know that.

We provide a supportive foundation for them to learn, grow, share, have and achieve goals, express themselves in positive ways, respect others, accept others differences and learn from them, develop social skills, learn life skills (preparing food for themselves, learning to use a vacuum cleaner-ha ha), learning technology and to believe in themselves because we believe in them!

Despite learning disabilities, Autism, Asperger's, ADD and ADHD, Mood Disorders, Diabetes and all the various meds and med changes, financial means and home situations many of them are also dealing with, as are we while they are with us, we have created a place where the

Teen Center News

Jordan Cardone



youth who attend feel is their happy, safe and stress free place. We are not their parents so we are not yelling at or punishing them, we are not teachers who are grading them, or peers who are judging them or mental health workers who are "working" with them on treatment plans or therapists they are required to see.

And that's what makes the TC the very special place that it is! This is what you are helping to fund!!!!

Watching the kids make improvements and achieve various life successes is the most rewarding experience ever!!!!

Thank you for your support!
Jordan and The gang!

The Harpswell Garden Club

will meet Thursday October 19, 2017 at 12:30 p.m. at the Curtis Library in Brunswick. Guest speaker Jim Masse of Estabrook's will present "This Past Summer's Favorite Plants and Fall Planting Tips." Free and open to the public. FMI 833-6159.



Weekly Winners

Senior Intermediate Cribbage

- Aug. 23 Harry Higgins, 720
George Tetu, 709
Rollande Fortin, 706
- Aug. 30 Rick Fortin, 726, Perfect Game!
Ellie Eramo, 705
George Tetu, 701
- Sept. 6 Rick Fortin, 723
Anne Bouchar, 711
Mike Linkovich, 706
Harry Higgins, 703
- Sept. 13 Anne Bouchar, 714
George Hardin, 711
George Tetu, 709

Monday-Saturday Bridge

- Aug. 14 John Rich, 3,980
Mary O'Connell, 3,750
Lorraine LaRoche, 3,520
- Aug. 19 John Rich, 5,510
Bill Coop, 4,310
- Aug. 21 Bill Coop, 3,270
David Bracy, 3,050
Terry Law, 2,710
- Aug. 28 Lorraine LaRoche, 3,680
Bob Cressey, 3,530
Joyce Lyons, 3,080
- Sept. 2 Anne Nichols, 1,970
Cathy Cooper, 1,860
- Sept. 4 Lorraine LaRoche, 4,090
Lloyd Jones, 3,420
- Sept. 9 Tilda Desorcy, 4,680
Lorraine LaRoche, 4,450
- Sept. 11 Paul Betit, 4,390
David Bracy, 3,730
Anne Brautigam, 3,440
- Sept. 16 Cathy Cooper, 4,770
Richard Totten, 4,740

Monday Advanced Bridge

- Aug. 18: John Rich
Bill Coop
- Sept. 8: John Rich
Bill Coop
- Sept. 15: John Rich
Bill Coop



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

October 2017

All Spectrum Generations locations will be closed on Monday, October 9 in observance of Columbus Day.



Spectrum Generations is proud to partner with People Plus to bring you the 2017 People Plus Senior Health Expo at the Cook's Corner Mall in Brunswick on October 17, from 9:00 a.m. — 1:00 p.m.

Stop by the Spectrum Generations tables and learn more about the services we provide like Life Care Consulting, Legacy Corps, Meals on Wheels, and more. Hope to see you there!



Need Help With Medicare?

October 15 through December 7 is the Open Enrollment period for Medicare Advantage and Medicare prescription drug coverage. During this period you can:



- Change from Original Medicare to a Medicare Advantage Plan.
- Change from a Medicare Advantage Plan back to Original Medicare.
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage or vice versa.
- Join a Medicare Prescription Drug Plan.
- Switch from one Medicare drug plan to another Medicare drug plan.
- Drop your Medicare prescription drug coverage completely.

Spectrum Generations' Aging & Disability Resource Counselors can help you understand your options and help you chose which plan is right for you. If you live in the Brunswick—Harpwell—Sagadahoc County area, call 729-0757 to make an appointment with one of our counselors. If you live outside of that area, call Spectrum Generations' Consumer Helpline at 1-800-282-0764 to find the center closest to you.



SCAM ALERT BULLETIN BOARD

Scammers across the country are calling Social Security beneficiaries, claiming they are due a cost of living increase. They just need to verify your Social Security number and bank routing information, along with other personal information. Then, scammers contact the real Social Security Administration to try to change your direct deposit to their bank account. If you get a call like this, hang up!

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.



Volunteers Needed for our Award Winning Program!

Spectrum Generations Legacy Corps program is looking for volunteers who would enjoy spending time with a person who was, or is, related to someone who was, or is, in the military. Time could be spent fishing, doing puzzles, cooking a meal, helping with errands, or just hanging out! We have over 30 families on the waitlist from Rockport to Brunswick who are in need volunteers. To learn more about being a Legacy Corps volunteer, call 1-800-639-1553.

Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS

Downsizing? Simplifying? Help is here!

Chicks Do Chores

(AND SOMETIMES CHUCK) So you don't have to!
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★ CLEAN - CLEAR-OUT - FILE - DUMPSTONS - LABEL - MOVE - MULCH - DRINK - TAKE - SPLIT / STACK WOOD - TRIM - WEED etc.
★ RUN ERRANDS FOR YOU OR WITH YOU!
MARY ELLEN ROSENBERG - OWNER
CALL OR EMAIL FOR ESTIMATES OR SCHEDULING
CDC 4 U @ COMCAST.NET
207-729-5760

www.chicksdochores.com

Benefit Pot Roast Supper in Harpswell...

The third-annual Pot Roast Supper will be held at the Elijah Kellogg Church on Saturday, October 14th, from 5-7 p.m. The menu includes pot roast, fingerling potatoes, carrots, pickled beets, salad, rolls, and a brownie sundae for dessert. Cost of the meal is only \$9 for adults, and children under 12 are \$5. A portion of the proceeds will benefit projects of the American Legion Post #171. CHANS will be holding a free flu shot clinic during the meal. The Elijah Kellogg Church is located at 917 Harpswell Neck Road, (State Route 123) Harpswell. FMI, call Louise Huntington at 725-5657.



World-class orthopedic surgeons...

and a team of specialty-trained nurses, therapists, and professionals working collaboratively to offer you excellence in joint replacement in our nationally-recognized community hospital.

We welcome you to make an appointment with Jacob H. Furey, MD or Thomas J. Kryzak, Jr., MD by calling (207) 442-0350.



Celebrity Chef Challenge

The 5th Annual Celebrity Chef Challenge was held on September 19 in Bath, and raised over \$21,000 to support Meals on Wheels and other Spectrum Generations programs.

Congratulations to Chef Chris Toole from The Highlands in Topsham who nudged out Tim O'Brien from Enoteca Athena in Brunswick to take the top honors. This year's event brought back these two returning champions from previous challenges—Tim O'Brien won the very first year we held this event (2013), and Chris Toole won in 2015, and was a judge in the 2016 event.

Chef Toole's winning dish incorporated a bistro fillet of beef, haricot verts, tomatoes, corn, and carrots. That very dish will now be replicated by Spectrum Generations' kitchen staff and incorporated into our Meals on Wheels—homebound adults will get to enjoy the fine culinary creation of this leading chef!

Thank you to our generous supporters—sponsors, chefs, judges, volunteer servers, and attendees, who made this event a huge success!

Save the Dates!



For the third year, Spectrum Generations Meals on Wheels will benefit from this festive holiday fundraiser. Don't miss out—mark your calendars and plan to join us at the Hathaway Creative Center in Waterville!

Friday — Sunday,
November 17, 18, 19, and
November 24, 25, 26.
More information coming soon!

Keeping Secrets!
Chris Toole, who for years has organized menus for Music in April events with O. Jeanne d'Arc Mayo (right) The two had a strategy meeting last week, trying to decide if next year's event might be held at the Brunswick Recreation Center! Notice they are BOTH all smiles!



Bring a friend to People Plus

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

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

All you need to do is encourage a friend to join, cost is still only \$40 if you live in Brunswick, \$50 if you live anywhere else. Your friends will start getting our great little newspaper, and before you know it, they'll be calling YOU about getting to programs, or events.

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

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

Membership Benefits

The following businesses offer discounts for People Plus members.

AUTO SERVICE/SALES

Autometrics, 10% off parts, anytime
21 Bath Road, Brunswick, 209-0842

Bill Dodge Auto Group, 10% off parts and service
262 Bath Rd., Brunswick, 800-652-6118
118 Pleasant St., Brunswick, 209-6653
www.billdodgeautogroup.com

Lee's Tire & Service, 10% off parts (excludes tires)
35 Gumet Road, Brunswick, 209-4131
27 Monument Place, Topsham, 209-1676

Tire Warehouse, 20% off labor
Topsham Fair Mall, Topsham, 209-7020
www.tirewarehouse.net

Tucker Ford, 10% off invoice, parts and service
157 Pleasant St., Brunswick, 209-1228

BEAUTY/HAIR SALON

Reflections (Salon), 10% off, Mon and Fri
12 Center St., Brunswick, 209-8028
www.reflectionsbylucie.com

Studio 119 Hair & Nail Design, FREE haircut with color or perm; services
119 Bath Road, Brunswick, 209-6119

CHIROPRACTOR

Augat Chiropractic, Free consultation and cursory exam
9 Pleasant St., Brunswick, 209-7177

DRY CLEANER

J&J Cleaners, 10% off pickups: Wednesdays (customers over 55)
Maine Street, Brunswick, 209-0176

FLORIST

Pauline's Bloomers, 10% off, anytime (within normal delivery range)
153 Park Row, Brunswick, 209-5952
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, 209-5111
www.berriesopticians.com

Maine Optometry, \$30 off complete pair of glasses
82 Maine St., Brunswick, 209-8474
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, 209-5486
www.eveningstarcinema.com

Maine State Music Theatre, Senior discount (60+) on matinee tickets
22 Elm Street, Brunswick, 209-8769
www.msmt.org

Thomas Point Beach, \$1 weekday admission
29 Meadow Road, Brunswick, 209-6009
www.thomaspointbeach.com

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Better than a stick in the eye

Perhaps you've never found yourself wandering through the woods on a crisp, fall day, cresting a lightly-wooded ridge and poking yourself in the eye with a branch off a spindling, ancient apple tree. I suppose that's good for you, but I'll admit right here it's happened to me!

I'll preface this confession by saying I consider myself a pretty good "woodsman." I have what I'll call a better than natural knack for finding my way, following a trail, getting in, getting out. I know the difference between poison ivy and most ferns, Oak and Hickory trees, deer or moose tracks. My brothers and I grew up camping, hiking and "fooling around" in the woods. I've done my time as a "hunter", and will add with a hint of pride, did a year in the jungles of Vietnam, where lots of these skills came to a razor-sharp point.

But let's get back to the ancient apple trees.

I never stopped feeling excited, wondering through the woods, when I crest that little ridge, a half mile from nowhere, and find a gangling and twisted old apple tree, fighting for its piece of the encroaching forest and still dropping apples for the deer, raccoons and other wildlife lucky enough to know where it grows. If I haven't just stuck that stick in my eye, and if I have ten extra minutes, I'll take a quick look around, walking a series of widening circles around that tree. More often than not, I'll find more old fruit trees, sometimes an abandoned cellar hole, a maze of crumbling stone fences, maybe even a leaf-filled dug well. I almost always take ten minutes more, kicking at leaf piles, investigating other depressions in the area, trying to imagine the place a hundred years ago, when this tidy little ridge was certainly someone's homestead! Before I abandon that little hill, maybe I'll fill my pockets with a bunch of funky looking apples,

some wild, found fruit that I take home and make into a bowl of tart, flavor-filled applesauce!

So imagine my delight, a couple weeks ago, when a tour of a field not far from our house with grandboys Silas and Zander halted unexpectedly with Zander pointing at an old apple tree just inside the tree line. Having the little guy spot it, and wanting to explore 'round it, made my spirits soar. Of course I knew the tree was there, I've trimmed around the old thing more than once, trying to give it room to survive, if not flourish, but this day, this was a wonderful discovery for our three-year grandson.

Zander walked right over to that tree, picked at some low hanging fruit, and took a quick bite. The unexpected tarty flavor made his face twist and lips pucker, but he went right back for more. Before the day ended, he wanted to climb the knarred shoulder of that tree and explore its limbs. In the next couple minutes, I showed him how to look for worm holes in apples, told him scabs often offered good flavoring, and all apples don't have to be perfectly shaped and sized to taste good. Knowing his mother might ask when we got home, I suggested that apples on the ground probably should stay there. "Gotta leave something for the deer to eat," I told

Speaking Frankly

Frank Connors



him, and he accepted my logic.

In the days that followed, the boys and I have returned to that old tree a couple times, and they have delighted in showing the tree to their mother, and to Jane. Zander has taken to sitting on my shoulders more than once, so he can reach the bigger, finer apples nearer the crown of the tree. We've picked spare apples for him to take home. We've gone off into the woods, where I've shown them a few other apple trees, and we've found turkey feathers, animal scat, and other artifacts of the nature around us. One evening we dropped to our knees so the guys could better see deer tracks that connected one tree with another.

Last weekend, we talked about the apples on our new "favorite tree" playing out. We wondered if we might find another tree, or go to an orchard, where there are ladders for picking and unlimited fruit. I worried the adventure might not be quite the same. Then we gathered enough apples to blend with the fruit from our Hannaford bags, and made our own special batch of applesauce.

"Good stuff," Silas and Zander decided. They have no idea, I thought to myself...

New or renewing members for September

* indicates new membership
* indicates donation made with membership

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MILD COGNITIVE IMPAIRMENT, ALZHEIMER'S AND DEMENTIA:

What is the difference?



WHEN:

Tuesday, October 17, 2017
5:30 PM Reception | 6:00 PM Presentation

WHERE:

Avita of Brunswick
89 Admiral Fitch Ave | Brunswick, ME
at Brunswick Landing

DISCUSSION OBJECTIVES:

Join us to gain a better understanding of the differences between Mild Cognitive Impairment, Alzheimer's and Dementia. Marilyn will speak about symptoms, the diagnosis, and current treatments for all three.

Presented by Alzheimer's Expert:
Marilyn Stasonis, RN, BSN

Director of Wellness & Memory Programs
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Lunch out!
Tues, Oct 9th, 11:30 am



357 Maine Mall Rd,
South Portland

Sign up for the car pool!



October Moon.

Black and white photograph by Debby Stubbs.

Merrymeeting Art Association hosts show

Several members of the Merrymeeting Art Association will offer a mixed-media presentation at the Union Street Gallery of People Plus through the months of October and November. Photography by Debby Stubbs and original watercolors by Brunswick’s Marilyn Flanagan will highlight the show, other members have been invited to participate.

MMAA Past President Lorraine Williams said the association formed in 1989, a “loose confederation” of artists who “liked to socialize and to paint.” Members of the group include Connie Bailey, who teaches painting at People Plus, Flo Carman, Arlene Couture, Joyce Coyne, Carol Durgin, Flanagan,

Marilyn Hicks, Judy Krok, Stubbs, Peggy Thiboutot, Williams and Vivian Wixom, who recently completed a very successful one-woman show at the Center. Williams said the association is always open to new members, and currently meets for painting sessions at the

Brunswick Elks Club each Wednesday from noon until 3 pm.

Most of the pieces in the gallery show are for sale. This interesting collection can be seen during normal business hours at the People Plus Center, 35 Union St., Brunswick.

Hazardous waste collection day

Do evil 'spirits' lurk in your home? The annual Household Hazardous Waste Collection Day for 2017 is October 21 at the Brunswick Public Works Dept., 9 Industry Road, in Brunswick. Doors open at 9 a.m., collecting stops at 1 p.m. The event is open to residents of the Towns of Brunswick, Bowdoin, Georgetown, Harpswell, Topsham and West Bath, pre-registration is required.

Call 1-800-397-5830 if you intend to use this service, “walk-ins” will not be accommodated. When you pre-register you will be given a time to deliver your material, calls will not be accepted after 4 p.m., Oct 20.

If you are using this service, leave material in original containers when possible, and never mix Chemicals. It’s helpful to pack containers in separate containers, never smoke while handling hazardous material, and you should drive directly to the site after packing your car.

Excess roofing tars, swimming pool chemicals, paint, solvents, strippers, resins, anti-freeze, weed killers, chemical fertilizers and fuels are on the list of acceptables; commercial or industrial wastes, ammunition, propane tanks and car batteries are not. FMI, visit: www.brunswickme.org/dpw.



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Senior Health Expo 2017

“Connecting Communities!”



Tuesday, October 17
9 am to 1 pm
Cook's Corner Mall
FREE admission - 70+ Tables

FREE EVENTS NOT TO MISS!

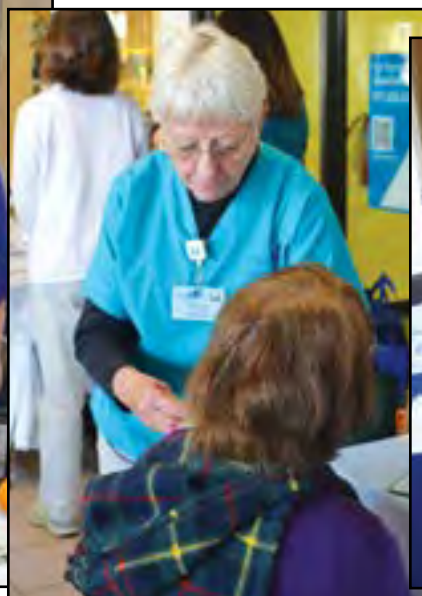
- Swag bag for the first 400 attendees!
- Reiki treatments with Hearts & Hands
- Massages with Greater Brunswick PT
- Flu shots with CHANS Home Health Care
- Hearing Video Scopes courtesy of Mary's Affordable Hearing Aids
- Yellow Dot Registration
- Good Morning & Volunteer Transportation Network registrations
- Car Winterization Tips with Bill Dodge Auto Group
- Coffee and treats!
- Book signings, sales and author chats with Write On Writers
- Performance by Porch Time - a Nor'easters Barbershop Chorus quartet
- Chance to win Amtrak Downeaster train tickets!

The *People Plus Senior Health Expo*, presented by Spectrum Generations, is a premier event in our community; providing a link to local and regional resources for older adults.

Visit www.peopleplusmaine.org for more information.

- Medical Services
- Fitness and Health
- Technology
- Legal
- Community Services
- Housing/Respite Care
- Financial/Banking
- Insurance

(This Expo preview is accurate as of the date of printing.)



2017 Senior Health Expo Exhibitors

COMMUNITY SERVICE

- Alzheimer's Association, ME Chapter
- Brackett Funeral Home
- Bridges Home Services
- Brunswick Area First Responders
- Catholic Charities SEARCH Program - Greater Bath Site
- Community Health Information Partnership (CHIP)
- Funeral Alternatives
- Habitat for Humanity/7 Rivers Maine
- Merrymeeting Bay Triad
- Mid Coast Hunger Prevention Program
- Neighbors, Inc.*
- Penquis Foster Grandparent Program
- People Plus
- Sexual Assault Support Services of Midcoast Maine (SASSMM)



- Spectrum Generations Aging & Disability Resources
- Spectrum Generations Family Caregiver Services
- Spectrum Generations Meals on Wheels
- Stetson's Funeral Home
- The Dempsey Center

GENERAL SERVICE

- Maine Estate Services
- Maine Senior College Network/USM
- Nor'easters Barbershop Chorus
- Norway Savings Bank
- Redfin*
- The Times Record*
- Wiser Living in Maine
- Write On Writers of People Plus



- American Heart Association
- Amtrak Downeaster/NNEPRA
- Bankers Life*
- Bill Dodge Auto Group*
- Disability Rights Maine
- Home Instead Senior Care
- Maine AllCare
- Maine Bureau of Insurance



2017 Senior Health Expo Exhibitors

FITNESS & HEALTH

- Bath Area Family YMCA
- Cathance River Education Alliance
- ClearCaptions*
- Healthy Living for ME*
- Hearts & Hands Reiki
- Maine Pines Racquet & Fitness
- Maine Quality Counts Choosing Wisely*



MEDICAL SERVICE

- Avita of Brunswick*
- Beltone Hearing Aid Centers
- Coastal Orthopedics and Sports Medicine
- Great Scott Audiology and Hearing Aids
- Greater Brunswick Physical Therapy
- Harvard Pilgrim Health Care
- Hawthorne House + Freeport Place
- Head to Toe Physical Therapy of Topsham
- Jade Integrated Health*
- Kennebec Pharmacy and Home Care
- Maine Insurance Group
- Maine Veterans' Homes – Augusta
- Martin's Point Health Care*
- Mary's Affordable Hearing Aids



- Mid Coast-Parkview Health*
- New England Rehabilitation Hospital of Portland
- Rite Aid Pharmacy
- Sky-Hy Adult Day Health Care
- Topsham Dental Arts

SENIOR HOUSING & RESPITE CARE

- Bath Housing
- Brunswick Area Respite Care
- Coastal Landing Retirement Community*
- Highland Green*
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