

2017 SENIOR HEALTH EXPO

“Connecting Communities”



TUESDAY, OCTOBER 17, 2017 • 9 A.M. to 1 P.M.
Cook's Corner Mall • 172 Bath Road, Brunswick



Plus!
People
The center that builds community

FREE ADMISSION & EVENTS!

Swag bag for the first 400 attendees!

Flu shots with CHANS Home Health Care

Massages with Greater Brunswick Physical Therapy

Reiki treatments with Hearts and Hands

Hearing Video Scope Screenings with Mary's Affordable Hearing Aids

Good Morning, Volunteer Transportation Network and Yellow Dot program registration with People Plus

Pain Reducing Cellular Therapy Treatment Trial with Avita of Brunswick/Sunnybrook

Car winterization tips with Bill Dodge Auto Group

Adaptive Tool Table courtesy of Harpswell Aging at Home

Book signings, sales and author chats with People Plus Write On Writers

Performance by Porch Time - a Nor'easters Barbershop Chorus quartet

Chance to win Free Amtrak Downeaster train tickets!

Coffee and treats!

Over 70 Tables!

Don't Miss "Car Talk" at the Bill Dodge Auto Group Table!



Rick Martin, Service Director Hyundai & A/C DELCO, Bill Dodge Auto Group, gave tips on winterization and the do's and don'ts of doing a live multi-point inspection at a recent Car Talk at the People Plus Center.

Coastal Landing Retirement Community

Coastal Landing Retirement Community has 82 independent-living apartments. They offer a selection of apartments ranging from studio, 1 bedroom, and 2 bedroom options. Coastal Landing is a residence for those who do not require assistance with most daily activities, but may benefit from senior-friendly surroundings, convenient services, and increased social opportunities. Coastal Landing Retirement Community allows and enables those who wish to maintain an independent lifestyle to do so. Further assistance from Rousseau Management's home care agency is available as well if necessary.



Coastal Shores Residential Care has 40 assisted living based apartments. This residence consists of furnished private rooms and is mainly for older adults. Coastal Shores is designed for those who require assistance with personal care support, home making chores, and most daily activities such as meals, medication management, bathing, dressing and transportation. Coastal Shores offers individualized care and encouragement for each resident to live life to their fullest.

As providers of healthcare in the midcoast Maine region since 1982, Rousseau Management's hope and vision aims at providing amenities and the comforts of home to their residents who will truly embrace and enjoy them throughout the years. Life at Coastal Landing Retirement Community and Coastal Shores Residential Care will consist of a plethora of wonderful amenities and comforts to those who live there. These include delicious home

cooked meals, various exercise programs, beauty parlor, spa, a cozy café bistro, a state-of-the-art movie theater, an ice cream parlor, an outdoor patio area, community-based events, transportation, housekeeping, and a variety of other services. The front porch lends itself as the ideal spot to spend an afternoon or evening catching up with family or making new friends. All residents are encouraged to take part in a full activity program that promotes socialization, volunteerism, and community spirit.

Brunswick Landing offers an idyllic setting for Coastal Landing Retirement Community and Coastal Shores Residential Care. The surrounding area is rich with history and offers an abundance of recreational based activities such as walking trails, picnic areas, bird watching, wildlife viewing, golfing, and the area altogether promotes a great sense of community. For those living at the facility

who wish to stay active, there are all the advantages to do so just waiting, literally at the front door.

For more information or to schedule a tour, please contact Susan Cary at 837-6560 or the admission's director, Louise Nadeau 522-1438.

We invite you to learn more about Rousseau Management and what they have to offer.

When contemplating a move...

to a Retirement Community, please visit us at **Coastal Landing**. (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
- * Cable TV
- * Scheduled Local Transportation
- * Heat and Electricity
- * Maintenance Service
- * Free Laundry Room

Other services available for a reasonable fee.



www.coastallanding.com

142 Neptune Drive, Brunswick, ME
837-6560

EXERCISE ROOM



DINING HALL



MOVIE THEATER



CHAPEL



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



35 Union Street, Brunswick
(207) 729-0757

www.peopleplusmaine.org



Join us today!



Active Living at Highland Green

Highland Green (HG) is not a regular neighborhood. It's not a simple condominium development. It's not a traditional or continuing care retirement place. It is simply the Northeast's premier master planned 55+ Active Adult Lifestyle community.

Make no mistake; there is nothing like HG. It is a national destination. In fact new residents recently moved from Montana and Minnesota, bringing HG to 31 different states from which new residents have relocated. That is completely unique.

The opportunities are endless. Social, fitness, nature, educational, volunteer and many more activities are organized by residents with HG as a backdrop. The HG Community Center and the Wild Duck Restaurant and Pub are key gathering spots. Wellness can be fostered by living around others who have diverse backgrounds who also share threads of commonality, but

privacy is easily maintained.

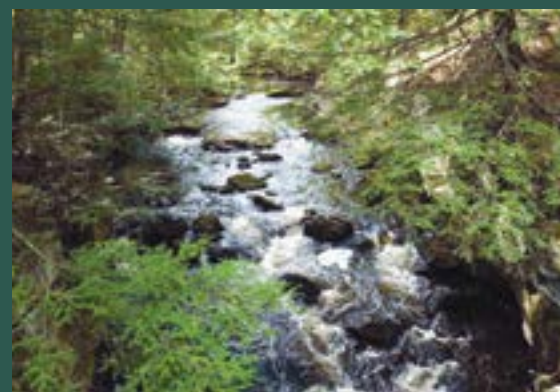
Though it is just a couple miles from Bowdoin College, its campus is an oasis of natural beauty and community. Its 635 acres include the 230-acre Cathance River Nature Preserve, a golf course, a community center, and the Wild Duck Restaurant and Pub.

And nowhere else can one enjoy the benefits of collective maintenance with such a variety of personalized custom homes. From 1400 square feet to 3,000 square feet and more, they are never cookie-cutter in appearance or setting.

Residents in their late 40's, 50's, 60's, 70's, 80's draw support and inspiration from each other to lead active lifestyles. This spirit has spawned a resident rock band, a hockey team, a travel club, and much more. HG resident band "Off Their Rockers" lead vocalist Barb Combs sums it up: "It is the sort of activity that HG is

all about and what helps us to stay healthy and happy – as well as just damn cool."

Our HG Lifestyle publication is not only popular; it is award-winning. In 2014 it garnered a prestigious 50+ Housing Council prize for Best Direct Mail Piece at the International Builders' Show in Las Vegas. You can pick up various copies at the Senior Health Expo. Best of all come visit our table and meet some real Highland Green residents!



Don't Miss 'Aging Well' Lunch & Learn: "Bionic Man" on October 23rd!



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.

People Plus Calendar for November 2017

Mon	Tue	Wed	Thu	Fri	Sat
People Cooks! Striking things up at the Center! People Plus in the Media: viewed online at http://vimeo.com/harpwelltv	News & Views with People The center that builds community	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 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 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 Bridge 1:30pm Living with Pain	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 3:30pm Trip Talk: Spain & Portugal	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 1:30pm FYI! "Italy Fest" 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	Center Closed HONORING ALL WHO SERVED VETERANS	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 Bridge 1:30pm Living with Pain 6:30pm Civil War Book Club	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	8:45 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 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 11:00 World Affairs 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 Bridge 1:30pm Living with Pain	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 3:00pm Books a la Carte	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	Center Closed for Thanksgiving Happy Thanksgiving		10:00 Bridge
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Monday Munchies 12:00pm Lunch & Learn: "Palliative Care/Hospice" 12:00pm Bridge 1:30pm Living with Pain	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 Francois	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write on Writers	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	People Plus Hours Mon-Thu: 8:30-4pm Fri: 8:30-1 pm	

Bring your friends to People Plus

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

Encouraging friends' memberships at People Plus is a great way to visit, to stay focused and become more social, more fit and more engaged. Imagine if you started to share what YOU like best about People Plus with one or several of your best 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 meeting at programs and events.

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

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

Sign up for a NEW People Plus Membership at the Senior Health Expo and save \$5.



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 Gumet Road, Brunswick, 729-4131
27 Monument Place, Topsham, 729-1676
- Tire Warehouse**, 20% off labor
Topsham Fair Mall, Topsham, 725-7020

www.tirewarehouse.net

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

BEAUTY/HAIR SALON

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

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

CHIROPRACTOR

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

DRY CLEANER

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

FLORIST

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

HEARING AND OPTICAL

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

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

LEGAL

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

RESTAURANT

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

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

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

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

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

SWEETS/CANDY

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

Save money with a Lifetime Membership!

Healthy Living for M.E.

The Chronic Disease Self-Management Network Initiative, coordinated by an Area Agency on Aging (AAA) collaborative to bring together partners from different organizations across Maine who are committed to holding health & wellness programs in their own communities.

WHY CDSME?

"SEVEN out of TEN deaths each year are attributed to chronic diseases, accounting for 86% of healthcare costs."

86%

"THREE out of FOUR individuals and TWO out of THREE Medicare beneficiaries have multiple chronic conditions."

"Maine ranks 21st IN THE NATION of Medicare beneficiaries with multiple conditions."

KEY INITIATIVES

- Increase delivery of CDSME programs to reach 1,200 participants by August, 2018.
- Develop network through expansion of partnership sites.
- Improve patient activation of the program by 20%.
- Improve relationships with providers through referrals.

GET INVOLVED TODAY

Join our ever growing network of providers and leaders:

JENNIFER FORTIN
Health & Wellness Program Manager
jfortin@spectrumentations.org | 027-620-5857

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Chronic Pain Workshop with Spectrum Generations

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, 729-0757.



Choosing Wisely

An initiative of the ABIM Foundation

Have you ever been worried that you might be getting tests or taking medicine that you don't really need?

Overtreatment is a big problem in our healthcare system. There are too many medical tests and treatments performed that might not be necessary, and in some instances could lead to harm.

When you go to your health care provider, do you feel fully and completely empowered to ask questions and really decide together— what your treatment will be and what steps you'll take?

To Learn more — go to www.choosingwisely.org

Visit the **Choosing Wisely** booth during the Senior Health Expo on **October 17th** to get **free tools** that can help you start a conversation with your health care provider about your health care.

5 QUESTIONS to Ask Your Health Care Provider Before You Get Any Test, Treatment or Procedure:

- 1 Do I really need this test or procedure?
- 2 What are the risks?
- 3 Are there simpler, safer options?
- 4 What happens if I don't do anything?
- 5 How much does it cost?

www.mainequalitycounts.org/choosingwisely



People Plus PEOPLE PLUS MEMBERSHIP APPLICATION Date _____

PO Box 766 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757 • www.peopleplusmaine.org

Name (1) _____ Phone _____ Birthdate _____ Female Male
Email _____ Emergency Contact _____ (name) (phone) (relationship)

Name (2) _____ Phone _____ Birthdate _____ Female Male
Email _____ Emergency Contact _____ (name) (phone) (relationship)

Mailing Address _____ City _____ State _____ ZIP _____
 I do NOT need the People Plus monthly newspaper mailed to my house. Cash/Check (Payable to People Plus)

Yearly Membership Dues (Scholarships Available)

Brunswick (___New Member ___Renewal): \$40 per person \$70 per couple
Other towns (___New Member ___Renewal): \$50 per person \$80 per couple
 \$250 for **Lifetime Membership** (65 or over)

OFFICE USE: Accounting Data Membership Card Sent

Membership Dues: \$ _____
Additional Donation*: \$ _____
Total: \$ _____
(*donations above membership dues are tax deductible)

Become a "Friend of People Plus" with an additional gift of \$25 or more!



The Vicarage by the Sea: Experienced, Authentic Dementia Care since 1998

There's no place like home. That's why The Vicarage by the Sea isn't an institution trying to duplicate a home-like environment. We are home. It's the foundation of who we are and the heart of our specialized dementia care.

Perched on the shores of beautiful, private Curtis Cove in Harpswell, Maine, the Vicarage is situated on a wooded lot with lovely flower gardens and a bird garden in the back. Founders, Johanna Wigg, PhD and Cheryl Golek, Dementia Care Specialist, together with support staff, provide compassionate person-centered dementia care to eight residents and their families. Dementia education along with professional counseling is provided to families in transition.

The Vicarage offers a superior staff to resident ratio of one to four, providing the best personalized dementia care for your loved one and ensuring individuals' needs are understood and met. Every person has his or her own personalities and interests. Activities are created to meet the needs of each resident and their interests. Group activities from movies and games, to music performances, yoga, and outings are offered.

The Vicarage is family-owned and operated. One aspect of our philosophy is creating a multi-generational home environment that enhances the overall well-being of its residents. When you visit The Vicarage, you'll see children and adults providing love and care to the residents in their own special way.

Home cooked meals are prepared daily with locally grown foods. Menus incorporate residents' preferences and favorite recipes. Meals are enjoyed around the dinner table or on our ocean view patio, with beloved pets all around.

The Vicarage mission recognizes the human need and desire regardless of age or ailment for connection with the beauty of nature and its healing properties. (Whitehouse et al. 2012). The Freedom Trail, a handicapped accessible path, meanders through woods and ends at a sitting area overlooking Casco Bay, giving residents a safe, serene and private place to reflect and enjoy the stunning natural beauty. From early onset dementia through the end of life, residents can stay at The Vicarage.

Residents are not required to move to another location as the disease progresses. The Vicarage creates stability in residence, relationships and routine by eliminating the stress of transitions for the person living with dementia, thereby enhancing their overall well-being.

At the Vicarage, we understand how hard it is to make a transition from home to assisted or residential living. Residents are welcome to decorate and furnish their rooms with their own belongings. Residents may also bring their pets with them, making transitions even easier.

We are a secure environment. Safety and security of residents are ensured with technology (motion detectors) and the exceptional staff to resident ratio. Residents, joined by staff, are encouraged to engage with the outdoors and walk along the beautiful lane and oceanside.

By offering a holistic environment which encompasses elders, their families, the community, and the natural world around us, The Vicarage by the Sea proves that those living with memory loss can be cared for in a manner that enriches their quality of life.



The Vicarage By the Sea

9 Vicarage Lane, Harpswell, ME • 207-833-5480 • www.thevicaragebythesea.com

Alzheimer's Association, ME Chapter

Serves the entire state of Maine. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

383 US Route One, Ste 2C, Scarborough, ME 772-0115
alz.org/maine

American Heart Association

Heart disease and stroke significantly impact our community. On average, these diseases claim the lives of over 3,300 Maine residents each year. But in many cases, heart disease and stroke are preventable. The American Heart Association works to help individuals live healthier lives, reduce their risks and improve community health.

628 Wire Mill Road, Stamford, CT 847-721-8010
www.heart.org/maine

Amtrak Downeaster/NNEPRA

The Amtrak Downeaster is your car-free connection from Brunswick, Maine to Boston, Massachusetts and points in between. Seniors 62+ ride 1/2 price everyday on most Downeaster trains (not available on trains 685 or 695*). Reference promotion code V543 when making a reservation. It's Time to Take the Train!

75 West Commercial Street, Suite 104, Portland, ME 780-1000x109
www.amtrakdowneaster.com

Bankers Life

We aim to provide real-life solutions through our comprehensive insurance product line (suite), brokerage offered through Bankers Life Securities, Inc. and advisory services offered through Bankers Life Advisory Services, Inc.

442 Civic Center Drive, Suite 450, Augusta, ME 621-0548
bankerslife.com

Bath Area Family YMCA

Active older adults are our largest growing member group. From aquatics programs through our yoga, tai chi, and Muscle Time classes, we encourage strengthening spirit, mind and body for all ages and abilities. We always strive to provide our services without regard for one's ability to pay for such services.

303 Centre Street, Bath, ME 443-4112
www.bathymca.org

Bath Housing

Stable housing is at the core of health and wellness. Bath Housing is a mission driven organization that works to enhance housing stability for seniors, those with disabilities, and families in the greater Bath, Maine area in order to have a safe, vibrant, just and prosperous community.

80 Congress Ave, Bath, ME 443-3116
www.bathhousing.org

Beltone Hearing Aid Centers

The most trusted name in hearing aids today! Our patient care is second to none. Committed to providing patients with the highest level of service and quality products in the industry. Our Hearing Instrument Specialists are continually trained in new technology, allowing them to offer continual, reliable care to patients.

275 Bath Road, Brunswick, ME 615-0336
www.beltone.com

Bill Dodge Auto Group

We are Maine's family owned dealership located in Brunswick, Westbrook, and Saco. We pride ourselves on revolving our business around customers and their families and welcome you to visit our brand new dealership at 118 Pleasant Street in Brunswick for your automotive needs!

118 Pleasant St, Brunswick, ME 721-8300
www.billdodgeautogroup.com

Brackett Funeral Home

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

29 Federal St, Brunswick, ME 725-5511
www.brackettfuneralhome.com

Bridges Home Services

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

1 Weston Ct, Augusta, ME 623-0761
bridgeshomeservices.org

Brunswick Area First Responders

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

- Brunswick Police Department
- Brunswick Fire Department
- Other Area First Responders

Brunswick Area Respite Care

Respite Care is a private, non-profit adult day care service program. Our primary service is our day program, "The Club". We have been providing services to families living with dementia since 1989. Our mission is to provide supportive care and information to families facing the disabilities of aging.

41-4 Greenwood Rd, Brunswick, ME 729-8571
www.respite-care.org

Cathance River Education Alliance

The mission of the Cathance River Education Alliance is to use the natural resources of the Cathance River Preserve to promote ecological awareness and nature-based learning among students, educators, and the public; to foster the wise use of the Preserve; and to prepare future stewards of the Cathance River.

PO Box 187, Topsham, ME 331-3202
www.creamaine.org

Catholic Charities SEARCH Program - Greater Bath Site

SEARCH (Seek Elderly Alone, Renew Courage & Hope) is a Program of Catholic Charities. SEARCH provides FREE in-home volunteer support services to seniors living in Sagadahoc County and Brunswick/Harpswell. Our mission is to enable vulnerable seniors to remain independent and create a long-term support system to meet their needs.

125 Congress Ave, Bath, ME 837-8810
www.ccmaine.org/SEARCH

ClearCaptions

WordsMatter. ClearCaptions is an FCC-certified provider of captioned telephone, at no cost, for individuals with hearing loss. Founded in 2011, ClearCaptions provides an innovative suite of captioning services through a variety of platforms, including personal computers, mobile devices and home phones. FMI contact Becky Bushey. becky.bushey@clearcaptions.com or 207-650-2492

599 Menlo Drive Ste 200, Rocklin, CA 916-663-6869
www.clearcaptions.com

Coastal Landing Retirement Community



We will be celebrating our second anniversary in October. We are a retirement community serving the mid-coast area. Come and see our warm and friendly environment where friends and family gather. Please call 837-6560 to schedule your visit and see for yourself why so many people are calling Coastal Landing their home!"

142 Neptune Drive, Brunswick, ME 837-6560
<http://coastallanding.com/>

Coastal Orthopedics and Sports Medicine

Offers Orthopedic Medicine, Physical Therapy and Sports Medicine to the general public throughout Maine. Our practice employs a top team of doctors, physical therapists, athletic trainers, strength coaches and support staff who ensure excellent results. We have served the local area for more than 15 years.

14 Thomas Point Rd, Brunswick, ME 442-0325
www.coastalortho.com

Community Health Information Partnership (CHIP)-Curtis Memorial Library

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

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

Disability Rights Maine

Our Telecommunications Equipment Program (TEP) provides communication solutions to anyone with a barrier that prevents them from using standard phone equipment. We determine the best amplified, captioned, large button, picture dial, or voice-activated phone to meet your needs; hearing aid option also available for low-income clients, ages 65 and older.

68 Bishop St., Ste 3, Portland, ME 797-7656
drme.org

Funeral Alternatives

A locally-owned and operated family business. We have built our business over the years by offering "sensible alternatives" for the value-conscious consumer. We specialize in simplified, low cost, dignified arrangements with excellent service. We offer basic cremations as well as traditional funerals, pre-planning options, personalized memorials and caring, professional support.
155 Bath Road, Brunswick, ME 406-4028
www.funeralalternatives.net

Great Scott Audiology and Hearing Aids

The advantages to working with Great Scott Audiology and Hearing Aids is that we are local, take all insurance, treat all ages, and we work with all manufacturers, so we can fit the best device to the specific need of the individual.

3 Horton Place, Topsham, ME 729-4086
www.greatscottaudiology.com

Greater Brunswick Physical Therapy

Providing skilled, compassionate care since 1988. Two time Business of the Year award winners. Provide holistic therapy in a welcome environment while utilizing the most current manual therapy techniques. Our treatments help facilitate the healing process. We are committed to providing the educational and emotional support to help your recovery.

11 Bowdoin Mill Island, Suite 220, Topsham, ME 729-1164
greaterbrunswickpt.com

Habitat for Humanity/7 Rivers Maine

Habitat's Weatherizing & Repair program assists over 60 mid coast Maine homeowners each year. These homeowners may struggle to stay warm, pay heating fuel costs, have critical home repair needs, or may be elderly and disabled homeowners who need home modifications to remain in their homes more safely and independently.
126 Main St. Suite 1, Topsham, ME 504-9334
www.habitat7rivers.org

Harvard Pilgrim Health Care

One of the nation's leading not-for-profit health services companies. Our health plans in New England cover 1.3 million members. The Medicare plans include Medicare Supplements and Stride, Medicare Advantage. Our mission is to improve the quality and value of health care for the people and communities we serve.
1 Market St., 3rd Floor, Portland, ME 756-6324
www.hpforlife.org

Hawthorne House + Freeport Place

Hawthorne House is an 81-bed nursing rehabilitation and long term care center offering 24 hour skilled nursing services, physical, occupational and speech therapy services. Freeport Place assisted living offers personalized services to 30 residents in home-like setting. We help residents achieve the highest level of independence while providing compassionate care.
6 Old County Road, Freeport, ME 865-4782

Head to Toe Physical Therapy of Topsham

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

439 Lewiston Rd, Topsham, ME 725-4400
www.headtoeoftopsham.com

Healthy Living for ME

A statewide provider network of evidence-based health and wellness classes. Founded by Spectrum Generations, SMAA, and Seniors Plus, Healthy Living for ME provides workshop series to build confidence, help manage stress, and gain tools for those with chronic conditions and who are at risk of falls.

One Weston Court Ste 109, Augusta, ME 622-9212
www.spectrumgenerations.org

Hearts & Hands Reiki

Provides you with profound relief from stress and addresses pain through light touch transfer of healing energy. Anyone can benefit from even a few minutes of Reiki! Get a 15 minute spa experience on my massage table at the expo. Over 23 years of professional practice, including monthly training workshops.

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

Highland Green



Highland Green is the premier 55+ Active Adult Lifestyle Community in New England. Its vast 635 acre campus features a 230 acre nature preserve, a community center, restaurant, and golf course. It is a national destination with residents from 31 states. Lower-maintenance living is enhanced by custom homes unavailable elsewhere.

7 Evergreen Circle, Topsham, ME 725-4549
highlandgreenlifestyle.com

HillHouse Assisted Living

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

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

Home Instead Senior Care

Home Instead Senior Care's mission is to enhance the lives of aging adults and their families. We provide non-medical care for seniors throughout Cumberland County. Our services range from providing companionship and personal care to specialized Alzheimer's care and hospice support. Our CAREGivers are thoroughly screened and well trained.

502 Main St., Gorham, ME 839-0441
www.homeinsteadmaine.com

Jade Integrated Health

Exercise is crucial to maintaining health and wellness while aging. Learning to mindfully move without strain supports prolonged independence and confidence. At Jade Integrated Health we cultivate an atmosphere of comprehensive care, offering patients tailored treatment plans that may include physical therapy, yoga, acupuncture, and massage.

12 Windorf Circle, Brunswick, ME 844-8280
www.jadeintegratedhealth.com

Kennebec Pharmacy and Home Care

Your local pharmacy and home medical equipment provider dedicated to making better living possible for the people we serve. You can look to us for: Prescriptions, Compounded Medications, Specialty Pharmacy Services, Medication Management, Home Medical Equipment, Respiratory Therapy Services, and Home Infusion Therapy.

121 Medical Center Drive, Brunswick, ME 729-3642
www.kennebecpharmacy.com

Maine AllCare

Maine AllCare is dedicated to the goal of achieving universal, high quality and affordable health care for the people of Maine. We are non-partisan and nonprofit, committed to educating the Maine public and policymakers about how to make health care in Maine universally accessible and affordable for all.

46 Middle St Apt 3, Saco, ME 391-5989
www.maineallcare.org

Maine Bureau of Insurance

The Maine Bureau of Insurance is a state agency that regulates the insurance industry and protects consumers. The Bureau's consumer division is available by phone Monday through Friday from 8 a.m. to 5 p.m. to discuss insurance-related concerns. Bureau staff also investigate insurance-related complaints that are submitted in writing.

34 State House Station, Augusta, ME 624-8445
www.maine.gov/insurance

Maine Estate Services, LLC

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

13 Pleasant St., Brunswick, ME 798-2834
midcoasttitle.com

Maine Insurance Group

Maine Insurance Group is an independent insurance agency that serves the senior population throughout Maine, specializing in Medicare Supplements, Medicare Advantage plans, Final Expense Insurance, and Dental Plans. We are committed to provide each and every client with the best insurance value and service available. Free quotes and no obligations.

PO Box 5225, Augusta, ME 629-3861
www.maineinsurancegroup.com

Maine Pines Racquet & Fitness

A full service tennis and fitness facility providing programs for all ages and abilities. Over 50+ group fitness classes including Aerobics, Tone & Sculpt, Barre, Pilates, Pound, Zumba, Spinning and all kinds of Yoga classes! Try a class today! We want you to get fit, love life and have fun!

120 Harpswell Road, Brunswick, ME 729-8433
www.maine-pines.com

Maine Senior College Network/USM

Midcoast Senior College provides non-credit academic courses and other educational events for people 50 years and older to continue lifelong learning. Midcoast Senior College is part of the Maine Senior College Network and serves the area from Damariscotta to Freeport and inland towards Augusta.

Umaine Billing 5761, Keyo Building, Orono, ME 780-4128
maineseniocollege.org

Maine Veterans' Homes - Augusta

Caring For Those Who Served - Maine Veterans' Homes is a not-for-profit organization that operates six quality-award winning long-term care and assisted living communities throughout the state, including skilled nursing, rehabilitation, long-term, and secure memory care for Maine's veterans, their spouses, and Gold-star parents.
310 Cony Rd, Augusta, ME 622-2454
mainevets.org

Martin's Point Health Care

Progressive, not-for-profit organization providing primary health care and health insurance plans. Our seven health care centers in ME and NH accept most major insurance plans. Offer Generations Advantage Medicare plans in ME and NH, and the US Family Health Plan (TRICARE Prime®) in northern New England, New York, and Pennsylvania.

331 Veranda Street, Portland, ME 253-6140
martinspoint.org

Mary's Affordable Hearing Aids

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

12 Springer St, Richmond, ME 1-781-249-5330
marysaffordablehearingaids.com

Mid Coast-Parkview Health



MID COAST-PARKVIEW HEALTH

Mid Coast-Parkview Health is dynamic healthcare system addressing a full continuum of community health, wellness, and prevention needs with a full-service 93-bed hospital (Mid Coast Hospital, www.midcoasthealth.com), a diverse medical group (Mid Coast Medical Group, www.midcoasthealth.com/mcmg/), senior health care (Mid Coast Senior Health Center, www.midcoastseniorhealth.com), and home healthcare services (CHANS Home Health & Hospice, www.chanshomehealthcare.com).

123 Medical Center Dr, Brunswick, ME 373-6000
www.midcoastparkviewhealth.com

Mid Coast Hunger Prevention Program

MCHPP is a 501c(3) nonprofit organization. Our mission is to provide hungry people with access to healthy food, work to improve the quality of their lives by partnering with others, and serve them in a manner that recognizes their dignity.

12 Tenney Way, Brunswick, ME 725-2716
mchpp.org

Maine Quality Counts Choosing Wisely

An independent, multi-stakeholder regional healthcare collaborative dedicated to transforming health and health care in Maine. QC works toward a day when every person in Maine will enjoy the best of health and have access to patient centered care that is high quality. Choosing Wisely® is one of our priority projects.

16 Association Drive, Manchester, ME 620-8526
www.mainequalitycounts.org

Merrymeeting Bay Triad

A nonprofit organization dedicated to the promotion of programs, activities, education and material that enhance the well-being of Merrymeeting Bay's senior population. This is accomplished through an all-volunteer organization that merges cooperative efforts between municipal, police and senior agencies that promote and conduct social, cultural and educational activities.

443-5563 x2215
merrymeetingbaytriad@gmail.com

New England Rehabilitation Hospital of Portland

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

335 Brighton Ave, Portland, ME 775-4000
www.nerhp.org

Neighbors, Inc.

Neighbors, Inc is a non-medical organization specializing in supporting mostly elderly individuals to remain independent and stay in their own homes as long as possible. We provide transportation, meal preparation, help with chores, medication reminders, shopping and companion/safety care. Services are available from 1 hour to 24 hours daily.

PO Box 728, Brunswick, ME 725-7161
neighborsinc.com

Nor'easters Barbershop Chorus

The Nor'easters Chorus of Bath, 51 years strong, celebrates acappella music and providing entertainment to various audiences including senior living, nursing homes and others. 51st Annual Show, Saturday, October 21st at 2 pm, United Methodist Church, 320 Church Rd in Brunswick with western theme of Happy Trails to you!
103 Rabbit Road, Durham, ME 353-2404
noreasterschorus.org

Northbridge Companies

Two Northbridge communities in Brunswick, Maine offer area seniors with an array of senior living choices. Sunnybrook offers Assisted Living while Avita of Brunswick caters to those living with Alzheimer's disease and dementia. At both communities, our goal is to ensure each resident lives well and loves life, every day!
89 Admiral Fitch Ave, Brunswick, ME 729-6222
avitaofbrunswick.com

Norway Savings Bank

Norway Savings Bank helps you live your life in color! Although we're just a small part of your life, we're here to help make it great. With three branches in the Midcoast area, you're never far away from banking that's as unique as you are.

83 Maine St & 14 Gurnet Road, Brunswick, ME 725-5591
norwaysavings.bank

Pejepscot Terrace

Pejepscot Terrace, located in Brunswick off of Jordan Avenue, offers affordable housing for the elderly and disabled household. We offer one and two bedroom apartments. Equal housing opportunity. Call for more information - 207-729-8006

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

Penquis Foster Grandparent Program

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

PO Box 1162, Bangor, ME 973-3611
www.penquis.org

People Plus

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

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

Redfin

A full-service brokerage, so you can easily contact a local Redfin Agent to see homes in person, make an offer on a home, or list you home for sale. We pay our agents based on your satisfaction, so they put your interests before a deal or a dollar, every time.

PO Box 79, Durham, NC 919-343-4765
www.redfin.com/city/21621/ME/Brunswick

Rite Aid Pharmacy

Located in downtown Brunswick. Providing our community, as well as our nation, FREE quality health care services. Over 50 years of reliable, trustworthy experience, embracing the needs of our patients. Vaccination clinics for all work types, senior long-term, assisted care and independent living venues.

156 Maine St., Brunswick, ME 729-8100
www.riteaid.com

Sexual Assault Support Services of Midcoast Maine (SASSMM)

Mission is to help empower, support, advocate for and inspire hope for survivors of sexual violence. From Brunswick to Belfast, working with communities to shift social norms surrounding gender and sexuality to eradicate sexual violence. Supports survivors and their concerned love ones, day or night, via 24 hr support line.

PO Box 990, Brunswick, ME 725-2181
www.sassmm.org

Sky-Hy Adult Day Health Care

We offer a caring, nurturing environment with services for the elderly and other adults in need of assistance with social, recreational, nutritional and personal care. We offer family members support in meeting the needs of caring for loved ones and coping with the daily challenges associated with adult health care.

32 Sky-Hy Drive, Topsham, ME 725-7577
www.servant.net

Spectrum Generations Meals on Wheels and Aging & Disability Resource

Helping older and disabled adults – and caregivers – live healthy, independent lives in own homes and communities. Provides answers and support for those in need of resources throughout central and midcoast Maine, regarding health, wellness, aging in place, access to nutritious meals, caregiver support, and health insurance counseling.
 1.800.639.1553

35 Union St, Suite 1, Brunswick, ME 607-4406
spectrumgenerations.org

Spectrum Generations Family Caregiver Services

Spectrum Generations, the Central Maine Area Agency on Aging and Aging and Disability Resource Center, has been a leading provider of information and advice, referrals, programs and activities for adults for over 30 years.

One Weston Ct, Augusta, ME 1-800-639-1553
spectrumgenerations.org

Stetson's Funeral Home

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

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

The Dempsey Center

Leader in Quality of Life care for individuals and families impacted by cancer. Personalized, holistic, integrated approach to cancer prevention, education, support. We simplify the complexity of the cancer journey. The Dempsey Model champions evidence based approaches while involving patients, their medical teams, and entire community of caregivers as equals.

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

The Highlands

The Highlands offers a wide range of retirement living lifestyle options in Topsham, just across the picturesque steel bridge from Brunswick and Bowdoin College. Nestled in the backdrop of Maine's historic Midcoast region, The Highlands retirement community provides a beautiful setting for experiencing all the benefits of a maintenance-free lifestyle.

30 Governors Way, Topsham, ME 725-2650
www.highlandsrc.com

The Times Record

The Times Record

The Times Record is Midcoast Maine's only daily newspaper and your best source for local news and information. Local. Legitimate. Journalism.

3 Business Parkway, Ste 1, Brunswick, ME 504-8270 www.timesrecord.com

The Vicarage By the Sea, Inc.



Since 1998, we have provided long-term, specialized dementia care in a safe, homelike setting overlooking beautiful Casco Bay! Staff to resident ratio of one to four provides personalized care for loved ones. We believe that every human being deserves the opportunity to grow regardless of age or ailment.

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

Topsham Dental Arts

At Topsham Dental Arts we are known for the compassionate, expert care that we provide for the people who entrust their smiles to us. We are at your service for dental implants, root canals, cosmetic dentistry, oral surgery, fillings, tooth whitening, crowns, dentures, Invisalign, periodontal and pediatric care.

37 Foreside Road, Topsham, ME 798-6700 www.topshamdentalarts.com

Wiser Living in Maine

Wiser Living in Maine (WL), the #1 "senior" magazine in the state. WL is distributed in Maine, or mail order requests and with an online publication. We target our audience from the current Baby-boomer to the elderly community with many ideas for the now largest demographic in history.

PO Box 451, Bath, ME 443-4800
www.wiserlivinginme.com

Write On Writers

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

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

Thank You Expo Partners and Sponsors!

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Avita of Brunswick
89 Admiral Fitch Ave
Brunswick, ME
Call Bethany: 207.729.6222

Sunnybrook
340 Bath Road
Brunswick, ME
Call Brigit: 207.443.9100

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avitaofbrunswick.com // sunnybrookvillage.com



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- Bookkeeping
- House Checks
- Pet Care
- Respite Care
- Organizing



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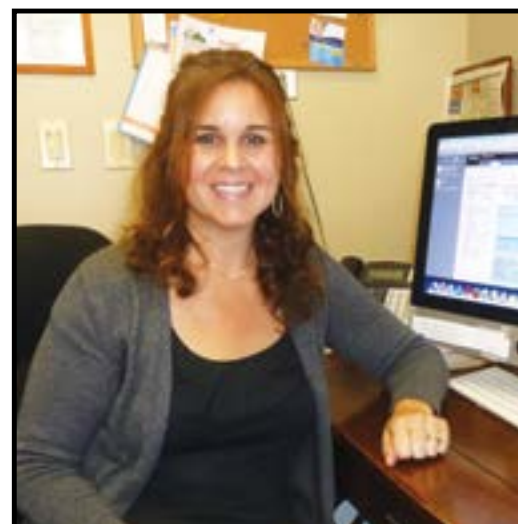
Locally owned and operated for over 27 years!



725-9444
www.neighborsinc.com

People Plus Volunteer Transportation Network Needs Drivers!

In the last year, People Plus has coordinated over 20,000 miles of FREE rides for home-bound residents of Brunswick, Topsham and Harpswell. And this year we hope to expand to Bath! But we can't do it alone - we need your help with the driving! We ask that you become a driver today! It is a rewarding and selfless gift to help your neighbors in need. Thank you!! And thanks go to our generous sponsors, *Rusty Lantern Market* and *Spectrum Generations*, who help keep the program growing!



People Plus VTN Coordinator, Lynne Smith (left), partners volunteer drivers with home-bound elders in need of rides for medical services as well as groceries, health services, and more. Won't you become a volunteer driver and see for yourself how rewarding it can be to help your neighbor?

spectrum generations For information about our services available in the midcoast and throughout central Maine, call **1.800.639.1553**

Aging & Disability Resource Center | Meals on Wheels

35 Union Street, Suite 1, Brunswick
www.spectrumgenerations.org

MEDICARE PLANS and PRIMARY CARE

Offering care and coverage to keep Midcoast seniors healthy!

MARTIN'S POINT
HEALTHCARE

www.MartinsPoint.org



The Bill Dodge Auto Group in Brunswick is thrilled to participate again this year in the 2017 Senior Health Expo for People Plus. The Bill Dodge Auto Group is still run today by the Dodge Family from Brunswick, and we're excited to have brought a brand new, state of the art dealership to Brunswick this year! You probably know our co-owners, Win & Stacy Dodge, the dynamic brother/sister duo that you hear on the radio, but we encourage you to stop by the New Bill Dodge Hyundai and Used Car store at 118 Pleasant Street to tour the new dealership and meet the rest of the Bill Dodge Family and Staff!

The building was created for a better customer experience and includes a comfortable waiting area with flat screen TV, refreshments, and snacks. We hope you'll enjoy the bright, modern building and landscape because it was designed to give Brunswick customers a fresh new place to do their car business! The friendly staff remains in place and we look forward to seeing you soon, either at the Senior Health Expo or at the new Dealership on the corner of River Road and Pleasant Street!



Meals and Presentations at People Plus



FULL HOUSE! Meals at the center are always popular, as these ladies at a Women's Breakfast will agree. Come to our Monday Munchies, our Lunch & Connections Luncheon or Men's and Women's Breakfast to discover what all the good times are about!

PRESENTATIONS:

Author's Chats

Maine authors tell us about their books and experiences.

Medicare 101 with Spectrum Generations

2nd Tuesday of every month, 12:30-2 pm. Designed to provide you with knowledge about Medicare and its many "Parts".

FYI! (For your Information) - Lecture Series

Monthly programs to tantalize the mind with interesting and stimulating presentations and light refreshments.

'Aging Well' Lunch and Learn

The 4th Monday of every month at noon with programs focusing on healthy minds and healthy bodies. Bring your lunch, we provide drinks, chips and dessert.

MEALS:

Monday Munchies

Weekly meal program at People Plus. Meals served every Monday from 11-12:30. Eat in or take out or both!

Women's Breakfast

The first Thursday of the month at 8:30 am. Start your day with a healthy meal and good company.

Lunch Out

Organized get-together at local restaurants on the second Tuesday of each month.

Men's Breakfast

The second Thursday of the month at 8 am. Start your day with a healthy meal and good company.

Lunch/Connections

Third Thursday of the month at noon. Sign up early for this always sold out meal! Also includes free hearing screenings and free blood pressure checks.



Classes, Games, and Clubs

CLASSES (Fee-based, typically \$5 for members, open to public):

Loosen Up!

M/W/F, 9 am. Includes resistance training, core strengthening, and exercises intended to improve balance and posture. Performed standing and seated. Take it once, twice or three times a week.

Zumba

Mondays, 10 am. Instructor Bea Blakemore. Aerobic and dance moves set to popular music. Low-impact for seniors.

Art with Connie Bailey

Tuesdays, 10-12 pm. All levels welcome. Explores different mediums each month.

Yoga

Tuesdays, 10:30 am with Ann Kimmage and Thursdays, 11 am with Leslie Ballin. Stretch, flex, breathe and relax for optimum well being.

Chair Yoga

Tuesdays, 2 pm. Instructor Audrey Palma, a wonderful blend of breathing and stretching to improve balance, stability and peace-of-mind.

Aerobics Lite

Tuesdays, 12:30 pm. Instructor Bea Blakemore. Combination of sitting and standing movements while moving to music with low impact steps.

Line Dancing – Beginner & Adv.

Beginner: Thursdays, 6 pm, Advanced: Thursdays, 7:15 pm. Instructor Janice McLaughlin. Choreographed dance with a repeated sequence of steps in which a group of people dance in a line, all facing the same direction and doing the steps at the same time.

Qigong

Fridays, 11 am. Instructor Suzanne Neveux. Related to Tai Chi.

Tai Chi – Beginner & Advanced

Beginner: Fridays, 10 am, Advanced: Wednesdays, 12:30 pm. Instructor Suzanne Neveux. Exercises your mind and body. The body is challenged with moving slowly to keep your feet underneath you to enhance the power of your movements.

GROUPS (Free, members only):

Easy Riders Biking Club

Wednesdays, 9 am, weather permitting. Rides either begin at People Plus or off-site location and usually last about an hour.

Table Tennis

Most days – check calendar for schedule. For serious players with a sense of humor. Bring athletic shoes or sneakers.

Walking Club

Visit the Brunswick Parks & Rec. indoor track and log your walks in the member logbook.

GAMES (Free, members only):

Mah-Jongg

M/W/F, 9-12 pm. Chinese multi-player tile game. All skill levels welcome.

Bridge

Mondays, 12-3:30 pm, Saturdays, 10 am – 3 pm. Play several games with different partners.

Bridge - Beginner/Intermediate

Tuesdays and Thursdays, 9-11:30 am. A less formal Bridge group. All levels welcome.

Advanced Bridge

Fridays, 1-4 pm.

Cribbage - Experienced

Wednesdays, 8:45-11:30 am. Play cribbage with different partners.

CLUBS (Free, members only):

Crafters

Mondays, 9-11 am. Bring your current project (knit, crochet, scrapbook, etc) and socialize while working.

Apple Club

First Thursday of the month, 10 am. Bring your Apple device and questions.

Quilters

First and third Tuesdays of the month at 1 pm. Bring our own project and socialize while you work.

Kaffeestunde! German Conversation Group

Second Tuesday of the month, 3 pm. Whether you are just learning, need a refresher or are a pro who wants a chance to speak a language you love.

Write on Writers

Wednesdays, 1-2:30 pm. Read and share your works of poetry and prose, and to improve writing skills.

World Affairs Conversation Group

Fridays, 11 am. Ed Knox will moderate this club. He has lived and worked professionally in the Middle East and taught Middle East History.

Civil War Book Club

Third Monday of the month, 6:30 pm.

Books a la Carte

Third Tuesday of the month, 3 pm. Unique book club! Share what you've been reading and learn about what others think are good, too!

Cafe en Francais

Fourth Tuesday of the month, 2:30 pm. Spend a lively hour once a month speaking French with good company.



Fitness for a LIFETIME!

How many times have we told ourselves "I will start that diet on Monday", or "next week I'm going to take that exercise class"? If you're like me you said that to yourself at least 100 times. And I'm guessing with the changing of the seasons and the days getting shorter, the same thoughts are in the back of your mind about not gaining weight this winter and trying to stay in shape.

At People Plus we are here to help you do that. With over 15 exercise class options every week, there is no shortage of activities to help you become and stay active all through the long months of winter in Maine!

The classes at the Center are varied and designed specifically for the bodies of a senior adult. Someone who is getting a little older, may not be as loose and limber or trim and fit as they used to be and certainly may not have the same range of motion or strength at this stage of their lives. But none of those are reasons to not exercise. They are actually the reasons to support exercise and starting a program can be super easy at the People Plus Center!

Here are your options:

- Gentle Floor Yoga twice a week
- Gentle Chair Yoga once a week
- Loosen Up – strength and flexibility training three times a week
- Zumba – dance your way to fitness once a week
- AerobicsLite – make Jane Fonda proud once a week
- Tai Chi – this gentle flowing class meets twice a week
- Qigong – channel your energy once a week
- "Easy Riders" Biking Club - meets Wednesday mornings
- Table Tennis a.k.a. ping-pong plays regularly at the Center four or five days a week

All of these options are fun. All of these options are accessible to everyone at all fitness levels. All of these options will make you feel better and become more healthy.

All of these options are available to try once for free! So there's no excuse not to come on down and give it a try as we stave off the winter blues, rebuke that extra 10 pounds, and end up next spring being able to still wear our shorts for summer!



TRAVEL WITH US!

Collette Travel - Still Spots Left! Pacific Northwest & California

Collette and People Plus are partnering on a trip featuring Washington, Oregon and California in May 20-27, 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. Open to the public. FMI <https://gateway.gocollette.com/link/838759>

Collette Trip Presentation Spain's Classics and Portugal

Tues Nov 7, 3:30 pm.
Visit Spain, Oct 17-30, 2018 with Collette Travel. 12 spots reserved for 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. FMI <https://gateway.gocollette.com/link/838783>

People Plus is on TV!



People Plus Executive Director Stacy V. Frizzle and Membership Coordinator Frank Connors tape two monthly TV shows: *People Plus News & Views* which discusses our monthly activities, and our monthly cooking show, *People Plus Cooks!* featuring historical recipes from our senior community.

Episodes of our shows are taped at Harpswell TV14 each month with volunteer cameramen Ed Harris and Gordon Brigham and director Bernie Breitbart. The shows air on TV14 and Channel 3 in Brunswick and can be viewed any time at www.peopleplusmaine.org or on the People Plus video page <https://vimeo.com/peopleplusmaine>.



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100 Fore Street, Floor 2
Portland, Maine 04101
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Monday - Friday 8:00 a.m. - 4:30 p.m.

We're trippin' at People Plus!

Join Frank Connors as he explores local (and not so local) venues. The trip includes transportation and Frank's insights and local knowledge. Lunch will be "on your own" at a restaurant near the venue. The van generally leaves around 10 am and returns to the Center around 3 pm (depending on the distance). Registration goes to the first 12 who sign up, and you must be a registered member of People Plus to participate. Cost is usually \$8, thanks to generous

sponsorships by Scott Lemieux of Ameriprise Financial and Coastal Landing Retirement Community. Check the People Plus News for the trip date and venue each month. As always, call Pat to register (729-0757). Some trips include Blaine House and Maine State Museum in Augusta, Popham Beach and forts, Fort Baldwin, Jellerson District one-room school in Bowdoinham, Apple Picking and many more.



There's Winter. And then there's WINTER AT THE HIGHLANDS!

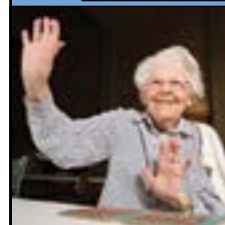
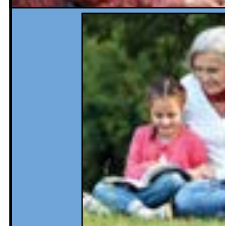
ALL-DAY DINING
SALTWATER HEATED POOL
WORRY-FREE LIVING

CAMPUS WIDE Open House
SATURDAY | OCTOBER 28TH
11:00 AM - 3:00 PM
HOLDEN FROST HOUSE
7 ACADEMY LANE | TOPSHAM

THE HIGHLANDS
A CPF Living Community

30 Governors Way | Topsham, ME 04086 | (207) 725-2650 | www.highlandsrc.com

CLIP & SAVE



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

OCT-DEC 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. 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), 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.
- Nov. 2-Curtis Memorial Library, 23 Pleasant Street, Brunswick 9:00-11:30 a.m.
- Nov. 7-Bath Vote and Vax, Bath Middle School, 6 Old Brunswick Road, Bath 8-10 a.m. / 4-7 p.m.
- Nov. 11-Brunswick Early Bird Sale, Tontine Mall, 149 Maine Street, Brunswick 7 a.m.-NOON
- Nov. 13-Westrum House, 22 Union Park Road, Suite 1, Topsham 11:30 a.m.-NOON
- Nov. 16-RSU 5 Freeport Schools, Freeport High School, 30 Holbrook Street, Freeport 3:30-6:30 p.m.
- Nov. 17-Town of Woolwich, Central School, 137 Nequasset Road, Woolwich 1:30-5:00 p.m.
- Nov. 20-RSU 1, Bath Middle School, 6 Old Brunswick Road, Bath 3-6 p.m.
- Nov. 28-Mid Coast Senior Health, 58 Baribeau Drive, Brunswick 4-6 p.m.
- Nov. 28-MSAD 75, Mt. Ararat Middle School, 66 Republic Ave., Topsham 4-6 p.m.
- Dec. 12-Bath Adult Ed, Morse High School, 826 High Street, Bath 4:30-6:00 p.m.
- Dec. 26-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.

See Every Word

Claim your **FREE** Caption Phone today!
*Free for qualified users.

Becky Bushey
207-650-2492
becky.bushey@clearcaptions.com

REDFIN

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.

People Plus Sign up now!
Good Morning Program

In Partnership with Brunswick Police Dept.

FMI 729-0757
www.peopleplusmaine.org

Need a visit?

Merry Pop-ins volunteers make social visits for friends who are under the weather.

They might bring a meal, flowers, or book while they spend a few minutes brightening someone's day.

Do you know someone in need?

People Plus
The MERRY POP-INS

FMI 729-0757
www.peopleplusmaine.org

Frequently Asked Questions about Joint Replacement

By Jacob Furey, MD

What is joint replacement surgery?

Joints can be damaged by arthritis, other diseases, or injuries. Arthritis describes the wearing away of the protective cartilage of the joint, which leads to inflammation. This can cause pain, stiffness, and swelling.

Joint replacement surgery involves removing the damaged portion of a joint and replacing it with new metal and plastic components. Joint replacement surgery will help relieve pain and restore mobility and function to the affected joint.

When is it time to consider joint replacement surgery?

Total joint replacement surgery is considered if other treatment options are unsuccessful in relieving pain and increasing joint function. Treatments that may be tried prior to joint replacement include physical therapy, bracing, and/or joint injections.

If your pain is an occasional inconvenience, it may be best to wait. If it is bothering you and significantly impacting your everyday life, or preventing you from sleeping, working, or doing the things you want to do, and non-operative treatments have failed, it may be time to consider a replacement.

What steps do I need to take to have joint replacement surgery?

If you are experiencing pain, you should first consult your primary care provider. If your primary care provider determines that your joint condition requires orthopedic intervention, he/she will refer you to an orthopedic surgeon. An orthopedic surgeon will perform a thorough history and physical examination of your joint. If, after a thorough review, you and your surgeon decide that a joint replacement is an appropriate treatment option for you, a date for surgery will be arranged. Pre-operative testing and education will take place before your surgery.

How common are complications?

In general, joint replacement is a very safe procedure and major complication rates are very low (in the 1-2% range). Certain medical conditions can

increase risk of complications, which is why it is important to optimize your health prior to surgery.

What are the Typical Outcomes of Joint Replacement Surgery?

Patients have a variety of reasons for deciding to get a joint replaced. Often the decision is driven by a desire to make activities of daily living easier and to decrease joint pain. Strong commitment to the rehabilitation process ensures that the vast majority of our patients are happy with their decision to have joint replacement surgery. A successful joint replacement should provide you with decades of pain-free activity.

How long will the surgery and recovery take?

Joint replacement surgery itself takes

one to two hours. After the surgery, there is a brief hospital stay (typically one or two nights). Most patients will go home after surgery, but some patients may prefer to go to a rehabilitation facility based on their mobility and living situation. Each patient is different, but generally you can return to light daily activities immediately and more strenuous activities in 6 to 8 weeks. After your initial recovery, you can do anything you want with your new joint without any restrictions.

Will my joint replacement ever wear out or need to be redone?

Joint implant technology has improved in recent years, so it is very unlikely that your joint replacement will wear out. Other problems can occur including infection, loosening of the

implant, or bone fracture around the implant, and any of these problems could require revision surgery. For the vast majority of patients, however, the joint replacement will last the rest of their life.

Jacob Furey, MD, is a joint replacement surgeon with Mid Coast Medical Group—Orthopedics, offering comprehensive orthopedic care and treatment services fully integrated with Mid Coast Hospital and the Center for Joint Replacement.



Photo by Jeff Morris of The Press Star/In Brunswick

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.



MID COAST
Center for **JOINT
REPLACEMENT**

www.midcoasthealth.com/jointcenter



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HEALTH