

Plus!

People

Plus!

People SENIOR HEALTH Expo

CONNECTING COMMUNITIES

Thank You 2019 Lead Sponsors!



MID COAST-PARKVIEW
HEALTH



COASTAL
LANDING
RETIREMENT COMMUNITY



THURSDAY
OCT. 10, 2019
9AM-1PM

FREE ADMISSION
BRUNSWICK
RECREATION CENTER
220 NEPTUNE DR
BRUNSWICK LANDING
mark your calendars!

FITNESS & HEALTH | TECHNOLOGY | MEDICAL SERVICES
HOUSING & RESPITE CARE | LEGAL SERVICES | INSURANCE
COMMUNITY SERVICES | FINANCE & BANKING | NUTRITION



The Times Record
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www.peopleplusmaine.org

FREE ADMISSION & EVENTS!

Swag bags for the first 500 attendees!

Flu shots with CHANS Home Health Care

Reiki treatments courtesy of Hearts & Hands

Massages courtesy of Massage on Maine

Tai Chi & Qigong for Balance demos
courtesy of Coastal Qigong at 10 and 11 am

Technology help desk courtesy of Ralph Lewis at Mac-Care

TWO chances to win Amtrak Downeaster tickets!

Video Oscopes (see inside your ear)
with Mary's Affordable Hearing Aids

Yellow Dot, VTN & Good Morning program registrations

Book signings, sales and author chats with Write On Writers

Car winterization tips with Bill Dodge Auto Group

Bring baby diapers for United Way Diaper Drive!

Performances by Nor'easters Barbershop Chorus

Free Wicked Joe Coffee & Snacks

Lunch for sale courtesy of Cohen on the Meadows

Walk the indoor track and more!

Over 70 Tables!

Welcome to the eighth annual People Plus Senior Health Expo!

We are happy to see you and honored to host nearly 80 vendors, organizations and businesses who service the ever-increasing senior population of the Mid Coast. If you are getting a little older - and who isn't, then this is the place for you to learn everything you need to know for the best years of your life!

At this event, you will find something for everyone including healthcare, housing options, transportation solutions, how to winterize your car, hospice and end-of-life procedures, exercise opportunities, how to improve your hearing, how to make talking on the telephone easier, what insurance program is best, how you can stay longer in your home as you age, and answers to all your questions on where to live, what to eat, technology and more!

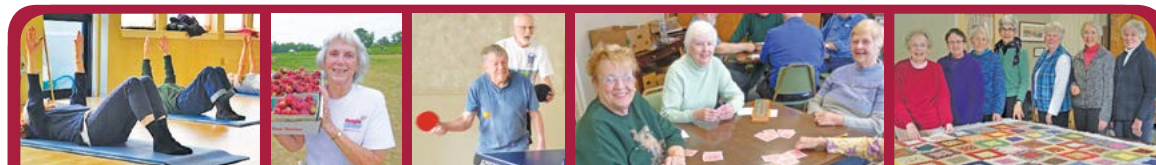
Don't miss the many FREE activities at the Expo including flu shots, massages, Yellow Dot program registration, see a video of the inside of your ear, technology advice and more! Since we are at the Brunswick Rec. Center, you can bring your sneakers and walk on the indoor track (don't forget to add your laps to the People Plus log book).

There's also a raffle to win two free tickets on the Amtrak Downeaster!

The leaves are turning colors, there's a nip in the air, and we can't wait to see you at the Senior Health Expo; with People Plus, the Center that Builds Community.

Thanks for joining us!

Stacy V. Frizzle
Executive Director, People Plus



Join the fun
TODAY!



People

The center that builds community

People Plus is a fun, dynamic community center dedicated to improving health and quality of life for Mid Coast Seniors.

Presentations!
Clubs!
Meals!

Games!
Fitness!
Classes!

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

The Brunswick Explorer will provide transportation to and from the Expo.

Just say "Take Me to the Expo!"

Check www.brunswickexplorer.org or 721-9600 for bus route & schedule.



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 enables those who wish to maintain an independent lifestyle to do so. Further assistance from Rousseau Management's home care agency, Neighbors Inc., is available as well if necessary.

Coastal Shores Residential Care, which has 40 assisted living based apartments is conveniently located in a separate wing of the same building. This residence consists of furnished private rooms and 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 mid-coast 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 Coastal Landings admissions director Susan Cary at 207-837-6560 or the admission's director for Coastal Shores, Jenny Khuong at 207-522-1438.

We invite you to learn more about Rousseau Management and what we have to offer by visiting our website at rmimaine.com.

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

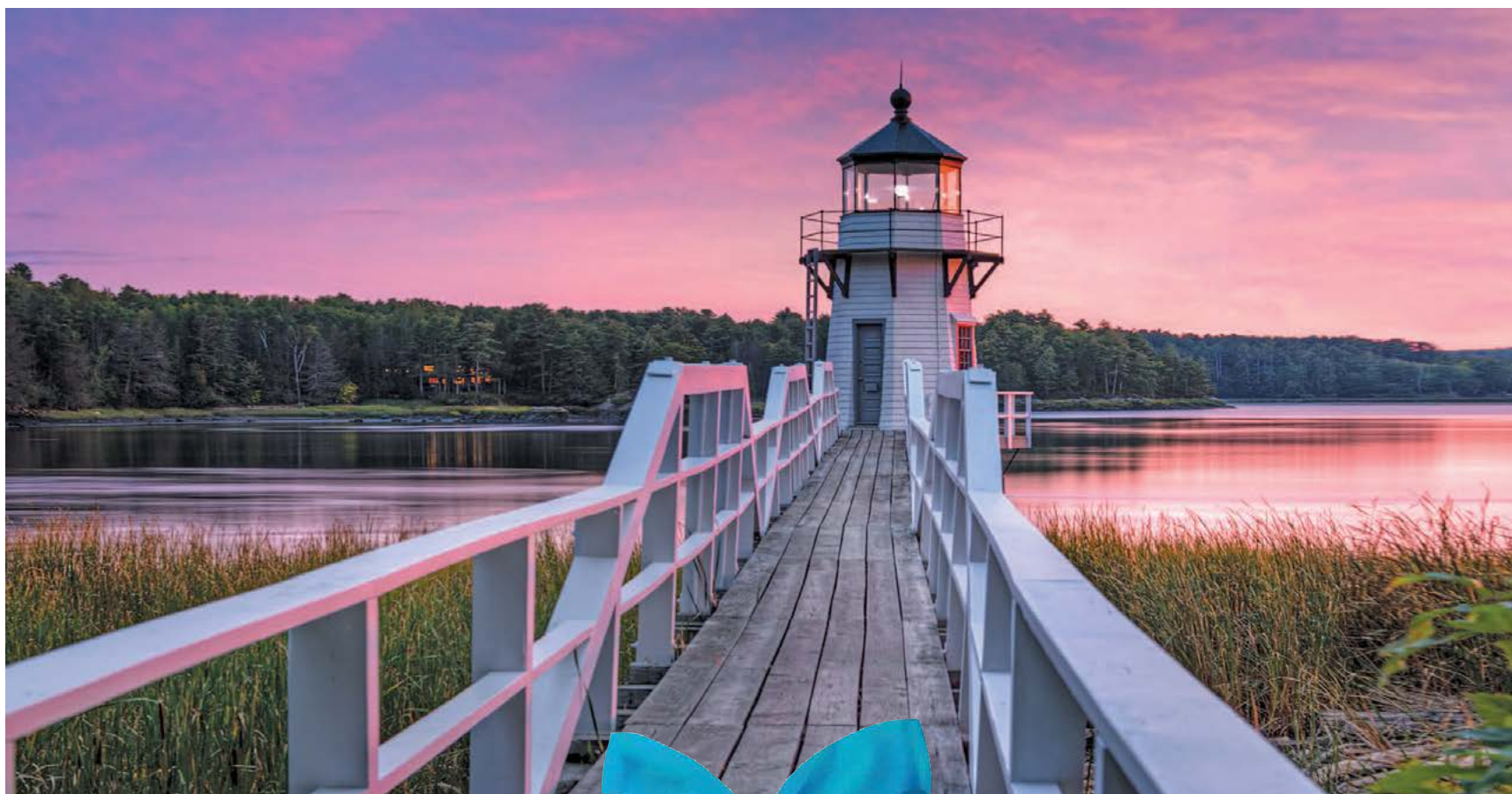


MOVIE THEATER



CHAPEL





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Midcoast Maine's Only Daily Newspaper

Don't Miss!

FYI (For Your Information): Give Money/ Get Money

Thu, Oct. 24, 1:30 pm. Learn about the ins and outs of Charitable Giving opportunities including the use of trusts, tax deductions, tax-advantaged distributions and planned giving, with Scott McLeod, principal at McLeod/Ascanio, a full-service accounting firm with offices in Cumberland Foreside and Brunswick. Free, open to public. Call to register.

'Aging Well' Lunch & Learn: Hip, Hip Hooray!

Mon, Oct. 28, 12 pm. Join us as Christina Levesque, PT, DPT, of Reform Physical Therapy in Topsham, gives a general overview of total hip replacements. Learn the importance of physical therapy, both before and after surgery, short- and long-term goals, basic anatomy and physiology, and expectations for recovery and healing. The Reform PT office manager, Alissa, will also be on hand to answer insurance-related questions or concerns you may have. Bring your lunch, we'll provide drinks, chips and dessert. Free, open to public. Call to register.

Bring baby diapers to the Expo!

DIAPER DRIVE We are hosting a diaper drive in partnership with the United Way. Diapers cost approximately \$1,000 a year per child for a family. Everyone that brings a pack of youth diapers to the Expo will get a special raffle ticket with the **chance to win Amtrak Downeaster train tickets!** Or drop them off at People Plus during October!



People Plus Calendar for October 2019

Sun	Mon	Tue	Wed	Thu	Fri
People Plus in the Media <i>People Plus Cooks!</i> and <i>News & Views</i> TV shows can be viewed weekly on Cable Channel 3 and 14 or online at http://vimeo.com/harpwelltv or peopleplusmaine.org		1 9:00 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 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 'Easy Riders' Biking Club 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	3 8:30 Women's Breakfast 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:00 Apple Club 11:00 Yoga	4 9:00 Mah-Jongg 9:00 Loosen Up 9:00 Hair Cuts with Margarita 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
6 9:00 Grace Reformed Baptist Church	7 9:00 Mah-Jongg 9:00 Fiber Arts Club 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 1:30pm A Matter of Balance 6:00pm Belly Dancing	8 9:00 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 2:00pm Chair Yoga 3:00pm <i>Kaffeestunde!</i> German Club	9 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 'Easy Riders' Biking Club 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	10 9:00 Table Tennis 9:00 Senior Health Expo 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Yoga	11 9:00 Mah-Jongg 9:00 Loosen Up 9:00 Hair Cuts with Margarita 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 World Affairs 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
13 9:00 Grace Reformed Baptist Church	14 CENTER CLOSED Have a Safe and Happy Holiday Weekend!	15 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Frank's Field Trip: Apple Picking 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Books a la Carte 2:00pm Chair Yoga	16 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 'Easy Riders' Biking Club 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	17 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Hearing Screenings 11:30 CHANS BP Check 12:00pm Lunch & Connections	18 9:00 Mah-Jongg 9:00 Loosen Up 9:00 Hair Cuts with Margarita 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
20 9:00 Grace Reformed Baptist Church	21 9:00 Mah-Jongg 9:00 Fiber Arts Club 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	22 9:00 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 <i>Cafe en Francais</i> French Club	23 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 'Easy Riders' Biking Club 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 6:30pm Brunswick Coin/Stamp	24 8:00 Men's Breakfast 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:00 Donuts and Drivers 11:00 Yoga 1:30pm FYI - Give Money/Get Money	25 9:00 Mah-Jongg 9:00 Loosen Up 9:00 Hair Cuts with Margarita 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 World Affairs 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
27 9:00 Grace Reformed Baptist Church 6:00pm Swing Dance Brunswick	28 9:00 Mah-Jongg 9:00 Fiber Arts Club 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 12:00pm Bridge 12:00pm Lunch and Learn: Hip, Hip Hooray! 6:00pm Belly Dancing	29 9:00 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	30 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 'Easy Riders' Biking Club 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	31 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Yoga	People Plus Hours Mon-Thu: 8:30-4 Fri: 8:30-1 729-0757

Let's make a deal at People Plus

There are tons of good deals out there, but practically nothing beats a membership at People Plus. If you are a resident of Brunswick the cost is \$30 per year, which works out to just \$2.50 per month. And if you live anywhere else, it's only \$35 for the year.

So little for so much. The activities at People Plus are endless; from lectures on countless subjects to classes on everything under the sun. Want to join a French, German or Spanish club? We've got it. Want to exercise and work on your balance? We've got that too. There are classes and clubs involving art, playing bridge, riding bikes, writing, belly dancing, table tennis, and so much more.

And what a great way to meet your friends and make new ones. It is just a very friendly place to gather and spend part of your day. The companionship alone is worth the price of membership. 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.

Other benefits include receiving our monthly newspaper and when you show your membership card proudly at area participating businesses, you'll have the opportunity to save money every day. So join People Plus today, then tell your friends about the good deal you got at a very cool and happening place.

LOW YEARLY MEMBERSHIP RATES
Brunswick residents: \$30
All other residents: \$35

Membership Benefits

The following businesses offer discounts for People Plus members.

AUTO SERVICE/SALES

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

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

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

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

Tucker Ford, 10% off invoice, parts & service
 262 Bath Road, Brunswick, 725-1228

BEAUTY AND HAIR SALON

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

CANDY

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

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 eye-wear, 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

MASSAGE / CHIROPRACTIC THERAPY

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

Hearts & Hands Reiki, 10% discount on first appointment. Mon-Fri, 10-6.
 751-5339 or mspruce@live.com

Massage on Maine,
 First visit \$60, always \$10 off for seniors
 56 Maine St, Brunswick, 504-6913
 http://massageonmaine.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

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

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.

Yearly Membership Dues (Scholarships Available)

Brunswick (___ New Member ___ Renewal): \$30 per person
 Other towns (___ New Member ___ Renewal): \$35 per person

\$300 for **Lifetime Membership** (65 or over)

OFFICE USE: Accounting Data Membership Card Sent

Cash/Check (Payable to People Plus)

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

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

Midcoast Tree Festival

Are you ready for a Win-Tree Wonderland?

Plan to participate in this inaugural festive event bringing our community together!

The Midcoast Tree Festival will be held at
 St. John's Community Center
 43 Pleasant Street, Brunswick

Grand Opening Celebration
 November 22, 4:00 p.m. - 8:00 p.m.

Event Dates
 November 23, 24 and 29, 30
 10:00 a.m. - 6:00 p.m.

December 1
 10:00 a.m. - 2:00 p.m.

Registration forms for tree sponsors will be available September 3.

Don't miss out!

Follow us on @midcoastreefestival

The Midcoast Tree Festival proceeds will support the region through:
 All Saint's Parish (St. John's School), Spectrum Generations' Meals on Wheels, and the SMMC

Need Help Navigating the Medicare Maze?

Medicare is the federally funded health care program for people 65 and over, for those who have been receiving social security disability benefits for 24 months, and for those diagnosed with ALS or permanent kidney disease. Medicare maintains a national website, www.medicare.gov, where you can find out the most up to date information about your Medicare benefits, rights, and responsibilities.

To enroll in Medicare, or to find information related to Social Security benefits, contact your local Social Security office or go online at www.ssa.gov.



Medicare 101 Session

Choosing a Medicare drug and/or health plan can be difficult and confusing. In this Medicare 101 class you will be provided information regarding Medicare, Medicare drug coverage, Medicare Advantage plans, Medicare supplements and tips on how you can save money and avoid penalties. It is recommended that you attend a Medicare 101 class at least 6 months before turning 65. Held the second Tuesday of every month at People Plus, it is open to the public and free (\$15 suggested donation is appreciated). Registration is required. Call 729-0757.

Enrich your life through caring for others....

Innovative & Caring New Career at Vicarage by the Sea

The Vicarage by the Sea – Dementia Care Home has been offering an innovative, person-centered atmosphere of care in a real home on the coast of Maine for 20 years. If you are seeking meaningful work caring for individuals in an inspiring, non-institutional setting, let's talk!

Our employees are fulfilled in ways they never dreamed. By offering a holistic environment which encompasses elders, their families, the community and the natural world around us, The Vicarage by the Sea provides a greater quality of life than traditional nursing homes and institutions. In addition to daily care, employees help residents enjoy activities such as cooking, crafts and walking the beautiful seaside trails.

Our philosophy believes that every human being deserves the opportunity to grow, regardless of age or ailment. The Vicarage provides genuine dementia and Alzheimer's care emphasizing each resident's abilities and the well-being of their mind, body and soul.

Positions are available NOW at our Harpswell home, whether you are an experienced professional caregiver or a compassionate person seeking a change of career. Part-time and overnight positions also available. We are an EOE, and people of all ages and abilities are encouraged to apply. (*experience not necessary!*) For more information, please contact: Johanna Wigg, jwigg40@gmail.com.



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

75 State Street

A nonprofit senior community offering a continuum of care that includes Independent Living and Assisted Living. Seniors can age in place gracefully at 75 State Street, enjoying everything beautiful Portland has to offer and the very best medical care, when needed. It is an affiliate of Avesta Housing.

75 STATE STREET, PORTLAND, ME 775-7775
75statestreet.org

AARP

Working to enhance lives of Mainers 50+ through advocacy, information sharing, volunteerism and service. Advocate on issues such as caregiving, livable communities, affordable utilities, consumer fraud. Resources and information to help make informed health and retirement decisions. From York to Madawaska, 230,000 members strong and we're in your community.

53 BAXTER BLVD, STE 202, PORTLAND, ME
866-554-5380
aarp.org/me

Access Health

Access Health is a comprehensive community health coalition working with community partners to encourage healthy choices and prevent underage substance use in Sagadahoc County, Brunswick, and Harpswell.

66 BARBEAU DRIVE, BRUNSWICK, ME 373-6970
midcoasthealth.com

Amtrak Downeaster

Your car-free connection from Brunswick to Boston and beyond. Ride the train, avoid traffic, getting lost, and tolls - simply sit back, relax and enjoy the ride. Seniors 65+ ride 1/2 price every day on most Downeaster trains (not on #685). Click "Buy Tickets", select "Senior", enter code V543 to receive discount.

16 STATION AVENUE, BRUNSWICK, ME
780-1000x109
www.amtrakdowneaster.com

Androscoggin Home Healthcare + Hospice

As Maine's largest independent nonprofit home health organization providing health, hospice and care management services since 1966, we know focus should be on health - not illness. We help people thrive and maximize their independence by providing the skilled medical attention and state-of-the-art solutions needed to achieve personal health goals.

15 STRAWBERRY AVE., LEWISTON, ME
1-800-482-7414
androscoggin.org

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

Avita of Brunswick/Sunnybrook

Two Northbridge communities in Brunswick, Maine offer area seniors 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

Bath Area Family YMCA + Landing Y

We embrace the active older adult. From aquatics programs through our yoga, tai chi, silver strong and wellness 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 Area Senior Citizens Activity Center

For people 55 years plus, a place of meeting for mutual benefit, pleasure and amusement, affording them a means of contact with others, to keep alive old friendships and make new. Includes: luncheons, bocce, exercise classes, cribbage, line dancing, knitting, cards, day trips, commercial bus tours, shopping, casinos, and more.

45 FLORAL ST., BATH, ME 443-4937
bathseniors@comcast.net

Bath Housing and Comfortably Home

Bath Housing works to enhance housing stability in order to have safe, vibrant, just and prosperous communities. We work to fulfill our mission through a portfolio of subsidized and unsubsidized affordable rentals, administration of housing choice vouchers, resident services, and our free home modification program for home owners, Comfortably Home.

80 CONGRESS AVE, BATH, ME 443-3116
www.bathhousing.org

Believe Fitness Center, Inc.

Offer many classes for any experience level to help people believe in themselves, achieve their fitness goals, and live a healthy lifestyle. Specialize in Spinning & TRX Group Suspension Training, Kettlebell, Bootcamp, Personal Training, Movement, Mobility & Strength as well as yoga and meditation classes, and nutrition programs.

25 STANWOOD ST., BRUNSWICK, ME 449-3955
www.believefitnesscenter.com

Bill Dodge Auto Group

Maine's family owned, community dealership in Brunswick, Westbrook, and Saco! With 8 new car brands and 3 pre-owned super centers, we have something for everyone! Discover the Bill Dodge Difference at billdodgeautogroup.com

118 PLEASANT ST, BRUNSWICK, ME 721-8300
www.billdodgeautogroup.com

Brackett Funeral Home

Locally owned and operated funeral/cremation service for over 150 years. Also community leader offering cremation memorialization, home services, and green burial. With purchase in 1973, Peter Ladner began with a promise, "to provide the highest quality of service, to serve needs in a compassionate, courteous, dignified and meaningful manner, within the means of all."

29 FEDERAL ST, BRUNSWICK, ME 725-5511
www.brackettfh.com

Bridges Home Services

For over 20 years, division of Spectrum Generations providing expert, knowledgeable care, enabling loved ones to stay home where they want to be. Professional, certified, trained staff are devoted to providing individualized solutions for families caring for loved ones and for older adults who need extra help with daily activities.

1 WESTON CT, AUGUSTA, ME 620-1669
bridgeshomeservices.org

Brunswick Area Respite Care

Respite Care is a private, nonprofit 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

Brunswick Parks & Recreation Department

Provides approximately 100 indoor and outdoor recreation programs annually for preschool, school age, adults and seniors. Center has an indoor track, 2 basketball courts, and 4 pickleball courts. Maintain and manage 42 parks, facilities and public spaces including walking/bike paths, athletic fields & courts, boat launches, parks and natural areas.

220 NEPTUNE DRIVE, BRUNSWICK, ME 725-6656
www.brunswickme.org/parks-recreation

Caring Transitions of Coastal Maine

As move managers, we offer a full range of services tailored to your needs based on personal objectives. Free in-home consultation provided to develop home transition plan that may include relocation "rightsizing" and the liquidation of household goods through a professional estate sale, an online auction, donations and junk removal.

3 BARTHOLOMEW ST., LISBON, ME 312-8176
www.caringtransitionsocm.com

Catholic Charities Maine SEARCH Program

SEARCH is a Program of Catholic Charities Maine. We provide FREE in-home volunteer support services to seniors living in Sagadahoc, parts of Lincoln County, Brunswick & Harpswell. Our mission is to enable vulnerable seniors to remain independent and create a long-term support system to meet their needs. FMI call 837-8810.

125 CONGRESS AVE, BATH, ME 837-8810
www.ccmaine.org/SEARCH

Cellar Fitness

A full strength training gym with weight training machines, free weights, cardio equipment - rowers, bikes, steppers, ellipticals and more! Fitness classes including yoga and Zumba. Personal trainers and massage therapists that provide deep tissue, hot stone, cupping, Thai, reiki and polarity! Dance classes for 4 yrs to adult!

9 CUMBERLAND ST., BRUNSWICK, ME 844-8377
<https://www.facebook.com/cellarfitness/>

Chef Stef

Offers weekly menu of soups, stews, salads, casseroles, breads and desserts. Use local ingredients and make everything fresh to order. Place your order by Tuesday, schedule delivery or pick up Thursday. Serving Harpswell and Brunswick. Weekly November-June, special orders only July-October.

504-4685
chefstefmaine@gmail.com

Coastal Landing Retirement Community

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

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

14 THOMAS POINT RD, BRUNSWICK, ME 442-0325
coastalortho.com

Coastal Qigong

Offers Tai Chi and Qigong classes at locations in the Brunswick area. All of the practices taught are short forms with some of them done while sitting in a chair. Focus on balance, the release of emotional and physical tension, and breath work to help promote a state of wellness.

19 CLUF BAY RD., BRUNSWICK, ME 751-2203
coastalqigong.com

Dempsey Center

The Dempsey Center, located in Lewiston and South Portland, makes life better for people managing the impact of cancer. Services are provided at no cost.

29 LOWELL ST./778 MAIN ST, LEWISTON/SOUTH PORTLAND, ME 795-8250/774-2200
www.dempseycenter.org

Disability Rights Maine Deaf Services

Mission is to ensure autonomy, inclusion, equality, and access for people with disabilities in Maine. We represent people whose rights have been violated or who have been discriminated against based on their disability. We provide equipment, training, and advocacy for overcoming challenges to accessing distance communication imposed by a disability.

1 MACWORTH ISLAND, BLDG C, FALMOUTH, ME 797-7656
drme.org

Dr. Bob's Family Dentistry

Dr Bob's Family Dentistry was established to bring together a number of essential dental services all in one convenient location. Our goal is to provide our patients with a worry-free, comfortable dental experience that is tailored to meet the unique needs of each family member.

80 PLEASANT ST., BRUNSWICK, ME 344-1999
www.drboobsfamilydentistry.com

Dube Travel

Our family owned agency has been in business for over 55 years. Looking to travel - we can help with flights, hotels, escorted tours, cruises or join one of our many groups. Our motto is "Every journey begins with a story - let your story begin with us."

250 CENTER ST, AUBURN, ME 784-2916
www.dubetravel.com

Fitness-w-Coach Matt

Coach Matt is an experienced and dedicated fitness instructor. He offers a range of services for seniors, including personal and small group training out of Ship City Fitness in Bath. He also hosts the PE-w-Coach Matt show on BCTV, and has exercise demonstration videos and articles available online.

111 CENTRE ST, BATH, ME 707-529-1423
www.thebalancedbodysystem.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

Harpwell Aging at Home

Harpwell Aging at Home (HAH) is a volunteer-based, community-led organization committed to helping people thrive while aging at home. Current programs include: Home Repairs, Resources, Home Helpers, Transportation, Lunch with Friends, Meals in a Pinch, and Seniors Connecting.

PO Box 25, HARPSWELL, ME 833-5771
www.hah.community

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 RD, FREEPORT, ME 865-4782

Healthy Living for ME

Through a network of local leaders, community organizations and health systems, Healthy Living for ME delivers programs to help adults manage chronic health conditions, prevent falls, and foster well-being.

ONE WESTON COURT STE 109, AUGUSTA, ME 1-800-620-6036
healthylivingforme.org

Hearts & Hands Reiki

Have a Reiki session on my Amethyst Biomat! Time will stand still as you dive into a peaceful zone that relieves pain and dissipates anxiety. Helpful for medical problems because it supports the parasympathetic nervous system. Treating and teaching people how to treat themselves for 22 years in Brunswick.

4 MAGEAN STREET, BRUNSWICK, ME 751-5339
www.hearts-n-hands.com

HillHouse Assisted Living

Elder care facility in North Bath, overlooking Whiskeag Creek and Merrymeeting Bay. Hillhouse cares for elders along a continuum of needs, from independent living to end-of-life and hospice care. Hillhouse staff offer personalized care to all residents in a home-like environment.

166 WHISKEAG ROAD, BATH, ME 443-6301
www.hillhouseassistedliving.com

It's My Death/ Maine Death with Dignity

A 501(c)(3) public charity organization providing services, education, and end-of-life advocacy to people who wish to actively explore the meaning of life through embracing the certainty of death.

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

Kindred at Home

Kindred at Home offers individualized skilled care in the comfort of your home. Skilled nursing, physical therapy, occupational therapy, speech therapy, medical social work, and home health aide. Specialty programs include SafeStrides, low vision, orthopedic care post surgery. Most insurances are accepted. Focused on Caring for the Elderly.

51 BAXTER BLVD, PORTLAND, ME 772-0954
www.kindredathome.com

Law Office of N. Seth Levy

The Law Office of N. Seth Levy works with clients to set up Wills, Financial Powers of Attorney, and Advance Healthcare Directives (living wills) and also helps families probate the estates of loved ones. We offer supportive and caring legal services to our clients.

14 MAINE ST., SUITE 109D, BRUNSWICK, ME 319-4431
www.sethlevylaw.com

Lifecycle Women's Health

At Lifecycle Women's Health, personalized holistic health care is provided to women in a relaxed and non-rushed environment. We focus on midlife and menopause care, sexual health counseling, and health prevention, integrating support for lifestyle changes as well as conventional treatments, to empower you to feel your best.

54 CUMBERLAND ST, STE 5, BRUNSWICK, ME 835-1720
www.lifecyclewomenshealth.com

LymeTV

LymeTV is a Maine tick-borne disease awareness nonprofit. We provide prevention facts & scientific information, free Tick Talks in schools, bug spray to the local homeless community, & film projects for awareness. Follow us on Facebook, Twitter, & IG to keep informed & protected.

PO Box 15369, PORTLAND, ME 561-212-2166
www.lymetv.org

Mac-Care

Mac-Care is a comprehensive, complete service solution for those who have wisely chosen to work on the Macintosh Computer Platform. My name is Ralph Lewis, and if you need to acquire, upgrade, repair, or arrange for general maintenance for your Macintosh equipment, I am your man!

11 HARWARD ST., BATH, ME 443-4836

Maine AllCare

Promotes the establishment of publicly funded healthcare coverage for all Maine residents. System must be efficient, financially sound, politically sustainable and provide benefits fairly distributed to all. Advocate that healthcare, a basic necessity, be treated as a public good. It is fundamental to our well-being as individuals and as a democratic nation.

PO Box 5015, PORTLAND, ME 319-2638
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 (800-300-5000) Mon.-Fri., 8am - 5pm to discuss insurance-related concerns. Bureau staff also investigate insurance-related complaints that are submitted in writing.

34 STATE HOUSE STATION, AUGUSTA, ME 800-300-5000
www.maine.gov/insurance

Maine Estate Services

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

13 PLEASANT ST., BRUNSWICK, ME 798-2834

Maine Insurance Group

We offer Medicare Supplement, Medicare Advantage, and Part D Prescription Drug Plans. Mission is to explain the Medicare Options available to each individual and help each client find the right health insurance coverage needs with the most benefits at the lowest cost. We always provide FREE QUOTES with NO OBLIGATION.

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

Maine Pines Racquet & Fitness

A welcoming 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, SilverSneakers®, Spinning® and an array of yoga classes including Slow Flow, Yin Yoga and Qigong. Try a class for FREE today!

120 HARPSWELL ROAD, BRUNSWICK, ME 729-8433
www.maineapines.com

Maine Senior Guide.com

An on-line resource and searchable database of information and services for older people in Maine. We have a library of information, Facebook page and lots of enriched profiles from resources. That means 24/7 access, with no distribution barriers, time constraints, subscription issues or cost. We also host senior expos.

PO Box 48, FREEPORT, ME 232-7847
www.maineseniorguide.com

Maine Veteran's Homes

A nonprofit facility who provides rehab, long term care, and skilled nursing care to honorably discharged U.S. Armed Forces veterans who were residents of Maine at time of entry or who are current residents of Maine. We also serve the spouses, widow(er)s, and gold star parents of eligible veterans.

310 CONY RD., AUGUSTA, ME 620-3059
www.mainevets.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 fourteen years of experience, satisfaction guaranteed, 30 day trial period. Home visits.

132 LUCE ROAD, READFIELD, ME 1-781-249-5330
marysaffordablehearingaids.com

Massage on Maine

Your place to experience the healing arts. Specialize in senior massage and what you need to heal your body, relax your mind & renew your spirit. "The body has an innate ability to restore balance to body, mind and spirit when touched with healing support and love." Mon-Sun, 9-8 pm, Appt. only.

56 MAINE ST, BRUNSWICK, ME 504-6913
massageonmaine.com

Merrymeeting Bay Triad

A nonprofit organization dedicated to the promotion of programs, education and materials that enhance the well-being of Merrymeeting Bay's citizens. This is accomplished through an all-volunteer organization that merges cooperative efforts between seniors, police, and senior service agencies.

443-5563 x2215
merrymeetingbaytriad@gmail.com

Merrymeeting Gleaners

The Merrymeeting Gleaners began in 2016 as a project of the Merrymeeting Food Council. We gather surplus produce from farmers' fields and from local farmers' markets and distribute it to over 30 hunger prevention organizations. Since June 2016, we have gleaned over 100,000 lbs. of fresh food.

92 FRONT ST, BATH, ME 319-0359
facebook.com/MmGleaners

Mid Coast-Parkview Health

Dynamic healthcare system addressing a full continuum of community health, wellness, and prevention needs with a full-service 93-bed hospital (Mid Coast Hospital), diverse medical group (Mid Coast Medical Group), senior health care (Mid Coast Senior Health), home healthcare services (CHANS Home Health & Hospice), and a 24-hour emergency alert service (SecureCare).

123 MEDICAL CENTER DRIVE, BRUNSWICK, ME 373-6300
www.midcoasthealth.com

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.

142 NEPTUNE DRIVE, BRUNSWICK, ME 725-9444
www.neighborsinc.com

Nor'easters Barbershop Chorus & Quartets and Fairwinds Chorus

Nor'easters Chorus of Bath/Brunswick, 53 years strong, celebrates acappella music and providing entertainment to audiences including nursing homes, senior living, assisted living and benefit concerts. 53rd Annual Show, Jukebox Memories, takes place on Saturday, October 19, 2 pm, United Methodist Church, 320 Church Rd, Brunswick.

c/o CHARLIE KETTELL, 103 RABBIT RD, DURHAM, ME 353-2464
noreasterschorus.org

Northern New England Poison Center

Located at Maine Medical Center in Portland serving ME, NH, VT. Call center available 24/7 staffed with nurses and pharmacists who can help with possible poisonings, pill identifications, drug interactions, food poisoning and general poison prevention questions. Contact at 1-800-222-1222, website or text to 85511. Calls are free and confidential.

22 BRAMHALL ST., PORTLAND, ME 662-7222
www.nnepc.org

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 RD, BRUNSWICK, ME 1-888-725-2207
www.norwaysavingsbank.com

Penquis Foster Grandparent Program

The Penquis Foster Grandparent Program is for volunteers, aged 55 and over, who volunteer a minimum of 15 hours with children at sites such as schools and Head Start centers. Benefits include a stipend, paid holidays, earned time, and assistance with transportation. For more information, call 1-800-215-4942.

262 HARLOW ST., BANGOR, ME 973-3611
www.penquis.org

People Plus

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

35 UNION ST, BRUNSWICK, ME 729-0757
www.peopleplusmaine.org

Plant Memorial Home & Thomas Cottages

A nonprofit assisted living & independent living facility located on the banks of the Kennebec River in Bath, Maine. It was built by Thomas G. Plant in 1917 to provide safe, affordable housing to local seniors needing a home and assistance with activities of daily living.

1 WASHINGTON ST., BATH, ME 443-8986
www.planthome.org

Project Lifesaver Program

A public safety program designed to protect and locate missing persons due to wandering. Uses state of the art technology in assisting those who care for victims of Alzheimer's, dementia, Autism, Down syndrome and any other cognitive condition that causes wandering.

BRUNSWICK POLICE DEPARTMENT, 85 PLEASANT STREET, BRUNSWICK, ME 725-5521
projectlifesaver.org

Reform Physical Therapy

Reform Physical Therapy is a locally owned and operated clinic that focuses on treating the individual, not just the injury. Our appointments are always one-on-one, and our physical therapists are trained in dry needling, myofascial decompression (cupping therapy), therapeutic taping, and more!

439 LEWISTON RD., TOPSHAM, ME 725-4400
www.reform-pt.com

Spectrum Generations

Resource to point you in the right direction and find answers. Work with aging population, adults with disabilities, family caretakers to help age safely in homes, connect with resources, and provide evidence-based training. Includes Savvy Caregiver Training, Support Groups, Alzheimer's Respite Reimbursement, In-home assessments (Life Care Consulting), Medicare education, Fraud detection and reporting.

ONE WESTON CT, SUITE 109, AUGUSTA, ME 1-800-639-1553
spectrumgenerations.org

Spectrum Generations - Cohen on the Meadows

Cohen on the Meadows provides full-service catering and event planning in central and Midcoast Maine. Our talented chefs and their teams offer fully customized menus to meet all tastes and budgets. Our beautifully renovated facilities offer plenty of room to accommodate up to 100 guests and off-site options are plentiful.

22 TOWN FARM ROAD, HALLOWELL, ME 626-7777
www.spectrumgenerations.org

Stetson's Funeral Home

We are a locally and natively owned and operated funeral home since 1855 offering family directed funeral, cremation and celebration of life services. Also offering pre-arrangement and green funeral services and providing complete reception facilities and capabilities.

12 FEDERAL STREET, BRUNSWICK, ME 725-4341
www.stetsonsfuneralhome.com

The Gathering Place

A day shelter providing friendship, hope and encouragement to our guests. Our mission is to provide a safe, welcoming space for everyone who stops by. The coffee pot is always on and everyone is greeting with a friendly smile. Our volunteers are the key to our success.

5 TENNEY WAY, BRUNSWICK, ME 729-0288
brunswickgatheringplace.org

The Highlands

An independent living, assisted living, and memory care community situated on a beautiful wooded 95-acre campus in Topsham. Residents enjoy being a part of an active, vibrant community with a wide range of living options as well as many amenities and supports. For more information please visit www.highlandsrc.com.

30 GOVERNORS WAY, TOPSHAM, ME 725-2650
www.highlandsrc.com

The McLellan

The McLellan is a boutique independent senior living facility with 18 unique apartments and the opportunity to arrange for age-in-place care. We are nestled in downtown Brunswick, right across the street from People Plus and walking distance to all the wonders of Brunswick.

26 CUMBERLAND ST., BRUNSWICK, ME 725-6200
www.themclellan.com

The Salvation Army

The Salvation Army has been serving communities in Bath-Brunswick for nearly 133 years. We offer a range of social services including food (fresh produce, milk and other groceries), utility assistance, heating, rental/housing support and organized worship. We are located at 25 Congress St in Bath. Learn more at <https://nne.salvationarmy.org/bath> or call us at 443-3611.

PO Box 3647, PORTLAND, ME 776-6304
salvationarmynne.org/plannedgiving

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.

Celebrating over 20 years, since 1998 we have provided long-term, specialized dementia care in 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 671-0847
www.thevicaragebythesea.com

Topsham Dental Arts

Our cheerful staff will be happy to make appointment that fits your schedule. You may also want to stop by for an office tour. Whatever your dental needs are - from routine care to emergencies to sleep apnea oral devices or dental implants - we look forward to meeting you!

37 FORESIDE ROAD, TOPSHAM, ME 798-6700
www.topshamdentalarts.com

Topsham Public Library

Topsham Public Library's mission is to be a community for all ages. Libraries are places of lifelong learning that are directly tied to a community's quality of life. The Topsham Public Library provides residents of all ages with books, informational resources, technology and services to stimulate growth and enrichment.

25 FORESIDE ROAD, TOPSHAM, ME 725-1727
topshamlibrary.org

UnitedHealthcare

UnitedHealthcare can help you navigate the complexity of the medicare field. Please stop by with any questions or concerns and speak to a licensed agent.

35 GOLDENEYE DRIVE,
TOPSHAM, ME 522-7778
chris@frisbiebenefits.com

WellCare of Maine

Coordinate managed care services for those eligible for Medicare Advantage and Medicare Prescription Drug Plans. Serves approximately 36,000. We help our members live better, healthier lives. We embed ourselves in the communities we serve to bring together the right care and the right services when our members need them most.

110 MAIN STREET, STE 1510, SACO, ME 571-9348
www.wellcare.com/medicare

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 Sponsors!

PARTNER *Plus!*

PARTNERS

SPONSORS

People Plus 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 "Lite"

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

Art with Connie Bailey

Tue/Thu, 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 Bea Blakemore, 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.

Qigong

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

Tai Chi - Short and Long form

Short Form: Fridays, 10 am, Long Form: 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/Winter Outing Club

Wednesdays, 10 am (time varies depending on season currently), weather permitting. Rides/hikes 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. 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, 12:30-3 pm.

Cribbage - Experienced

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

Scrabble

Mondays, 9:30 am. Come challenge yourself, keep your brain active and socialize while playing your favorite word game!

CLUBS (Free, members only):

Fiber Arts Club

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

Cantina Espanol Spanish Club

First Tuesday of the month, 2:30 pm (starts 11/4). Whether it was your native language, one you learned in school, or part of your family gatherings, make new amigos as you practice speaking and build your vocabulary.

Kaffeestunde! German 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.

Cafe en Francais French Club

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

Apple Club

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

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

2nd and 4th Fridays, 11 am. Group moderator Ed Knox has lived and worked professionally in the Middle East and taught Mideast History.

Civil War Book Club

Third Monday of the month, 7 pm.

Books a la Carte

Third Tuesday of the month, 2 pm. Unique book club! Share what you've been reading and learn about what others think are good, too!

Exercise Class Punch Cards

Each \$50 card gets you eleven classes (that's one FREE class). Stop by the desk for more information or to purchase your card!



...helping people live independently in their own homes as long as possible...

Neighbors, Inc.

The Home Care Company

Locally owned and operated for 30 years!



725-9444
www.neighborsinc.com

Non-Medical Home-Based Services from 1 to 24 Hours a Day

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

Two Northbridge communities in Brunswick, Maine



Northbridge has your family covered when it comes to senior living choices. At Sunnybrook and Avita, we're proud to offer our families a seamless transition in care.

No matter what stage in life, our purpose is to ensure you live well and love life.

SUNNYBROOK SENIOR LIVING
ASSISTED LIVING

Call Brigit: 207.443.9100
or email her brigit@sunnybrookvillage.com

AVITA OF BRUNSWICK
MEMORY CARE & ADULT DAY PROGRAM

Call Bethany: 207.729.6222
or email bethany@avitaofbrunswick.com

Online: sunnybrookvillage.com | avitaofbrunswick.com

Meals & Presentations at the Center



FULL HOUSE! Meals at the center are always popular. Come to our Lunch & Connections Luncheon or Men's & Women's Breakfast to discover what all the good times are about!

MEALS:

Women's Breakfast
First Thursday 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 fourth Thursday at 8 am. Start your day with a healthy meal and good company.

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

PRESENTATIONS:

Author's Chats
Maine authors tell us about their books and experiences.

Medicare 101 Session: 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.

Safety Check-In program looking for participants!

Are You Signed Up Yet??

The Good Morning program is a free daily safety check-in program available to adults in Brunswick, Harpswell, and Freeport. Once registered, participants call in every morning to say they are OK. If a registered participant does not call in by 9:30 am, a volunteer will call the home. If there is no answer, the emergency plan will be enacted, which may include a wellness check by local police.

Giving peace of mind to participants and their families, the Good Morning program is ideal for those who live alone or have recently returned from the hospital or rehabilitation facility.

For more information, call People Plus at 729-0757 or Brunswick Police non-emergency number at 725-6621. To download an application, visit www.peopleplusmaine.org/good-morning-program.



Good Morning Program Volunteer Jack Rhode listens to messages at the Brunswick Police Department.



We're trippin' at People Plus!

Join newly retired 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 from Coastal Landing around 10 am and returns 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 around \$8-\$18, 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 the front desk to register.

Some trips have included Blaine House & Maine State Museum in Augusta, Popham Beach and forts, Reid State Park, Fort Baldwin, Jellerson District one-room school in Bowdoinham, Apple Picking, Botanical Gardens, train trip to Boston, Maine Flower Show, Lighthouses & Liberty Ships, Camden's Mount Battie, FIVE lighthouses in ONE day, an open boat circum-navigation of Swan Island (this month) and many more.



Medical equipment loan helps everyone!

Do you have a temporary need of a little support? A wheelchair, crutches, a walker, shower and toileting devices? The People Plus Center maintains a "lending inventory" and it's ready when you are. "It started almost by accident," explained Frank Connors, the retired Center staffer who in the past usually hauled the surplus equipment up and down the stairs to a basement storage area, "We had members who'd used this equipment and no longer needed it, they offered it to us, we saw the need and the opportunity, and away it went!" Now, on a regular basis, members needing equipment to keep them safe and secure at home have a new source of access. "Everyone wins," Connors said. "We ask people to bring it in clean and in working condition," he added, "we take care of the rest." If you have a specific need, or equipment to loan to the program, call or come by the Center. You do not need to be a member to borrow equipment.



A Place Where You Belong

Looking for a community that recognizes you as a unique individual? With a variety of living options as well as various wellness, cultural and educational programs and activities offered, The Highlands is the home to live your best life—exactly as you want.

Call (207) 725-2650 to schedule a personalized tour.

It's not like home. It *is* home.



THE HIGHLANDS
A GRACE MGMT COMMUNITY



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



Being on the move brings healthy benefits



The smart watches and phones of today do just about everything. You can pay your bills with them, keep up with the latest news, answer emails, and so much more. And if you sit or stay stationary for too long, they alert you to MOVE.

At People Plus, we are here to help you do just that. With a long list of exercise class options to choose from every week, there is no shortage of activities to help you become and stay active throughout the entire year. Especially during the upcoming winter months.

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 why anyone should undertake exercise, and starting a program is super easy at People Plus.

Here are some of your options at People Plus:

- Gentle Chair Yoga, once a week
- Yoga, twice per week
- Loosen Up, strength and flexibility training three times per 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 and are accessible to everyone at all fitness levels. Plus, all of these programs will make you feel better and become more healthy.

And all of these options are available to try once for free. So there's no excuse not to come on down to People Plus 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 the summer!



Brackett Funeral Home

OUR HISTORY TELLS YOU WHO WE ARE.

The firm began as Robert's Funeral Home in 1862, later becoming Gordon Funeral Home, then Law's Funeral Home, and finally established as Brackett Funeral Home in 1956. Located on historic Federal Street in downtown Brunswick, it has faithfully served our community for over 150 years.

With the purchase of the Brackett Funeral Home in 1973, Peter W. Ladner began with a promise “to provide the highest quality of customer service, to serve each family’s individual needs in a compassionate, courteous, dignified and meaningful manner, within the means of all.”

Hoping to improve the quality of lives in our community, Mr. Ladner’s promise remains our mission now and for the next 150 years.

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Sincerely
Donna, R.N.

I willingly allow Bridges Home Care to use this information publicly.
Donna, R.N. Farmingdale, ME 04344



Can you be a driver?

People Plus VTN program plays vital role for keeping folks ‘on the go’

A woman in line at the grocery store recently overheard an older woman telling the cashier that she needed to call for a taxi. Offering assistance, the bystander struck up a conversation with her about her transportation needs. It turned out she was 76 years old and still lived in the home she had shared with her husband and children for over 50 years. Her children now lived out of state and her husband had passed away. Yet she had decided to stay in the house as long as she was able.

“It’s paid off,” she explained, “and I know where everything is. I’m comfortable there. But I haven’t driven in years, and with my husband’s passing last spring I feel trapped.”

This is a common occurrence in many communities like Brunswick, Harpswell, Topsham and Bath. There are hundreds of older adults enjoying their later years in life, still living in their homes rather than choosing to move into a shared residential facility. The fancy expression for this is “aging in place,” and many older adults choose to stay at home, make their own meals, do their own laundry and keep their own checkbook, despite their inability to drive.

Fortunately, there is help for people like the woman in the grocery store, and it’s the People Plus Volunteer Transportation Network, which provides rides for homebound community residents. There are currently 526 registered riders involved in this completely free program. Started 13 years ago, the VTN program — originally called “On The Go” — has evolved into one of the most successful and well-managed volunteer transportation programs in the state of Maine.

On track to provide more than 3,000 rides this year alone and to have fulfilled nearly 10,000 free rides in the last five years, VTN is proving to be a lifeline for those remaining in their homes with no access to transportation.

“I am a weekly rider with the VTN program, and I very enthusiastically affirm this service

at People Plus,” said Art Treffry. “The coordination in my experience has been both very earnest and superb. I would hope that this undertaking will be retained for years to come. It is serving a critical need in this area very well.”

Registered riders can call with a few days’ notice and ask for a ride to medical appointments, the grocery store, the library, hair salon and more. Often they will just get a ride into town and then use the Explorer bus system to run their errands. They may then land back at People Plus for a previously scheduled ride back home.

“It’s that last mile of transportation that proves to be the most challenging for many people,” said People Plus Executive Director Stacy Frizzle. “Getting around in town or even getting down to Portland now with the Breeze is not tremendously difficult, but how do you get home from the downtown bus stop? That’s really the big challenge for many of our homebound elders who can no longer drive for either monetary or medical reasons.

“Due to the nature of health and aging, close to 75 percent of our registered riders are female. Their spouses have passed away and they choose to remain living independently in their homes,” continued Frizzle, who deals with this population on a daily basis. “Older women are far more likely to age in place in their houses than the male population. They have their social networks outside the house, but the biggest hurdle to living alone is access to transportation.”

Lynne Smith, the VTN coordinator, said, “Hundreds of people in our community depend on this program to get to their necessary appointments. It allows them to continue to stay in their current living situations and lessens the burden of getting around. And I love working with all of them. I know them now and their stories. Many of our drivers have formed bonds with the riders, picking up the same people week after week.”

VTN would not be possible without the help of the community. Rusty Lantern Markets donates 15 gas cards every month to the program’s drivers, with additional support from United Way, Spectrum Generations, the Maine Community Foundation, and the Maine



DRIVER GLADYS SZABO, above, helps VTN rider, Betty Bavor, out of the car. Linda Cronkhite, left, is excited to be a lead financial sponsor for the program she often uses to get out and about in the community.



Women’s Giving Tree. “We also have two significant philanthropic women in our community who both put money toward the VTN program every year,” said Frizzle. “Suzan Wilson and Linda Cronkhite have become the foundation supporters for this program. Through their generous gifts, they have helped the organization increase its number of free rides by over 25 percent.”

“A former town counselor, Suzan knows all too well the ins and outs of transportation having worked in the field for decades,” added Frizzle. “She is especially involved with the software and computer technology utilized for our day-to-day work.”

Cronkhite also has chosen to follow an aging in place lifestyle. With a doctorate in nursing, she had a productive and fruitful career, and even served on Angus King’s health commission while he was governor. She is a longtime member of People Plus and a regular attendee at the organization’s Music in April fundraising event, where she offers up a dinner in her home every year to raise money for the Center.

She is thankful to be able to stay in her home after her husband passed away. Although she’s the first to admit that it’s lonely sometimes. So she makes an effort to spend time with friends, get her hair done, go out for lunch, go swim at the YMCA, and she often uses the VTN program to get out and about after having had surgery in the spring.

“The recovery process has been so much easier with the help of the VTN program. I especially love the woman who gives me most of my rides. Chris is amazing and we relate so

well,” said Cronkhite. “She also has a background in nursing, so we really connect.”

Cronkhite was so interested in helping other women also aging in place that she has become the lead financial supporter of the VTN in order to ensure it keeps helping others. “I am really so glad that I can help People Plus provide assistance to other women living at home alone like me. It’s a remarkable program and I’m so proud to be a part of it,” she said.

All drivers in the program are volunteers who have clean background and license checks.

“I have been a driver for VTN for 10 years,” said Gladys Szabo. “I love driving people as they become friends many times. I meet many types of people and have very interesting conversations. I am so glad People Plus has the VTN program.”

Rides are available for medical appointments, food shopping, or personal needs, and must be requested at least three to five business days in advance. VTN rides can be scheduled for weekdays (Monday-Friday) during normal business hours (mostly 9 am to 5 pm, but can be slightly earlier or later as needed). Both riders and drivers must register to participate. Registration forms are available from People Plus and partner organizations in the network. For more information, call 729-0757 and ask for Lynne!

Join our team -

Volunteer to drive TODAY!

\$10 Hair Cuts with Margarita

Visit People Plus on Fridays from 9-12 pm for a \$10 haircut with Margarita Day, former owner of Margarita’s Hair Styles in Brunswick. Margarita went to Hairdressing School in Aberdeen Scotland and moved to Brunswick in 1975. She’s been working in the hair dressing business in the Brunswick area since 1976 and owned and operated two salons. Now retired, she is offering her services to People Plus and will donate all proceeds from the haircuts to the Center! She will visit the Center several Friday’s each month. No appointment necessary, just show up with clean hair and she will give you a cut! Open to the public!



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When is the right time for Memory Care?



MID COAST-PARKVIEW HEALTH

By Carrie Pelletier, BSN, RN, and Program Manager for Marketing & Admissions at Mid Coast Senior Health

Forgetfulness increases with age, but for some, memory loss can be debilitating. And, though the desire to live independently is common, joining a memory care community is sometimes a better option for those exhibiting severe cognitive decline.

It can be difficult to know if a memory care community, such as Mid Coast Senior Health's Memory Care at the Garden, is a good fit for your loved one. However, there are signs that indicate a person could benefit from a higher level of care than available at home.

If your loved one is given an Alzheimer's, dementia, or another dementia-related diagnosis, for example, they could benefit greatly from professional memory care.

Being the sole caregiver for a loved one with memory loss can be overwhelming, and sometimes becomes impossible, especially if you are a parent. If you find yourself in this situation, it may be time to consider enrolling your elderly loved one in memory care.

A decline in your loved one's overall health, such as rapid weight loss, neglected personal hygiene, or lack of food in the home, are also signs they would benefit from professional care.

Memory Care at the Garden offers 17 private memory care rooms and personalized care plans designed to match each resident's needs. Specially trained staff at

the Garden also offer comfort and security to residents and family members at what is often an emotional time.

In addition, the specialty medical services at The Garden are fully integrated with Mid Coast-Parkview Health, including Mid Coast Hospital, Mid Coast Medical Group, and CHANS Home Health & Hospice. Our providers are specially trained to provide compassionate care to those with memory loss.

The Garden also offers medical oversight managed by an onsite physician, nursing and professional care available 24 hours a day, seven days a week, and personal care attendants trained in dementia care.

Primary care services provided by Mid Coast Medical Group-Geriatrics are also available onsite, as well as integrated mental health services provided by a specialty trained nurse practitioner, in-home podiatry, dental hygiene, therapy and laboratory services, and transportation to medical appointments.

The personal care and amenities at The Garden are excellent, featuring supervised assistance with all activities of daily living, customized, nutritious gourmet meals, and housekeeping and laundry. Residents of The Garden can also enjoy salon services, regular pet therapy visits, and spiritual wellness provided by Mid Coast chaplains.

For more than 10 years, our facility has also supported local caregivers through our Dementia Caregivers Education Series, which connects people who are caring for someone with memory loss.

If you are caring for someone with memory loss, Memory Care at the Garden may be the next step in your loved one's journey. To find out more information about The Garden, visit <https://www.midcoastseniorhealth.com/memory-care>.



Memory Care you can trust.

Mid Coast Senior Health provides specialized assisted living for individuals experiencing memory loss. Part of our complete range of healthcare services, **Memory Care at the Garden** offers a warm and inviting home, personalized care plans, emotional support, and compassionate nursing care that allows peace of mind for residents, family, and friends.

For more information, call (207) 373-3646 or visit www.midcoastseniorhealth.com.



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