

## Thank you for your service

### Mayo, Connors end duties at Center

O. Jeanne d'Arc Mayo and Frank Connors, two legendary figures at People Plus, have retired from "active" (both paid and volunteer) service at the Center. Both have been vital to the success of the organization "that builds community."

Mayo, who has been both a member and volunteer at the Center over the last 17 years and recently celebrated her 88th birthday, has been a trustee on the board at People Plus and chair of various committees. Over that time, she has accumulated nearly 3,000 volunteer service hours.

"People Plus is extremely important to me," said Mayo. "You need a permanent organization like People Plus in Brunswick that provides services to all people."

When asked what Mayo's years of service means to People Plus, Executive Director Stacy Frizzle replied, "She is thoughtful, kind, smart and dedicated while also driven and relentless when it comes to her beliefs. She worked tirelessly on the senior programming fundraising committee, both in development and event planning and is fearless about asking people to part with their money in support of People Plus."

"She could get a donation out of a stone if she put her mind to it," said Frank Connors. Together, Mayo and Connors spearheaded



Friends and board members gathered to honor Jeanne Mayo's retirement from 17 years of volunteer service to People Plus.

and led the event committee for the Center's "Music in April," premier fundraiser for People Plus for 17 years. More than half-a-million dollars has been raised from this program since 2002.

They were considered the dynamic duo for this important event — and many others. Without them, "Music in April" would have died on the vine. They each brought their own talent to creating the event, organizing it, setting it up and running it. Mayo was the "heavy" on set-up day, and she always knew exactly where things should go, while Connors was there to do whatever was needed and then act as master of ceremonies on the night of the program. Between the two of them, there wasn't a name or face in the room that they didn't recognize.

"They made it look easy, made it profitable and made it fun. They had become the faces of Music in April for all these years and I can't imagine it without them," said Frizzle.

Mayo, a longtime resident of Brunswick and now living in Topsham, also had a special place in her heart for the Teen Center program which was adopted as a program of People Plus while Mayo was on the board over a decade ago.

This passion led her to create the Teen

Center Endowment Fund with an initial gift that she cajoled out of her family. "I told them that instead of birthday gifts, they could give their money to start something for the teens!" The fund now helps provide needed resources for youth in grades 6-12 who often eat their last meal of the day at the Center.

Mayo was recently given a plaque at her retirement party that reads, "The board of People Plus hereby names the Mayo Family Brunswick Area Teen Center Endowment Fund. In grateful appreciation of O. Jeanne d'Arc Mayo's 17 years of volunteerism and dedication to People Plus, its members and our inter-generational community."

"I've always felt strongly about the Teen Center," she said. "No one was committed to providing the space and People Plus stepped up to the plate. It's proven to be a fantastic asset to the community and it's well run."

"It was such an honor to name the Teen Center endowment savings fund after Jeanne and her family. And it will live on in her honor after all of us are long gone. She intended it to provide long-term stability for the Teen Center," Frizzle said at the retirement celebration.

Connors, a longtime resident of Bowdoinham and Brunswick, was also involved at the

Center since 2002. He did so many jobs both at the Noble Street and Union Street locations, it's almost as if People Plus had to find a whole busload of people to replace him.

Connors said, "It was a wonderful opportunity to be involved with the people of our community. I probably enjoyed myself more than the people I was helping out."

Talking about Connors, Frizzle said, "It's been a pleasure knowing and working with Frank for my eight years at People Plus. His creativity, New England charm and self-deprecating sense of humor were infectious. We created a team here among the staff that really clicked," Frizzle continued.

At the organization's recent annual summer picnic at Thomas Point Beach, Tom Farrell, Director of Parks and Recreation for the town of Brunswick who has been on the People Plus board since 1984, spoke at length about Connors' contributions, and said, "The Center wouldn't be what it is today without Frank. He was the face of People Plus."

It's not a total goodbye for either Mayo or Connors. Luckily for all of us at the Center, Frank has let Frizzle coerce him into continuing his legendary field trips and the monthly TV show, and Mayo will continue to support development and fundraising committee as her schedule permits.

"Hopefully, we can entice them to pitch in a little here and there so we don't lose their magical contribution," stated Frizzle.

*For more photos from our fun-filled July, check out pages 6 and 7.*

**People Senior Health Expo**  
**Oct. 10, 9-1 pm**  
(see page 4 for details)

## People Plus to recognize its volunteers

People Plus is the vibrant, fun, event filled place it is because of its amazing volunteers! On Thursday, Aug. 15, at 10:30 am, we will celebrate these volunteers with our annual Volunteer Appreciation event.

This year's event will be a brunch where guests will enjoy delicious breakfast foods served by the staff while People Plus recognizes their important contributions of the past year. Enjoy goodies, fun entertainment and hear about those earning our 2019 awards.

"There is just no way the People Plus Center we all know and love could exist without the daily contributions of our volunteers," said Jill

Ellis, the Center's Programming and Events coordinator. "They remain and will always be the heart and soul of our facility, and the activities and programs we offer to our members."

Ellis estimates nearly 230 people routinely and regularly volunteer time and/or their talents to the Center, working as receptionists, drivers, cooks, instructors, callers, cleaners, gardeners, greeters and more. The average number of volunteer hours per year at People Plus is 9,000.

Please confirm with the front desk by calling 729-0757 if you plan to attend this exciting event. For members only.

## Lunch and Learn just a buzzin'

While there is always a buzz of activity at People Plus, this will be even more true on Monday, Aug. 26, at 12 noon, at our 'Aging Well' Lunch and Learn.

Caroline Eliot, Executive Director of the Cathance River Education Alliance in Topsham, will be presenting The Magic and Mystery of Honeybees (and Wild Bees!). She will be discussing the

magical world of these industrious creatures, what they do (besides making honey) that benefits us, and what it's like to be a beginner beekeeper. Also learn about the benefits of planting native plants for bees, insects, birds and more.

Eliot lives in Bowdoin where she keeps bees, chickens, and native plantings. She loves spending time outdoors and is an enthusiastic observer of nature, but considers herself

only an amateur naturalist. She has worked in land conservation and natural resource planning in Maine for many years. Prior to her present position, Eliot was Associate Director of the Brunswick-Topsham Land Trust for seven years.

Bring your lunch, we'll provide drinks, chips and dessert. Free, open to public. Call to register.



**165th TOPSHAM FAIR**  
**AUGUST 6-11th, 2019**  
TUESDAY THRU SUNDAY  
Admission \$12.00 ea Daily (Includes Rides) Kids under 36" tall FREE  
Tuesday Senior Citizens Day \$3.00 / Sunday Children's Day  
Children of Military Families 1/2 off on Sunday (with ID under 16yr)  
**FREE HARNESS RACING 8/4, 8/5**  
**HARNESS RACING 8/6, 8/7, 8/10**  
TOPSHAM FAIRGROUNDS 171 W. COASTAL CONNECTOR, TOPSHAM, MAINE WWW.TOPSHAMFAIR.NET

### People Plus News

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

[news@peopleplusmaine.org](mailto:news@peopleplusmaine.org)

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

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

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Check out past newspapers at [www.peopleplusmaine.org](http://www.peopleplusmaine.org)

### Welcome New Board Members!



#### Tim Keene

Tim is the Branch Manager of the Bangor Savings Bank branch located in Brunswick. Prior to that he spent time at both Infinity Federal Credit Union in Arundel and First National Bank in Damariscotta as a Branch Manager along with 7 years in Training & Education for First National Bank and TD Bank with a total of 14 years in Banking. He is on the Board for Junior Achievement and has been a Big Brother with Big Brothers and Big Sisters for nearly 2 years. In his free time Tim is a Personal Trainer and enjoys hiking and travel. He lives in Bowdoin with his two amazing cats, Raven and Pickle.

#### David Riley Millar



Dave is the owner of Riley Insurance Agency on Maine Street in Brunswick. Dave now lives in Freeport with his wife Libby and children Robbie, Annie and Emily. He enjoys many outdoor activities including boating, skiing, and birding.



#### Christine Munroe

Chris is the Market Manager and Mortgage Loan Officer at Norway Savings Bank in Brunswick. Though she started her career in banking at Maine National Bank in Portland, she also taught French for 9 years and has a Master's degree in Educational Leadership. She lives in Freeport with her husband Rusty and spends a lot of time with their 2 sons in Boston and her mom Sonia in Brunswick.

### From Anita's Plate

Anita Huey  
(207) 504-6439

[info@nutritionforeveryday.com](mailto:info@nutritionforeveryday.com)

We have finally had some nice weather with some really hot days. For those of you who love salads this is a great time of year to take advantage of our fresh produce. Besides the typical items that are often put in a salad, I thought it would be nice to include some ideas to add something different to our salads:

- Add some leftover cooked shrimp, lobster or grilled scallops
- Toss in some berries or sliced mango
- Change up the type of lettuce
- Add a leftover sweet potato or rice
- Nuts
- Leftover roasted vegetables

### Quick Chicken and Sweet Potato Packets

#### Ingredients:

- 1 pound boneless, skinless chicken breast (about 2 large), cut into 1-inch cubes
- 5 C. peeled and cubed sweet potatoes (about 2 medium)
- 5 C. diced red bell peppers (about 2 small)
- 1 large red onion, sliced
- 1 clove garlic, minced
- 1 t. chili powder
- ½ t. ground cumin
- ½ t. dried oregano
- 1 small lime, cut into 6 wedges

#### Directions:

1. Preheat grill to medium-high. Cut six 12-inch lengths of heavy-duty foil. Coat each piece with cooking spray.
2. Combine chicken, sweet potatoes, peppers, onion, garlic, chili powder, cumin and oregano in large bowl; stir to coat thoroughly. Evenly divide the chicken mixture among the foil sheets (place on the side coated with cooking spray). Gather together the long ends of each foil piece, then fold up its open ends to form a packet.
3. Cook until the vegetables are tender and lightly charred, turning halfway through, about 20 minutes total. Serve right away (be careful of steam when opening the packets), with lime wedges.

## Don't blink ...

### From the Executive Director

Stacy V. Frizzle



I cannot believe that July is already winding down! It seemed to take forever for summer to get here and now it is flying by.

And what a busy July it's been! With our annual summer picnic/Frank's retirement party topping 140 people at Thomas Point Beach, we have never seen a member event of that size at People Plus before! The lunch crew headed by Stephanie Petkers and Gladys Szabo did an amazing job feeding everybody really delicious food!

And lunch crew newcomer George Hardin showed up at the Center and helped load everything, towed it to the beach, unloaded it, worked the whole picnic, re-loaded everything and came back to People Plus! Then he washed all the pots, pans and dishes — right down to the very last spoon. Plus he's a really happy, chatty guy. What more could we ask for? He was a godsend and we are terrifically excited that he'll be around every month for lunch! Thanks George!

We also had our first Men's Breakfast that Frank did not cook! I heard it was pretty darn good with the new chef Jason Whitten in the kitchen. I have to say that I only "heard" though because women are not permitted to eat at Men's Breakfast so I'm going strictly on hearsay ...

Earlier in July, we celebrated and honored 17 years of volunteer service from O. Jeanne d'Arc Mayo. We had a lovely gathering of board members at the home of current board member Steve and Sue Loeb. It was a treat to honor a woman whose passion and loyalty for the People Plus organization has spanned nearly two decades. From planting the flower beds,

to fundraising, to decorating the Center and donating furniture, to creating savings funds, Jeanne has become a mentor to me. And even more so, she has become the person I aspire to emulate in my future years at People Plus. It was an honor to name the Teen Center endowment savings fund "The Mayo Family Fund" after Jeanne and her family.

And to top it all off, Jonathan and I hosted not just one, but two Gentleman Farmer in Maine Italian dinners as auction items from Music in April! So on July 12th AND 19th we hosted a dinner party for eight people under our grapevine-covered pergola. Jonathan fired up the stone pizza oven that he built a decade ago and we served homemade pizzas, Mediterranean roasted chicken, risotto and tiramisu. We hope the auction item winners were happy with their purchases! I can say for sure that the People Plus organization is certainly appreciative of their donations and their willingness to come for dinner at our house and act like it was something special.

We also welcome three new board members to the club in the month of July. As you see to the left of this column they are Dave Millar, Tim Keene and Christine Munroe. We are thrilled to have them become our newest volunteers to help steward the organization to success, stability, and financial health enabling People Plus to continue serving more than 1,000 seniors and several hundred teens in our community every year.

Lastly, as you are reading this newspaper, (at this very minute!) it's the first-ever newspaper put out by the People Plus organization for which Frank Connors was not the Editor in Chief. We didn't think we would survive, but it is still a pretty gosh darn good read isn't it?!

It goes without saying that we will miss Frank; my last eight years with him have gone by in a blink, but we couldn't be more thrilled to have Patrick Gabrion at the helm of our paper these days. He is a fantastic writer who brings a fresh perspective which is always fun and a good thing. We can't wait to see how he makes the paper his own over the next few months. It won't change drastically but I believe the voice will sound a little different.

So stay tuned and come see all that's new and all that has stayed the same, down at People Plus, the Center that Builds Community.

- Try a new salad dressing

I have had a lot of fun trying new things in my salads. I just open the refrigerator and see what I could add to it!

Several months ago I wrote about a company that delivers "misfit" produce to your door. I just found out that they deliver to all zip codes in Maine! The company is called Misfit Market. They deliver delicious produce that may be misshaped in some way and would otherwise go to waste. They sell two sizes and you can have them deliver each week or every two weeks. Check them out!

## Pens & Paintbrushes

### ART WITH CONNIE BAILEY Tuesday/Thursday at 10 am



"CARDINAL," pastel by Marsha Mogk



#### In The Clouds

by Doris Weinberg

Have you ever just lay down on the grass  
And dreamed while looking at the sky?  
Or been down at the shore enjoying the sand  
When a plane with streamers flew by?  
Sometimes there's lots of puffy white clouds  
And you put your imagination to work.  
The magic of lying on the sand and looking up  
Is another summertime perk.  
We so need to let stress go  
And imagining is such a great way.  
Pick out a cloud and study it's shape.  
To you-what does it convey?  
Does it look like a dog?  
Can you find paw and tail?  
Or is it a schooner  
And there is the sail!  
Sometimes I've seen what looks like a map.  
Is that a country up there?  
Oh, the clouds have moved and I was mistaken.  
It's now a large comfy chair!  
Oh, maybe I'm seeing a dark cloud in the East.  
Is it going to spoil my day?  
Where is it going and how fast is it moving?  
Will it rain on the spot where I lay?  
It was so relaxing to study the sky  
Whether rain interrupted or not.  
But I try to remember how good it felt  
And often go back to that spot.

#### Golden Summer

by Elizabeth B. Bates

We waited for this in wintry cold,  
and now the daffodils have shed their gold.  
Sunflowers have grown taller than  
I can reach,  
and I'm walking lonely on the beach.  
Where has the summer gone?  
The leaves on the trees are beginning  
to flame.  
The apples are shining on boughs everywhere.  
There are so many...I don't know their names.  
Pies are coming ...I can see them there.  
Summer is changing to something new,  
.....adieu to golden.... to golden adieu!!

#### Weeds! Weeds! Weeds!

by P.K. Allen

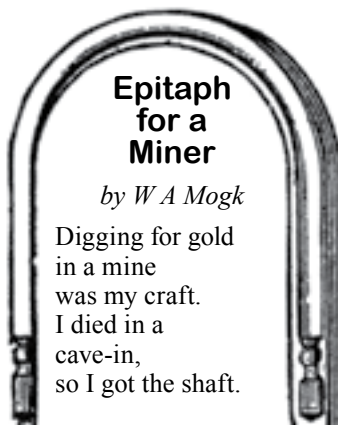
The more I pick 'em  
The more they grow.  
I've picked so many weeds  
I can fill my wheelbarrow.  
And not just once  
It's twice or more.  
I've picked so many weeds  
My back is sore.  
But I'm not complaining  
For this summer to go  
Because in the cold winter  
I hate shoveling snow!



#### Hidden Away

by Doris Weinberg

It was something I treasured for many years  
Something I wanted to use.  
Teenagers get some quirky ideas  
But when I did my Dad blew a fuse.  
I was probably in my mid-teen years  
And I didn't like the way I appeared.  
My figure wasn't bad and my skin fairly clear,  
But my hair caused a torrent of tears.  
It was much too curly and I wanted it straight!  
It should bounce when I moved my head.  
I wanted so much to grow it long,  
But my Mom kept it short instead,  
When I found a small hat that fit on my head,  
It sort of kept my hair down.  
But my Dad didn't like it-not one bit!  
He said I resembled a clown!  
I used the hat weekly when I washed my hair-  
Put it on when my hair was wetter.  
It flattened the curls and made it feel silky.  
I thought it looked much better.  
My hat disappeared one day and couldn't be found.  
I was afraid to ask my Dad.  
I knew he would laugh all to himself  
And probably just feel glad.  
The years rolled by. I found my "man"  
And my family grew to five.  
Having a home and children  
Made me feel so alive.  
But as my kids grew up, my Dad was getting old  
And suddenly became quite sick.  
And fortunately for him, his time was short,  
But to us he passed quite quick.  
And though it was sad, we packed up his clothes  
And got to the back of his drawer.  
And under his shirts, rolled up in a ball,  
You'll never guess what we saw!  
There was my hat, still nice and clean,  
On top of my photograph.  
I never would have guessed that he had taken it-  
And now he had the very last laugh!!



#### Epitaph for a Miner

by W A Mogk

Digging for gold  
in a mine  
was my craft.  
I died in a  
cave-in,  
so I got the shaft.

#### My Gram! She Stood and Sang That August Day

by Charlotte Hart

She stood! She stood up regally to sing.  
We stared at her. Dear Gram, how can this be?  
Great radio news had flown on gilded wing,  
Lifted her from wheelchair — spirit free!  
Fourteenth of August 'forty-five. Remember.  
A treaty had been signed in Tokyo Bay.  
The end of war! And now Japan's surrender ...  
Allies' ships' victory streamers flew that day.  
First graders sang each day with inspiration.  
We learned to sing — our flag would always wave.  
Proud and thankful were we for our great nation.  
Our land was of the free; it was home of the brave.  
Gram's voice was strong, clear, a marvel to be heard.  
She knew the song's four verses. Every note and every word.

Write on  
Writers  
Wednesdays  
at 1 pm

#### A Summer Destination by Betty Bavor

We see Mt. Washington on the Weather Channel and learn of weather on its 6,288-foot summit peak. The average annual temperature is below freezing with 15 feet of snow the norm in winter. The AAA tour book reports the highest wind velocity ever recorded is 231 mph in April 1934. It is the Northeast's highest peak in the Presidential Range of the New Hampshire White Mountains.

It has the world's first mountain-climbing Cog Railway using historic steam engines and now modern bio-diesel locomotives. Built in 1869, the Cog Railway is celebrating its 150th anniversary this year, with activities all summer. Check out in a website thecog.com, and make it a destination for a 2019 summer trip.

Reading this announcement in the summer issue of National Parks magazine brought back some memories for me. My husband's sister and hubby came to Connecticut from California in September 1963 to meet their 9-month-old nephew, our son. A trip was the plan. We packed up for a New England foliage adventure, including the destination of Mt. Washington. It was our son's first vacation travel experience. My in-laws did not have children and I was a bit nervous

straying from the normal daily routine environment. We drove the coast road to Cape Cod, visited Plymouth Plantation, checked out the Mayflower and stayed with my parents in Massachusetts our first night after driving 300-plus happy miles with no problems.

Off to New Hampshire and Maine visiting AAA tour book recommended sites along the way. We stayed in a motel on Lake Winnepesaukee our second night. On day three we headed for Mt. Washington. The Cog Railway provided enjoyable and unique transportation to the top for us all. I have in my journal; the tickets were \$10, I guess \$5 for mom and dad, little one in a backpack papoose free. The weather was cool and our son, not yet walking, wore moccasins. He had a habit of often kicking one off which was always retrieved. I had relaxed as he was being so well behaved adjusting to whatever and happy.

Mt. Washington's summit was covered with several inches of snow and we thought our son should experience his first snow. We took him out of the backpack papoose wearing one moccasin — where is the second one? We had walked about, other visitors also left tracks and the four of us searched until we found this valuable item. We made some snow balls, sat our son in the snow, took his picture, enjoying this brief summit visit in spite of limited visibility. The signal sounded to board the Cog Railway for our return trip down the mountain. A memorable trip for all of us.

We ventured to Mt. Ascutny, driving to the end of the dirt road and hiking to the summit. My husband's family camped in this area when he and his sister were growing up. They had hiked this mountain and wanted to revisit it for old time's sake. We checked out some of Vermont's covered bridges and by the time we returned to Connecticut, we had visited all the New England states. We put 1,500-plus miles on our blue 1958 Chevrolet station wagon. The highlight of this trip was Mt. Washington.

This would be a great year to revisit with my 56-year-old son and pull out the snapshot of him sitting in the snow in 1963 when he was 9 months old. A cherished memory for me, though I doubt he remembers.



## No Summer Slow Down for

# Chicks Do Chores

(AND SOMETIMES CHUCK)

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[www.chicksdochores.com](http://www.chicksdochores.com)

# August is AWESOME at People Plus!



**SUMMER FUN** at Thomas Point Beach. Prior to the People Plus Center's annual summer picnic on July 18, members and guests perform yoga exercises to make room for lunch (photo above), while Connie Bailey's student artists sketch and paint the beautiful surroundings at the popular Brunswick location (right photo).

**People Plus Open House!**  
**SAVE THE DATE:**  
**Thursday, September 26, 1-3 pm.**  
 Enjoy refreshments as you tour the Center on Union Street, chat with representatives of classes and clubs and meet the staff. Take advantage of reduced membership rates for this year! Free, open to public!

**Spectrum Generations Medicare 101 Session**  
**Tue, Aug 13, 12:30 pm.** Learn about Medicare and its many "Parts" on the 2nd Tuesday of every month. Open to the public. Registration required. Please notify us two weeks prior to an event if you require special accommodations. Free, suggested \$15 donation.

**Stetson's Funeral Home**  
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Reception Room  
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**BRUNSWICK AREA Respite Care**

For **30** years the "Club" has been a social program offering "time off for caregivers and joyful hours for participants" in a warm, welcoming community environment.  
 Full or half day sessions - filled with a variety of engaging, stimulating activities.  
**Come visit our convenient location in Brunswick.**

Call 729-8571 for more information or to schedule a visit.  
 Brunswick Area Respite Care is a 501(c)3 Non Profit organization

## Health Expo to offer helpful advice in October



It's a fact that Maine has the highest percentage of older adults in the nation, and the Mid Coast is where this segment of the population is growing the fastest.



To learn what resources and services are available in the region, the eighth annual People Plus Senior Health Expo will be presented on Thursday, Oct. 10 at the Brunswick Recreation Center. Returning Partner Plus sponsors are Mid Coast-Parkview Health and Coastal Landing Retirement Community. Event sponsors as of print date are Avita of Brunswick/Sunnybrook, Brackett Funeral Home and Bill Dodge Auto Group.

Registration is now open for tables and sponsors for this important event. The exhibitor deadline is Sept. 6, while the sponsorship deadline is Aug. 30 (so your logo gets on the bag!). The Expo is free to visitors and open to the public.

Last year's gathering was a great success with more than 600 participants, 75 tables, 77 flu shots, 30 free massages, more than 100 balance screenings, and many other free services.

The Expo provides an excellent opportunity to showcase products and services in many of the following categories:



**Medical Services • Fitness and Health Technology • Legal • Community Services Housing/Respite Care • Financial/Banking**

The Brunswick Recreation Center is located at 220 Neptune Drive on Brunswick Landing (formerly the Brunswick Naval Air Station). The venue has ample space and parking, along with bathrooms.

"The Expo is by far one of the top events of its kind in our community," said Jill Ellis, People Plus Programming and Events coordinator. "It's a great and easy opportunity for visitors to connect with vendors and learn what they have to offer."

The People Plus Senior Health Expo will be held from 9 am to 1 pm.

**Call 729-0757 to register for classes & events.**

## Nothing like going to the fair

Windsor Fair, which runs from Aug. 25 to Sept. 2, will be hosting Senior Citizens and Veterans Day on Thursday, Aug. 29, and rides are available for members of the Bath Area Senior Center, People Plus, and Merry Meeters of Topsham. The bus will leave the Bath Senior Center at 9 am and head for home from the fair at 1:30 pm. The cost is \$10 for members and \$12 for non-members, but doesn't cover admission into the fair and lunch is on your own. Fair fees are \$5 for seniors (60-plus), \$10 for adults, and free for veterans. FMI: Call Bath Area Senior Center (443-4937).

## Healing Clinic at People Plus

**Friday, Aug. 30, 10 am-4 pm.** Midcoast Massage & Reiki Center is sponsoring a free healing event at People Plus. A variety of local practitioners will be available including those providing hands-on treatments, energy workers, and nutrition experts. One "sound healing" practitioner will be providing a presentation demo around midday. This is a great opportunity to meet and try practitioners from the local community and ask questions. All offerings are free but donations to benefit the Brunswick Area Teen Center at People Plus are appreciated. Please note there are no early signups for treatment. You must be present the day of the event to select a treatment and a treatment time.

**\$10 Hair Cuts for Seniors**  
**Fridays, Aug 2, 9 & 16, 9-12 pm.** All proceeds benefit People Plus. No appointment necessary, just show up with clean hair.



## 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.**

**THE HIGHLANDS**  
 A GRACE MGMT COMMUNITY

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Mon	Tue	Wed	Thu	Fri
<b>Program Changes for August</b> <ul style="list-style-type: none"> <li>Instead of Lunch and Connections there will be a Volunteer Appreciation Brunch on August 15th at 10:30 am (see page 1). Members only, call to register.</li> <li>Women's Breakfast will be held on the second Thursday (8/8) at 8:30 am.</li> <li>Apple Club will be held on the second Thursday (8/8) at 10 am.</li> <li>There will be no Men's Breakfast.</li> </ul> <p><b>Call 729-0757 to register for classes &amp; events.</b></p>			<b>1</b> 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Yoga 5:30pm Medical Professions	<b>2</b> 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
<b>5</b> 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 1:30pm A Matter of Balance	<b>6</b> 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	<b>7</b> 8:00 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	<b>8</b> 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 12:30pm Teen Project 5:30pm Medical Professions	<b>9</b> 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
<b>12</b> 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 1:30pm A Matter of Balance	<b>13</b> 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 Kaffeestunde! German Club	<b>14</b> 8:00 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	<b>15</b> 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Volunteer Appreciation Brunch 5:30pm Medical Professions	<b>16</b> 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
<b>19</b> 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 1:30pm A Matter of Balance 6:30pm Sage Square Dancers	<b>20</b> 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 Books a la Carte 2:00pm Chair Yoga	<b>21</b> 8:00 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	<b>22</b> 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Yoga 5:30pm Medical Professions	<b>23</b> 9:00 Mah-Jongg 9:00 Loosen Up 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
<b>26</b> 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 12:00pm Bridge 12:00pm Lunch and Learn: Magic and Mystery of Honeybees 1:30pm A Matter of Balance	<b>27</b> 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 Cafe en Francais	<b>28</b> 8:00 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 6:30pm Brunswick Coin/Stamp	<b>29</b> 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Yoga	<b>30</b> 9:00 Mah-Jongg 10:00am to 4:00pm Healing Clinic 10:30 Meals on Wheels 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick

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# Scaled Back Summer Days

As always during the summer months, attendance numbers go down and new members, especially those entering 6th grade in September, start coming in during July/August. We opened up our waiting list, letting everyone join as a handful of our regulars moved, got jobs or graduated.

Our other regulars who we see on and off during the summer months are doing a variety of things: summer classes, camps, staying with family members in other towns or states for some of the summer, babysitting younger siblings, or just can't get here without the school bus.

It's nice for new members to get familiar with the program, other kids and staff during the summer so they don't feel completely overwhelmed in September

walking into a room of 25-plus kids.

The 6th graders are "cute" when they come to the TC for the first time with exclamations of "this is the coolest place ever!" and "you have food and snacks EVERY day?!"

Appetites are also down during the summer months and a meal will last us a couple of days as opposed to being devoured in an afternoon. They still drink lots of beverages though!

Not a real newsy month but a laid-back break from the school year and we get to spend more one-on-one time with the kids, do more "projects" like art and get more of a chance to talk and get to know them.

We are also able to get more computer work and cleaning projects done.

## Teen Center News

Jordan Cardone



We got one grant sent out in July so far and before we know it, we will be working on our Back to School fund letter for 2019. Until then, we are making the most of our calmer TC days and personally enjoying some nice sunny weekends finally.

July has pretty much been a "no news is good news" month ☺ Nice!

Back next month!  
Jordan and The Gang!



Troy Fickett

## TEENS OF THE MONTH: Troy and Gabe Fickett

Twin brothers, Troy and Gabe Fickett, have been attending the TC program for two years now and are headed into 8th grade at BJHS in September. Wanting so badly to get recognized as Teen of the Month, we decided this month to do just that as many of our regulars are not around — just maybe for different reasons!

Troy has eaten the most Pop Tarts here in one afternoon (a record)! Gabe has asked for fruit roll-ups about 15 times

a day every day he is here (a record) and is also our self-proclaimed Naruto Champion. When the boys first began at the TC, Troy got chosen for Teen of the Month but gave it up because he didn't want his picture taken. So we substituted Gabe. They really do look quite a lot alike!

We have quite a number of siblings that attend the program, but these guys are the only twins here currently. Congratulations boys, you finally got it. Ha!



Gabe Fickett

## EXHIBIT: Brunswick Town Commons at 300 Years

July 16-Aug. 30. Curtis Library in Brunswick is hosting an exhibit honoring the 300th anniversary of the Town Commons, developed by Jym St. Pierre and the Town Commons Committee, in partnership with the Pejepscot Historical Society. Come discover the history of the Town Commons, learn how it inspired local authors and artists, and how it influenced municipal development. The Town Commons exhibit is part of the "A Walk in the Woods" Collaboratory exhibit. Learn about local ecology with participatory activities such as leaf rubbings, forest yoga, tree ring dating, bird identification, and more. A reception for the exhibit was held on July 22.



## Membership Benefits

The following businesses offer discounts for People Plus members.

- Arby's, 729-8244, 10% off, excluding combos/coupons
- Attorney N. Seth Levy, 319-4431, Discounted legal services/documents including wills, living wills and estates
- Augat Chiropractic, 725-7177, Free consultation and cursory exam
- Autometrics, 729-0842, 10% off labor
- Berrie's Hearing and Optical Center, 725-5111, 10% off a complete set of eye-wear, up to \$500 off costs of hearing aids
- Big Top Deli, 721-8900, 10% off, anytime
- Bill Dodge Auto Group, 800-652-6118, 10% off parts and service
- Eveningstar Cinema, 729-5486, Discount bag of popcorn at evening shows (\$1 sml, \$1.50 medium)
- Fairground Café, 729-5366, 10% off
- Hearts & Hands Reiki, 751-5339 or mspruce@live.com, 10% discount on first appointment. Mon-Fri, 10-6.
- J&J Cleaners, 729-0176, 10% off pickups: Wednesdays (customers over 55)
- Lee's Tire & Service, 729-4131, 10% off parts (excludes tires)
- Maine Optometry, 729-8474, \$30 off complete pair of glasses
- Maine State Music Theatre, 725-8769, Senior discount (60+) on matinee tickets
- Massage on Maine, 504-6913, First visit \$60, always \$10 off for seniors
- Pauline's Bloomers, 725-5952, 10% off, anytime (within normal delivery range)
- Reflections, 729-8028, 10% off, Mon & Fri
- Thomas Point Beach, 725-6009, \$1 weekday admission
- Tire Warehouse, 725-7020, 20% off labor
- Tucker Ford, 725-1228, 10% off invoice, parts & service
- Wilbur's of Maine, 729-4462, 10% off
- Wild Oats Bakery & Café, 725-6287, 10% off on Mondays

\*Benefits subject to change

## Walking Book Group at Town Commons

4th Saturday, 9 am, July-August. We invite all roaming readers to Curtis Library's summer Walking Book Group. It is similar to a regular book club, except we will take our meetings outside and walk while we discuss the book. This year we are reading "On Wilderness: Voices From Maine." On July 27, we will discuss the first half of the book (pages 1-73) and finish the discussion on Aug. 24. We meet at 9 am at the Brunswick Town Commons (Harpwell Road) and walk for approximately one hour. The group meets rain or shine, but if it is heavy rain and thunder the meeting will be canceled.

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 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:  \$30 per person  
 Other towns  New Member  Renewal:  \$35 per person  
 \$300 for Lifetime Membership (65 or over)

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

Total: \$ \_\_\_\_\_

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## Club Corner



THE BIKE GANG from People Plus, from left, Linda, Richard, Mary and Walter along Mere Point Road in Brunswick.

Text & photos by Patrick Gabrion

## Joining a bike gang Center's Easy Riders Biking Club spins at life's slower pace

The benefits of riding a bike are many. Improving one's health. A cheaper form of transportation, with the byproduct of doing your bit for the environment. Being in closer contact with our surroundings. Less congestion on the roads.

Cycling is also a great connector for meeting other people. For those of us on the shy side of life's spectrum, bikes act as a bridge when words don't come easily. The turning of the wheels actually draws us closer to strangers — somehow keeping us introverts from applying the brakes.

I joined a bike gang the other day, and thus had the opportunity to meet some fellow cyclists and make new friends. They are part of the 'Easy Riders' Biking Club here at the People Plus Center.

Despite showing up on one of my expensive bikes and clothed from head-to-toe in proper cycling attire — way overdressed for this kind of party and slightly embarrassed — these wonderful people greeted me with open arms. I truly felt welcomed right from the start.

As the group's name might suggest, the ride that day to Simpson's Point in Brunswick was easy; we covered nine miles and our average speed was a whopping 8.3 miles per hour. But you know what? I loved every minute of the journey.

Most of my rides tend to be treated as exercise; get the heart rate up and sweat from every pore. It serves a

purpose, which I cheerfully accomplish several times per week. But the pace put forth by the Easy Riders really got to the essence of what pedaling a bicycle truly means. By slowing down, it was impossible to escape the world around you. The smell of the sea, the morning messaging of the birds, traveling through the long shadows of the endless forests, and, more importantly, the chance to engage in conversation.

Richard Giustra, 79, the gang leader, along with making sure everyone was safe, radiated a pleasant personality that made chatting with him a great pleasure. And then there was Walter Harris, a native of Texas and former nurse. He remarked how they say you never forget how to ride a bike. Well, he had for a number of years been off one, but he was making up for lost time and doing a grand job. He was a real treat to ride with in the People Plus group. Also riding with us were two lovely ladies, Mary Hepburn and her relative, Linda.

Pure and simple, it was a fun experience and I'm glad I went. So, thanks for letting me tag along, and I'm already looking forward to joining the group's next weekly outing. However, I believe I will be a little less flashy in my appearance. After all, it's just an easy-going bike ride.

(Editor's note: Anyone is welcome to join the biking club, which usually meets on Wednesdays at 8 am at People Plus.)



THE EASY RIDERS Biking Club leaves for rides from the People Plus Center on Wednesday mornings. Richard Giustra, the group's leader, said, "The Easy Riders are all about promoting and enjoying all the health benefits of plain old-fashioned movement, mostly easy movement. The belief is that we still have a lot of living to do, at any age, any time and any place with whatever we have available. The possibilities are endless."



MARY AND LINDA take in the view at Simpson's Point Landing in Brunswick.



THE RIDE to Simpson's Point in Brunswick covered nine miles under pleasant weather conditions.



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August 2019



Sign up now for our next class:
A Matter of Balance: Managing Concerns About Falls

This 8-week structured group emphasizes practical strategies to reduce the fear of falling. Participants will learn how to view falls and fearing of falling as controllable, set realistic goals to increase activity level and change their environment to reduce the risk of falling.

People Plus: 35 Union Street, Brunswick
Mondays, 1:30-3:30 p.m. beginning August 5

Visit healthylivingforme.org or email info@healthylivingforme.org for more information or to register for a program near you!



Monday, August 12, 2019

Foodies delight! Plan to join us as chefs battle to win your tastebuds and votes using locally sourced ingredients!

Cocktail Hour | Cash Bar | Live and Silent Auctions
Festivities begin at 5:00 p.m.

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To purchase tickets, contact Sarah Brown at (207) 620-1677 or sbrown@spectrumgenerations.org

Join us for our 2nd Annual Pie Crawl on

Saturday, October 19

Tickets go on sale September 3 - stay tuned for more information!



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Caregiver and Parent Empowerment

September 12, 2019
9:00 a.m. - 2:00 p.m.

Inn Along the Way, 741 Main Street, Damariscotta

Plan to join us for an informative day with workshops and presentations from:

- Lisa Steele-Maley, Author of Without A Map: A Caregiver's Journey through the Wilderness of Heart and Mind
Dr. Marilyn Gugliucci, Professor & Director of Geriatrics Education and Research, University of New England College of Osteopathic Medicine
Marcia DeGeer, Attorney
Rick Bisson, Bisson Real Estate
Steve Raymond, of Lincoln Homes, and

Keynote Speaker: Dr. Dora Anne Mills

To register for this free event or learn more, call Dawn Moore at 563-1363 or email at dmoore@spectrumgenerations.org

Participate in our Focus Group!

Come share your thoughts about what it is like to stay in your own home; let us know what services are available to you in the area and what you would like to see.

Friday, September 6
9:30 a.m. - 12:00 p.m. at People Plus

Registration is required—Lunch is included!
Please register by calling Jennifer Russell at 620-1186 or email at jrussell@spectrumgenerations.org

Medicare 101

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.

The next session will be on August 13
12:30-2:30 p.m. | People Plus | 35 Union St., Brunswick
Call 729-0757 to register or for more information.

\$15 suggested donation, which allows us to continue offering these sessions!

In search of the relaxing part of retirement

With the recent "retirement" of the legendary Frank Connors from his many duties and responsibilities here at People Plus, it got me thinking the other day about my own situation in regards to the next chapter in my life.

With my December departure from The Times Record in Brunswick and 44 years as a newspaperman, I too have called it quits. In fact, when people now ask me what I do for work, I say, "I'm retired."

But am I really? Many times, it doesn't feel like it. Do we ever really retire, and from what? I just don't know.

To retire, at least according to its definition in my Chambers dictionary, is "to withdraw; to retreat; to recede; to withdraw from society, office, public or active life, business, profession, etc.; to go into seclusion or to bed."

I haven't done any of that, other than the bed part by stealing an occasional nap during the afternoon. I seem as busy as ever; a very common comment I have heard from countless other people who have "with-drawn" prior to me.

You work hard all those years not even paying much attention to the "R" word; it's

just too far away. But as it approaches — at least for me anyway — the subject starts to consume more of your thoughts, along with triggering the inevitable concerns and questions. What's it going to be like? Will I get bored? Can I swing it financially? Will I miss my job and co-workers? Will I lose my identity as to who I am and the purpose I serve to society? What am I going to do with all that free time? On and on it goes.

And, believe me, there was plenty of free advice thrown my way as to how I could — and should — spend my leisure hours. The resounding chorus from most of my family members was that now I can write that novel they have all been patiently waiting for, even though I've never had the desire to do such a thing. Also, my best friend from Michigan — who is younger than me and has much more "R" experience than myself — pointed out several television programs that I could look forward to watching from the comfort of my La-Z-Boy recliner, shows such as "The View," "Family Feud," "The Three Stooges," and "Jeopardy!"

This would be hard for two simple reasons. One, I don't possess a La-Z-Boy of any kind. And two, I also do not have a television in

my home, and haven't had one for years.

As you might have guessed, now that I have joined the "withdrawn" crowd I'm having trouble with another "R" word — as in relaxing. I'm just filling in my hours and days because that's what I've always done. My wife, Vicky, has even been irked with me from time to time for being too busy. Besides my newspaper gig here at People Plus, I work part-time at a bicycle shop, I maintain a cycling blog I created on the internet, I mow two lawns, and I perform various chores around the house. That's not too much, right?

I've always thought there were three subjects our schools should teach that would serve us all well later down the road in life: basic finances, marriage/relationships, and raising children. Maybe a course on retirement should be added to the list?

So how does my trusted dictionary define the word relax? Its verb form is as follows: "To loosen; to slacken; to make or become less close, tense, rigid, strict, or severe." My wife queried, "Where's the part about doing less or taking it easy?"

The fact that I've never tried retiring before probably means that it will indeed take some

Simply put



Patrick Gabrion

time to adapt to my new situation. I'm just thankful that I have the opportunity to try; for many people, and for many reasons, retirement isn't even an option for them.

So I guess I'll start by trying to "loosen" my workload and "become less strict" about filling up my planning calendar with job after job after job. Come to think of it, I didn't even have one of those organizing things when I was doing my real-world occupation. Wish me luck! And I'll let you know how things turn out in this new stage in my life.

The Harpswell Garden Club will meet on Thursday, Aug. 15 at 1 pm at Curtis Memorial Library in Brunswick. After a brief business meeting, Andy Brand of Coastal Maine Botanical Gardens will present "Moths and Butterflies of Maine." It is free and open to the public. For more information, call Becky at 833-6159.



Staying 'Connected'

You are invited. "CONNECTED," a free nondenominational gathering, invites all widowers, widows, divorced and singles 55 and over on Monday, Aug. 5. The group meets at St. Charles Borromeo Church hall located at 132 McKeen St. in Brunswick from 7-9 pm. Light refreshments will be available. We usually have an interesting guest give a brief talk at the beginning of the meeting. Come socialize, mingle and meet new friends. For more information, call 725-1266 or 725-8386.

New/renewing members for July

\* indicates new membership
• indicates donation made with membership

Brunswick

- Bill Swyers \*
Denise Swyers \*
Stephanie A. Rivera \*
Michael D. Arnold
Linda J. Arnold
Joan Springer
Nancy Grote •
S. Patty L. Sparks
Anita Thurman
Eileen Reynolds
Claire Holmblad
Thomas Hallenbeck •
Richard Foushee \*

- Circe T. Ribas \*
Pamela J. Perry •
Debbie Kipp \*
Jaki Ellis •
Andy Cook •

- Margaret K. Sullivan \*
Janet Watkinson \*
Alan Sockloff
Carol Sockloff

- Bruce Graybeard \*
Roger Hewson
Charlotte Hewson
Larry Bernstein \*
Ellen Bernstein \*

Topsham

- Anne Cole \*
David Brandt
Donna M. Perreault
Chuck Annable
Monica Annable
Merrilyn L. Tombrinck
David Cranston
Marcia Cranston
Deb Considine
Bonnie Lundquist \*
Allen Cressy \*
Jacquelyn Cressy \*

Harpswell

- Polly Kaufman

Durham

- Donald E. Caton

Orr's Island

- Nancy Bennett
Arnold Bennett

Woolwich

- Susan Woodward \*

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# Students' talent still on display in Cafe Gallery

The show featuring Connie Bailey's student artists is remaining in our Cafe Gallery for the month of August. The more than two dozen pieces of art display students' ability to work with all different types of media forms.

This show by the student artists of People Plus triggers great interest around our Union Street facility, as all of our artists have friends within our membership at the Center.

Artists invited to exhibit include: Beth

Aldenberg, Lorraine Berte, Alison Coffin, Sandra Cox, Jenn Haskins, Karen Guistra, Myrtle and Tony Lacroix, Mary Maverick, Marsha Mogk, Richard Nickerson, Ralph Palmer, Nancy Pantaz, Valerie Robbins, Ann Sanfasin and Al Tyrol.

Bailey's mixed media classes have long been a feature at the Center, with expert instruction in the use of watercolors, watercolor pencils, colored pencils, graphite and charcoal, scratchboard, pen and ink, pastels and pastel chalks. Bailey explains that her "mission" in her teaching is to expose her students to "the several major and popular forms of artistic expression." During the typical class cycle she encourages her students to practice in some or all of the mediums, and finally to work in the mediums where they feel the most comfortable, and capable.

Classes are conducted weekly each Tuesday and Thursday, beginning at 10 am and continue for approximately two hours. Classes sometimes meet outside, weather permitting.

These collected student works are always well framed, professionally presented and are "almost always" offered for sale. All sales are conducted by contacting the artists directly. The show may be seen free of charge during normal business hours at the People Plus Center, located at 35 Union St. in Brunswick.



**Lunch out!**  
**Tuesday, Aug 13th**  
**at 11:30 a.m.**

**Kimberly's**  
**Restaurant**

**64 Main St, Richmond**

**Sign up to car pool!**



"SPRING FLOWERS," colored pencil

Myrtle Lacroix

**Weekly Winners** ♠♥♦♣

**Senior Intermediate Cribbage**

- June 12: Harry Higgins, 726  
George Tetu, 699  
Lorraine LaRoche, 692
- June 19: Harry Higgins, 707  
Gaby Niffka, 699  
George H., 694
- June 26: Gabriele Niffka, 702  
Lorraine LaRoche, 700  
Joe Tonely, 693  
Anne Bouchard, 693
- July 3: Anita Owens, 717  
George Tetu, 707
- July 10: Rick Fortin, 714  
Rollande Fortin, 696  
Julie Swol, 687

**Senior Bridge**

- June 21: Lorraine LaRoche, 3,680  
Sherry Watson, 3,440
- June 24: Joyce Lyons, 3,670  
Paul Betit, 3,580  
Jane Roy, 3,300
- June 28: John Rich, 3,950  
Paul Betit, 3,680  
Terry Law, 3,350
- July 1: Jane Roy, 4,360  
Judy Feimer, 3,000  
Paul Betit, 2,970
- July 8: Woody Townsend, 4,440  
Anne Nichols, 4,430  
John Rich, 4,050  
Cathy Cooper, 3,780
- July 12: John Rich, 5,270  
Woody Townsend, 4,810
- July 15: Ellie Peterson, 3,780  
Paul Betit, 3,640  
Steve Garde, 3,100
- July 19: Lorraine LaRoche, 3,500  
Woody Townsend, 3,180

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