



# Plus! People NEWS!

The center that builds community

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

## Volunteers recognized for key role at Center



RECEIVING AWARDS at the Volunteer Appreciation brunch were, from left, Gladys Szabo, People Plus Volunteer of the Year; Annee Tara, Board Member of the Year; Margarita Day, Golden Shears Award, and Chris Corriveau, Top Driver Award.

### Brunch held in August to say 'thank you'

Volunteers everywhere perform vital and important roles, and it's no different at People Plus. Here at the Center, they do everything from manning the front desk to running the many clubs. As a way of saying "thank you" for their endless hours of service, we held a celebration in their honor on Aug. 15 with the annual Volunteer Appreciation event.

Nearly 50 volunteers enjoyed a delicious brunch of French Toast Casserole, sausages, home-baked blueberry and pumpkin muffins, fruit salad, and donut holes donated by Brunswick Dunkin' Donuts, all prepared by People Plus staff. "We turned the tables on the volunteers this year and cooked for THEM," said Executive Director Stacy Frizzle. "They do so much for the staff and

Center that it was an honor to treat them to brunch and special awards."

Along with fun entertainment, volunteer contributions were marked with our 2019 awards.

Jill Ellis, the Center's Programming and Events coordinator, estimates nearly 230 people routinely and regularly volunteer time and/or their talents at People Plus. The average number of volunteer hours per year is 9,000.

"There is just no way the People Plus Center we all know and love could exist without the daily contributions of our volunteers," said Ellis. "They remain and will always be the heart and soul of our facility."

Lynne Smith, the VTN coordinator at People Plus, added, "Without the support of our drivers, the VTN Program would not be able to operate. We are so grateful for all of our dedicated drivers."

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**Flu Shot Clinic @People Plus  
FREE and open to public!  
Thu, Sept. 19, 11:30-1:30**

## Campaign strives to help teens

### 'Back to School' funding appeal under way

A key component of "the Center that Builds Community" on Union Street is the Brunswick Area Teen Center. It provides our teenagers a safe place to engage in countless activities, hang out with their friends and even get a healthy, nutritious meal.

To help provide these and other services, the budget for the Teen Center has increased by nearly \$30,000 this year due mainly to increased staffing needs. Three part-time assistants have been hired to help Teen Center Coordinator Jordan Cardone upstairs with all those wonderful kids.

Consequently, staff have cobbled together funding sources to help cover new expenses as well as the regular expenses for the Teen Center program. Last year, staff were in overdrive to ensure the funding to hire the additional staff, and they are anticipating

having to work just as hard this year to bring in the funding again.

Between the Gelato Fiasco fundraiser event in April and our annual "Back to School" letter fundraising campaign, we saw an income of nearly \$40,000.

"We hope you can help us reach that goal again this year. We have included the letter here in the paper for those of you who may not be on the mailing list," said People Plus Executive Director Stacy Frizzle. "Feel free to cut it out and mail it to the Center or bring it by the next time you're in downtown Brunswick. And we thank you in advance for your donation."

Last year, one generous individual donated \$22,000 worth of stock that went toward supporting the new hires. So if the gift of stock feels like something you could do, those work just as well as cash.

Since last fall, the Teen Center had more than 3,625 visits — up nearly 1,000 from 2018 — and 52 new members. The average attendance was 22 to 27 kids per day, with more than 30 teens on some afternoons. More new members are joining weekly and we believe that will continue into the future.

Many of those

*continued on page 10*

### See fundraising campaign letter on page 10



TEEN CENTER members stuff envelopes for the mailing.

## Fall Open House planned

Join Center staffers, class instructors and friends on Thursday, Sept. 26, for the People Plus Center Open House. Activities begin at 1 pm with tables to visit from clubs and classes at the Center, tours, and refreshments served while they last, and at 2 pm there's an opportunity to check your car's winterization prospects with a Car Talk from Bill Dodge Auto Group. In your "slack time," chat with your friends and hear all the latest news about People Plus.

"We're going into another exciting fall schedule," Program director Jill Ellis explained. She said

some class instructors and club leaders will be on hand for a meet and greet and to answer questions. "This year is the perfect year to join People Plus with our newly reduced membership rates!"

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

Festivities open at 1 pm, and will continue through 3 pm.



PEOPLE PLUS YOGA instructors, Leslie Ballin, left, and Ann Kimmage at our first Open House in 2016.

## Good health on display in October

### Annual Expo to happen at Brunswick Rec Center

There are many things that bring us happiness and pleasure — family, friendships and good food — just to name a few. But there is one aspect of our lives that is priceless, and that's good health.

To help us in the endeavor of attaining good health and learning how to live a longer, healthier life, the eighth annual People Plus Senior Health Expo connects us with dozens of vendors who service seniors. Come meet them all while you listen and learn about the latest news and services that are available in the Midcoast region.

This year's event takes place on Thursday, Oct. 10, from 9 am to 1 pm, at the Brunswick Recreation Center at 220 Neptune Drive on Brunswick Landing (the former Brunswick Naval Air Station).

People Plus Programming Coordinator Jill

Ellis reports early registration for the Expo is "strong" and she indicated there is every reason to believe this "will be the best one yet!"

"This is certainly the premier event of its kind in our community," Ellis said. "Last year, more than 600 people participated, and our sponsorship and exhibition opportunities were sold out!" She added that the Expo is always a "great meet and greet opportunity" for vendors and for visitors. Admission is

always free and open to the public. The Expo offers a valuable service when keeping in mind that Maine has the highest percentage of older adults in the nation, and that the Midcoast is where this segment of the population is growing the fastest. "I just learned recently that by the year 2025,

*continued on page 13*



### 2019 LEAD SPONSORS



## Lunch & Learn: Are You Fire Safe?

**Monday, Sept. 23, 12 noon.** Winter is coming! Jess Meierdirk, Community Volunteer Leader, American Red Cross Maine, will discuss home fire awareness and the importance of early detection in their "Homes Made Safer" presentation. Learn about the importance of working smoke detectors, expiration of smoke detectors and how to get free smoke detectors if needed. This time of year is a great time to discuss this topic to prepare for the upcoming cold weather season. With the heavy use of fireplaces, stoves and other heating sources during our long winters, it is a great reminder to all. Free and open to the public. Bring your lunch, we'll provide drinks, chips and dessert. Call to register!

### People Plus News

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

**news@peopleplusmaine.org**  
Questions, comments and written contributions should be sent by the 15th of the month to:

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## Our village, your village

They say it takes a village to raise a child, and while I know that to be true, I think it also takes a village to run a community center!

Here at People Plus, we are really just one big village of seniors and kids coming together in a place that makes them happy and improves their quality of life.

When our members are at People Plus, they are surrounded by friends in a welcoming and warm atmosphere. They are often served a meal, they are entertained, educated by an informative speaker, challenged to a game, and treated to a snack or a fun anecdote from a friend. All of these small moments in life keep us grounded. They keep us connected to the world in a way that substantiates who we are and our purpose.

Without other people with whom to connect, isolation and depression can set in rapidly. Lack of access to healthy food, proper hygiene options and medical aid can have life-impacting consequences. So we strive at People Plus to stave that off. To push those struggles out farther in life, and to kick the can down the road a bit by surrounding our village with opportunities for connection, health and wellness.

And we couldn't do it just as the eight staff members who work at the Center. It takes our whole village of volunteers — of which we have more than 200! — to

keep things running. They create the fun environment, the sense of camaraderie, the meals, the classes, and the clubs.

As we launch into fall at the Center, we are excited for many new lectures, programs and classes. We are excited for the Senior Health Expo being held at the Rec Center again this year. We are excited to partner with the United Way, Spectrum Generations and Mid Coast-Parkview Health to provide programs with us for older adults and teens to improve overall health, memory, balance and so much more. And most of it is done by volunteers!

The staff and I were honored to shower our volunteers with love last week at the Volunteer Appreciation brunch. It was a wonderful event attended by more than 50 people, most of whom volunteer in some way or another at the Center. They prepare meals, pick up homebound elders and take them to the doctor. They go to the police station once a month and listen to the voice recordings of homebound elders who call to report they are safe, or they run a club or teach a program at the Center every month for the members, they help answer the phones, fold letters and stuff envelopes, and so much more!

When I walk in the kitchen and hear the ladies laughing and cajoling each other while chopping vegetables, baking cakes and stirring pots of food for the monthly luncheon; or when I check in

### From the Executive Director

Stacy V. Frizzle



Is it time to renew your membership? Has it already lapsed?

Take advantage of the new, lower membership rates!

Brunswick residents: \$30  
All others: \$35

### From Anita's Plate

Anita Huey  
(207) 504-6439



info@nutritionforeveryday.com

When I say that our garden is exploding I am not exaggerating. Our cucumbers are the size of large zucchinis. We must have 100 tomatoes. I don't remember planting purple potatoes, but we harvested them last week.

Purple potatoes are purple on the outside and inside. They are loaded with antioxidants and phytonutrients. These provide amazing health benefits. In addition, these purple potatoes may help lower blood pressure and prevent blood clots. Maybe someday we will use them for a natural food-coloring agent. So we will be eating lots of purple potatoes, making zucchini relish and canning tomato sauce.

If you can, take advantage of the wonderful summer bounty. Whether you are

## Garden bursting with plentiful harvest

growing some of your own, you go to a farmer's market or your neighbor gives you some fruit and vegetables, try something new with it. One of my clients didn't

know what to make with her peaches other than desserts. I was able to give her some great ideas to try with her harvest.

### Roasted Purple Potatoes

#### Ingredients:

- 4 purple potatoes, sliced thinly
- 1 small red onion, sliced thinly
- Olive oil
- 4 fresh rosemary sprigs

#### Directions:

1. Put the potatoes and onions in a roasting pan.

2. Drizzle with olive oil.
3. Top with rosemary.
4. Cover with foil.
5. Place in a pre-heated 400-degree oven and cook until they are browned and tender. About 40 minutes.

Serves: 4

## Gone but not forgotten Memorial Donation in Memory of

**Robert Frizzle**

June 4, 1942 — July 8, 2019

**Muriel W. Kimball**

March 25, 1925 — July 23, 2019

**Ronald A. Swanson**

December 25, 1932 — July 29, 2019

**Melinda 'Lena' L. Cook**

June 4, 1922 — August 1, 2019

**Edward Joseph Cardali**

September 2, 1932 — August 4, 2019

**Donald M. Trice**

January 28, 1927 — August 14, 2019

## Pens & Paintbrushes

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



TULIPS, pencil and water color. by Beth Aldenberg

Current students in Tuesday's class are Beth Aldenberg, Lorraine Beate, Jen Haskins, Murtle Lacrois, Tony Lacrois, Marsha Mogk, Richard Nickerson, Nancy Pantaz, Val Robbins, and Ann Sanfasin. In Thursday's class are Alison Coffin, Lucy Devenshire, Lauralee Poutree, Jenny Koo, and Alfred Tyrol. A summer attendee is Ann Frey.

### Was It Cheating?

by Doris Weinberg

Once a month in history class we were given a "true/false" test. The questions were about current events and I always tried my best.

This particular day the class before us was leaving as we were coming in. And someone slipped an answer sheet to a boy who took it with a grin.

The teacher hadn't arrived yet and this sheet got passed around. Everyone had looked at it quickly without ever making a sound.

I was just reaching out to take it myself when the teacher walked in and saw me. "I'll take that paper," she said to me sternly. "What's on it, I want to see."

She looked it over and pointed to me and my friend sitting behind me. She made us sit in the hall during the test-Wondering what our punishment would be.

No one else spoke up to confess that they had seen the answers too. But Anne and I were the ones she caught-Just bad luck we surely knew.

Bad things happen to everyone That's a well-known fact. We knew that we were guilty-And scared we did react.

It wasn't fair that we were the only two getting punished for this deed. We knew that we were caught in the act That fact we did concede.

Later that day we stayed after school and had a chance to retake the test. The teacher said very little to us and we tried to do our best.

We thought that would be the end of it, and to relax, now we could. But she had her way of punishing us. Our grade was lowered drastically, that we understood!

### One Fall Day

by WA Mogk

It was a beautiful fall day on a weekend, and I was a kid walking past the high school grounds. Suddenly, a pyramid came into view; not one of stone, but one of leaves. It was as tall as me and big enough to hide a Volkswagon.

As I stood there, I had thoughts of what it would be like to run through it. No one was around and those leaves were daring me to scatter them to the four winds. I prepared to dash forward, then decided that that would be wrong. Merely darting through this brown heap was not spectacular enough. I needed to run at full speed and dive head first, parting the leaf pyramid like Moses parted the Red Sea. When my feet left the ground, my entire body was hurling toward immortality as the world's first Land-Diver.

Guess what? Leaves aren't buoyant like water. I smacked the ground hard, without bouncing. I decided to give up land-diving.

### Hopeful

by Doris Weinberg

Up in Maine, the last few months have been so gray and quite damp. The kind of weather that causes many an ache or several muscles to cramp.

It kept up through the months of spring- But that season didn't want to arrive! I felt down in the dumps, often angry and blue. How long would I survive?

I did get teased when once in awhile it would be warm and the sun showed her face. It wouldn't last long and it bothered me to know, that it was shining in some other place.

I've kept up my spirits and not given up hope That the weather would change really soon. And finally my hopes at last have come true- Now that we're well into June!

I am feeling so much better and my spirit is high But I forgot one important thing. With the warm weather and sun we want to enjoy. I forgot that the Mosquito is King!

### Desertion

by Elizabeth B. Bates

The fire has burned out, I think! Where is everyone? I have been hiding for two or three days. As I look out a shattered window I see nobody. It is very hot where I have been hiding. I need water. I have to find some. I have to go outside to find water. There is a river not far away. I creep outside on my hands and knees. I don't see anyone. Am I the only one left? Where have they all gone?

### My Thoughts

by Gladys Szabo

I got to thinking one evening as I sat down to eat after a very hectic day. I reviewed my past week thinking of all I had done. I played games at Bath Senior Center with my weekly group, went out to lunch with the monthly lunch group, enjoyed hours with new and old friends at Sage Square Dance Club, shared writings with weekly Write On Writers. I attended many events such as Frank's monthly trips and others. As a volunteer, I coordinate monthly

lunches, desk receptionists, monthly lunch outings and am an Angel and usher with Maine State Music Theatre, plus a Girl Scout leader.

My point is not to show what I do, but to realize how many people from all walks of life touch my life every week. Many people overlap, others for just one event.

I am overwhelmed to think of the numerous people, different in so many ways, who make my life so full. I witness caring people, willing to get along with group decisions and wonder why the rest of the world can't do

that. Perfect? No! Not at all. When people are willing to try to understand where another person is coming from and work through situations, amazing things are accomplished.

I was employed with Independence Association which aids physically and mentally challenged people of all ages. There is much to be learned from people who struggle with disabilities of all kinds as they are most loving and caring.

We need to think before we speak, keep a calm tone and evaluate a situation before taking action. Our world is in a difficult

### My Obsession

by Sally Hartikka

I have a special fondness for ice cream. I crave that sweet, creamy taste. I'll buy a pint at the ice cream parlor, And none of it goes to waste.

My favorite flavor is ginger... Often it's tricky to find. But I can locate a store that has it If I really make up my mind.

I've lately found a special place That has ginger and much, much more. So many flavors to choose from... It's located south, near the shore.

For me, the trip is well worth it, For along with my special treat, I get gracious service with a smile, And I leave feeling quite upbeat!

### A Nasty Experience

by Doris Weinberg

I guess I was five, the year that it happened. I made a stupid mistake. I had been to the doctor for my yearly exam. A visit I never liked to make.

I had grown taller by at least two inches And now my dress length was wrong. I also had lost some of the baby fat And now my hems were not long.

The doctor said I was in tip-top shape And gave me a grape lollypop. I sucked on it all the way home My mom made no other stop.

We pulled in the driveway and I hopped out, Holding the pop in one hand. When I saw a brown caterpillar in front of me, Just crawling in the sand.

Like most kids do, I picked it up And was examining it very close. But I made a mistake that I've never forgot, Because it was quite gross!

Without thinking, I put the creature in my mouth Instead of the little stick. And before I could help myself, I tried to take a lick.

I realized very quickly That something was really right. And before I really tried to clamp down, The caterpillar took a bite!

I let out a scream and dropped the poor thing And even the lollypop too. My lip swelled up so very fast And even turned quite blue.

So it was back to the doctor we had to rush With tears flowing down my face. We didn't know if the sting could be bad. He'd have to check me out just in case.

By the time the doctor looked at my mouth, The swelling had begun to drop. He wiped my tears and said I'd be fine And I got another grape lollypop.

### Too early ...

by Elizabeth B. Bates

My cat is smarter than I am ... He wakes me up at four, that's AM... not more. I tell him "No, that's too early!" He flips his tail and looks surly.

He then jumps on my bed and starts purring. He knows that I love it! I pet him for a while and then I have to get up, though it's early.

In the kitchen he waits by his empty dish. He hastily fill it. It is still too early! He has won and I go back to bed. He is still purring!



### Write on Writers

Wednesdays at 1 pm

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

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# September is Stupendous at People Plus!

## “Car Talk” at the People Plus Open House

Thursday, September 26, 2 pm. Come for a refresher on winterizing your car! With tips, simple instruction and advice to ensure your car is as safe as it can be with winter just around the corner!



PEOPLE PLUS MEMBERS get a look under the hood and have their questions answered by Rick Martin from Bill Dodge Auto Group.

### Frank's Field Trips Headed to “apple country”

**Time and Date TBD.**  
One of the joys during the fall season is picking apples. An upcoming Frank's Field Trip proposed for late September or early October will give people the opportunity to visit an area orchard where you can “pick your own,” enjoy a fresh donut, take in the beautiful scenery, and sample other goodies. Check your weekly email from People Plus to find out the “when, where and how much” for this trip.

These trips are made possible thanks to the generous sponsorship of Scott Lemieux at Ameriprise Financial, and our friends at the Coastal Landing Retirement Community. For more information and to register for the trip, please call People Plus at 729-0757.



### Que Pasa?

Are you interested in joining a Spanish language conversation club? We've had several inquiries and need at least 4 members to get it going. *Gracias!* Contact Jill at 729-0757 or [programming@peopleplusmaine.org](mailto:programming@peopleplusmaine.org)

### Apple Club - tips for traveling with your device

Thu, Sept. 5, 10 am. Would you like to learn more about your i-Phone/i-Pad/i-Touch? Would you like to know how the many apps you have heard about can help enhance and organize your life? Apple Club usually meets at 10 am on the first Thursday of each month to share knowledge,

### Lunch & Connections

## Meatloaf and Mac and Cheese, “Ultimate Comfort Food!”

As we leave the hustle and bustle of the summer season and head toward autumn, things of comfort can bring plenty of joy and stability. So why not start with food!

To do our part, we will be serving steaming homemade meatloaf and mac and cheese when we gather at People Plus for our next luncheon on Thursday, Sept. 19. “There’s just something about the combination of a family recipe meatloaf and cheesy mac and cheese that comforts the soul,” said new Lunch and Connections Chef Stephanie Petkers.

But wait, there’s more on the menu! Along with this amazing combination, Chef Steph is adding a fresh garden salad, bread and butter, carrots, and peas. And again, in a nod to the upcoming fall season the featured dessert will be warm apple crisp. Yum, indeed!

So please, don’t miss this one. Bring along your friends and appetite for good food and plenty of conversation.

These monthly Lunch & Connections meals are sponsored by our friends at Spectrum Generations, and are intended to focus on

nutrition, useful information, variety, socialization and fun. A CHANS home health-care professional is always in attendance at the lunch to complete and record blood pressure checks of our members. And this month, another team from CHANS will be in the Center’s activity room to provide the first-of-the-season flu shots from 11:30 am to 1:30 pm. A free hearing check with Mary Marino of Mary’s Affordable Hearing Aids is also available upstairs in the quiet and privacy of the Teen Center from 11 am until noon.

Remember, the dining room opens at 11:15 am. Come to the Center and claim your favorite seat, chat with your friends and maybe make new ones, and pick up your 50/50 raffle ticket. Space is limited to the first 68 people who pre-register after Sept. 4. It is important that you pre-register to be included. It’s really easy; just call 729-0757.

Cost of this meal is still only \$6 for members of People Plus and \$8.50 for non-members. We start serving our buffet-styled luncheon at 12 noon.

## FYI: “Let’s take a safari!”

Thursday, Sept. 12, 1:30 pm. Join world traveler and local Brunswick teacher Rick Scala on a camera safari to Africa. Close encounters with lions, zebra, giraffes, hippos, baboons, the rare white rhino and a visit to a Masai village are some of the highlights. Free, open to the public. Call to register.



Call 729-0757 to register for classes & events.

Mon	Tue	Wed	Thu	Fri
2  Center Closed	3 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	4 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 1:00pm Write on Writers	5 8:30 Women's Breakfast 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Apple Club 10:00 Art with Connie Bailey 11:00 Yoga	6 9:00 Mah-Jongg 9:00 Loosen Up 9:30 - 12:00pm SG Focus Group 10:30 Meals on Wheels 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
9 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	10 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	11 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	12 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Yoga 1:30pm FYI! "Let's take a safari"	13 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
16 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	17 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	18 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	19 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Hearing Screenings 11:30 CHANS Blood Pressure Check 11:30 to 1:30pm CHANS Flu Shot Clinic 12:00pm Lunch and Connections	20 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
23 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: Are you fire safe?	24 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	25 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	26 8:00 Men's Breakfast 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Yoga 1:00pm to 3:00pm Open House 2:00pm "Car Talk" winterization tips with Bill Dodge Auto Group	27 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
30 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	<b>People Plus Business Hours</b> <b>Monday-Thursday</b> 8:30 am to 4 pm <b>Friday</b> 8:30 am to 1 pm Call 729-0757 to register for events		<b>Books A La Carte</b> Books A La Carte is a unique group of readers who gather to discuss, trade, lend, and donate books. Members read books of their choice in any genre. There is no assigned list. Readers briefly describe what they have read and provide an opinion, pro or con, of the books. This is a great way to find out about books and authors you have not yet discovered. The group meets on the third Tuesday of each month at 2 pm at People Plus. <i>"Some books are to be tasted, others to be swallowed, and some few to be chewed and digested; that is, some books are to be read only in parts; others to be read but not curiously, and some few others to be read wholly, and with diligence and attention."</i> -Francis Bacon Please send comments to <a href="mailto:news@peopleplusmaine.org">news@peopleplusmaine.org</a>	

## By 2025 one-quarter of Maine's population will be over age 65!

Investments designed with you in mind

BATH SAVINGS TRUST COMPANY

1-866-670-7517 [bathsavings.com](http://bathsavings.com)

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

**Lunch out!**  
Tues, Sep 10th, 11:30 am

OLD COUNTRY STORE  
357 Maine Mall Rd, South Portland  
**Sign up for the car pool!**

**\$10 Hair Cuts for Seniors**  
Fridays in September (except Sept. 6), 9-12 pm. Drop in for a \$10 haircut with Margarita Day. All proceeds benefit People Plus. No appointment necessary, just show up with clean hair. Open to the public!

**Spectrum Generations Medicare 101 Session**  
Tue, Sept. 10, 12:30 pm. 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.

Reception Room  
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[apurinton@gwi.net](mailto:apurinton@gwi.net)  
Anthony B. Purinton • Funeral Director

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

**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.**

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A GRACE MGMT COMMUNITY

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# 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/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

### 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/

### 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.sethlevyflaw.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

\*Benefits subject to change



## Saying goodbye to a dear friend

We were sad to lose longtime member Eddie Cardali this month. He was a bright light at the Center with his hand-carved, painted birds and as a member of the Easy-Riders bicycling club and an attendee of all things fun! Rest in peace Eddie. We love you.



## Don't forget your People Plus News!



Stacy and Jonathan at Cinque Terre in Italy.



Patrons at a café in Paris (prompted by Stacy).



Jill on vacation in Antigua.



Vicky Gabrion at the Statehouse in Augusta, Maine.



Travelers on our Collete Travel trip to the American West.

**People Plus PEOPLE PLUS MEMBERSHIP APPLICATION** Date \_\_\_\_\_

PO Box 7957 25 Union Street Brunswick, Maine 04011 • (207) 726-0757 • www.peopleplusmaine.org

Name (1): _____	Phone _____	Birticala _____	Home/Cell _____
Email _____	Emergency Contact _____	Home (Area) _____	Home/Cell (Area) _____
Name (2): _____	Phone _____	Birticala _____	Home/Cell _____
Email _____	Emergency Contact _____	Home (Area) _____	Home/Cell (Area) _____

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 (Subscriptions Available):**

Brunswick: <input type="checkbox"/> New Member <input type="checkbox"/> Renewal: \$29 per person	Membership Dues: \$ _____
Other towns: <input type="checkbox"/> New Member <input type="checkbox"/> Renewal: \$26 per person	Additional Donation* \$ _____
\$1500 for Lifetime Membership (85 or over)	(*donations above membership dues are tax-deductible)
Tota: \$ _____	

NO USE  Accounting  Job  Membership Card Sent

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

**Are you a local business?**  
Call 729-0757 to discuss creating your partnership with People Plus.

Senior Companion and Personal Care Services  
1 to 24 hours  
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SeniorsOnTheGo.com

**NOW HIRING**  
Brunswick to Portland \$13-\$15/hr  
Free Yoga, Free Massage!

# Auction items enjoyed!

## Summer memories courtesy of Music in April

While most of us don't win auction items at Music in April, the annual fundraising gala for the People Plus Center, we can enjoy them vicariously through these fun photos of community partners who have donated to the organization through purchasing auction items! Winners enjoyed vacations at Popham Beach, played rounds of golf, feasted at lobster bakes, cruised on sailboat rides, were amazed at stargazing outings, and so much more! Maybe next year you, too, will win an auction item at Music in April!



**Arts Are Elementary Presents:**  
**An Evening with Art**  
Collect. Celebrate. Support.

Curated fine art & art experiences presented at online, live and silent auction

September 28<sup>th</sup>, 6-9 pm, 10 Water St., Brunswick  
Hors d'oeuvres, cash bar

Music donated by Bowdoin's oldest female acapella group- *Miscellenia*.

Art preview and limited tickets on sale now at [www.artsareelementary.org](http://www.artsareelementary.org)  
Advance tickets \$30 pp/\$50 couple, at the door \$35 pp/\$60 couple  
Proceeds to benefit Arts Are Elementary- providing professional artists residencies to Brunswick's public elementary students since 1980.

"Grey Heart" J. Felice Boucher



# DIAPER DRIVE



## Bring diaper donations to People Plus during the month of October!

In partnership with the United Way, we are hosting a diaper drive for the month of October! Studies show that diapers cost approximately \$1,000 a year per child for a family. And children can often be in diapers until age 5. So with that in mind we ask all members to buy a pack or two of diapers through the course of the month of October and bring them to the People Plus Center! We will get them where they need to go to be distributed to families in our area who could use a little help. We will also have a

special collection event at our Senior Health Expo on October 10th at the Brunswick Recreation Center, where we will have a bin available for drop-offs! Everyone that brings a pack of diapers to the Senior Health Expo will get a special raffle ticket with the chance to win Amtrak Downeaster train tickets!



### UUCB CONCERTS FOR A CAUSE

A benefit concert for Tedford Housing and the Oasis Free Clinics.

## GARNET ROGERS

Sept 14 @ 7:30  
UU Church Church of Brunswick  
1 Middle Street

With his smooth, dark baritone voice, Garnet is widely considered by fans and critics alike to be one of the finest folk singers anywhere.

\$15 in advance, \$20 at the door, \$10 students/children

### Library bookstore to relocate

Twice-Told Tales, the used bookstore in Brunswick operated by the Friends of Curtis Library, will be relocating in late September to 200 Maine St., the former location of Bamforth Marine. We look forward to reopening in early October.

The new one-level location offers easier customer access, a more convenient drop-off location for donations, and a more visible downtown presence across from the Town Mall. The size of the retail store will increase slightly, as the area currently reserved for the Online Sales department will move to the second floor.

Twice-Told Tales opened in 2015 at 11 Pleasant St. when the Curtis Friends decided to establish a year-round presence for collecting and selling used books. The store replaced the previous three-day

annual book sale that was held in late June at the Brunswick Junior High School.

The store is staffed entirely by volunteers and all proceeds directly support Curtis Memorial Library. The inventory, always donated and therefore reliably unpredictable, runs from recent best sellers to vintage. Subject areas include fiction, science fiction, mystery and thrillers, classics, poetry, and a large children's section. Among non-fiction titles can be found books on Maine, biography, memoir, true stories, history, science, nature, hobbies, crafts and cooking, maritime, and travel. CDs, DVDs and audiobooks are also available.

In preparation for the move, the store will suspend accepting donations for the month of September.

*Funeral Alternatives is a locally-owned and operated family business.*

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**To Serve You Better, we've moved to 46 Bath Rd**  
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# Thank You VOLUNTEERS!



### Flu Shot Clinics

SEPTEMBER SCHEDULE

Because you have better things to do than come down with the flu, **CHANS Home Health & Hospice** offers **FREE** public flu shot clinics throughout the fall.

**Flu Shot Fridays at Mid Coast Senior Health**  
58 Baribeau Drive, Brunswick  
Sept. 13 – Nov. 30  
9 am–Noon

Clinics are available to anyone in the community over six months of age. We also have the ability to bill medical insurance for those receiving the vaccine. Please bring your insurance card if you have one.

- 9/19 **People Plus**  
35 Union Street, Brunswick  
11:30 a.m.-1:30 p.m.
- 9/23 **Sagadahoc County**  
52 High Street, Bath  
9:30 a.m.-12:30 p.m.
- 9/23 **Pine Tree Society**  
149 Front Street, Bath  
1:30 p.m.-3:30 p.m.
- 9/24 **Bowdoinham Fire Department**  
57 Post Street, Bowdoinham  
10:00 a.m.-12:00 p.m.
- 9/24 **Mid Coast Senior Health**  
58 Baribeau Drive, Brunswick  
4:00 p.m.-6:00 p.m.
- 9/25 **Georgetown Town Office**  
50 Bay Point Road, Georgetown  
10:00 a.m.-12:00 p.m.
- 9/26 **Topsham Town Office**  
100 Main Street, Topsham  
10:00 a.m.-12:00 p.m.

**CHANS HOME HEALTH & HOSPICE**  
MID COAST-PARISH HEALTH  
WWW.MIDCOASTHEALTH.COM/FLU

"Volunteers recognized..." continued from page 1

The following awards were presented at the August appreciation event:

- People Plus Volunteer of the Year — **Gladys Szabo** (left)  
*For millions of miles driven, hundreds of meals prepared, bunches of cards sent and calls made, volunteers coordinated, and hugs given.*
- Top Driver Award — **Chris Corriveau** (top, right)  
*For hundreds of miles driven and rides given. The "Hail Mary" queen.*
- Golden Shears Award — **Margarita Day** (middle, right)  
*For hundreds of haircuts and thousands of dollars donated.*
- Board Member of the Year — **Annee Tara** (bottom, right)  
*For being the handbook/strategic plan/legal adviser extraordinaire.*
- Teen Center Volunteer of the Year — **Mechelle Given** (not pictured)  
*For feeding hungry teens, movie tickets, and many stockings filled.*
- Lifetime Volunteer Award — **Tom Farrell** (not pictured)



People Plus has volunteers in the following jobs: Volunteer instructors, Afternoon reception, Board members — past and present, TV crew/cameramen, TC volunteers and food makers, Music in April help, Gelato Fiasco Scoop-a-thon help, Senior Expo help, Good Morning Program, Newspaper delivery, VTN drivers, Club leaders/organizers, Lunch crew, Mailings.



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142 Neptune Drive, Brunswick  
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24 Maurice Dr, Brunswick  
(207) 725-4379

142 Neptune Dr, Brunswick  
(207) 725-9444

29 Maurice Dr, Brunswick  
(207) 725-7495

*We take your loved ones comfort and health to heart.*



**BRUNSWICK AREA teen CENTER**

August 2019

**YOU made it happen!**

Thanks to the donations from people like YOU, 2019 saw more teen visits than ever at the Brunswick Area Teen Center! Your support allowed us to increase staff, increase fun activities and feed all those teens healthy, nutritious food!

Since last fall, we had over 3,625 visits (up nearly 1,000 from 2018) and 52 new members! Our average attendance was 22-27 kids per day, with over 30 teens some afternoons; and we continue to have new members join weekly! (And gosh, do they eat!!)

We have been overwhelmed with the number of families looking for a safe place for their teen to socialize with supervision AND get a meal. *The need for the program has never been so high!*

“WE LOVE it here!” Top things kids like about coming to the Teen Center are food, friends and staff. *Increased staff has enabled us to add more physical activities like dodgeball, outdoor sports and creative games, as well as more craft projects and much needed adult mentoring.*

Since we receive no state or federal funding, YOUR generous donation along with the support of the Town of Brunswick, the United Way of Mid Coast Maine, and other foundations as well as that of area churches and dedicated volunteers, helped get us through our busiest year ever!

Since last fall, *3,625 meals, 7,250 snacks, and almost 10,000 drinks were consumed by our youth members.* Since the program and food are free of charge to area youth who need it most, **WE NEED YOUR HELP to continue with these vital services for the kids!**

We are extremely grateful for your support and want you to know that together, we are doing something that will have lifelong benefits for future generations!

Sincerely,  
  
 Stacy V. Frizzle  
 Executive Director

  
 Jordan Cardone  
 Teen Center Coordinator

— \$25 – Sponsor a teen member for a year!  
 — \$50 – Buy fresh food for the kids!  
 — \$100 – Support the staff for a week!  
 — Additional amount – **EVERY penny helps!!**  
 — Total (Payable to People Plus Teen Program; return your tax-deductible donation in the enclosed envelope.)

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

### Teen Center News

Jordan Cardone



## You've got mail!

Our tomatoes at home haven't even finished growing and summer is over. How did THAT happen? Another summer passing far too quickly.

August remained pretty laid-back in the Teen Center with numbers in the lower teens, lighter "late lunches" and lots of arts and crafts projects. The third week of August I was off on my summer vacation week, while the TC staff held down the fort.

Before I left, while I was gone, and after my return, operation "Back to School" appeal letter activity was in full swing and this year's letter should be in your mailbox soon if it isn't already. This is the only appeal letter that is sent out each year in support of the Teen Center program and it brings in much needed funding for the program.

As you may know, we had our busiest year ever last year with the most kids ever in the program. We hired three additional staff so that we could keep taking members as we began to hit more than 30 kids some afternoons. Staff fed them, listened to them, advised them, helped them with job applications, entertained them and loved them, and we are looking forward to another successful year.

The last week of August we close while kids get haircuts, new shoes, school supplies and probably a last swim in. Staff will be planning, cleaning, organizing, preparing for the new school year and, hopefully, also getting a last swim in. As summer comes to an end, we (the staff) have begun to wonder about the school year ahead, what will it be like? How many kids will we have, etc., and only time will tell.

We'll let you know after that bus starts rolling up again! Until then, enjoy what's left of the sunshine, swimming, gardening and all those warm weather things we miss doing once we move into fall.

Jordan and The Gang

"Campaign strives to help teens" continued from page 1

coming to the Teen Center have said, "We love it here." The top things they like about the facility are the food, friends and staff. Increased staff has triggered growth in the activities offered, such as dodgeball, outdoor sports and creative games, as well as more craft projects and much-needed adult mentoring.

Also since last fall, 3,625 meals, 7,250 snacks, and almost 10,000 drinks were consumed by youth members. Since the program and food are free of charge to area youth who need it most, funding help is needed to help continue these important services.



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

September 2019



### Falls Prevention Awareness Day: September 23, 2019

Falls Prevention Awareness Day (FPAD) raises awareness about how to prevent fall-related injuries among older adults. Falls are the leading cause of fatal and non-fatal injuries for older Americans; they threaten older adults' safety and independence and generate enormous economic and personal costs. However, falling is not an inevitable result of aging. Through practical lifestyle adjustments and evidence-based falls prevention programs, the number of falls among older adults can be greatly reduced!

If you don't know where to start? Check out these six steps to prevent falls, or consider taking a class!

- Find a good balance and exercise program to build balance, strength, and flexibility
- Talk with your healthcare provider about a falls risk assessment, and share your history of falls
- Regularly review your medications with your healthcare provider or pharmacist
- Have your vision and hearing checked annually, our eyes and ears keep us on our feet
- Keep your home safe by removing clutter, installing grab bars, and increasing lighting
- Register for a free class, like these two coming up:

#### A Matter of Balance

Arrowsic Town Hall  
Monday/Thursday  
September 9 – October 3  
1:30–3:30pm  
Free and open to the public

A Matter of Balance emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

Registration required

#### Living Well for Better Health

Patten Free Library – Bath  
Thursdays  
September 12 – October 17  
1:30–4:00pm  
Free and open to the public

An ever-increasing number of people are living longer with multiple chronic conditions because people with chronic conditions can learn skills to effectively manage their illness and improve health outcomes! This program includes topics such as ways to deal with frustration, fatigue, pain, as well as ways to increase strength, flexibility, balance and so much more!

Registration required

For additional class listings or to register, visit [healthylivingforme.org](http://healthylivingforme.org) call 1-800-620-6036 or email [info@healthylivingforme.org](mailto:info@healthylivingforme.org)

### Volunteer Drivers Needed

Our Midcoast Regional Center, co-located at People Plus, is in need of drivers for Meals on Wheels. Please contact Zyanya Holman by calling (207)607-4406 or by email at [zholman@spectrumgenerations.org](mailto:zholman@spectrumgenerations.org)

## Aging in Place Forum

Respecting Choices: Caregiver and Parent Empowerment

September 12, 2019

9:00 a.m. — 2:00 p.m.

Inn Along the Way, 741 Main Street, Damariscotta

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](mailto:dmoore@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 September 10 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!

## 2nd Annual Pie Crawl

Saturday, October 19

Tickets are \$15 per person and can be purchased by calling Spectrum Generations' Cohen Community Center at (207)626-7777



## 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](mailto:jrussell@spectrumgenerations.org)




Spectrum Generations is an Equal Opportunity Provider. Please let us know if you require special accommodations at least two weeks prior to the event.

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Wake up to the sun and have your coffee on your deck with a view. Leave your car in the garage, and cross the street to catch that Chair Yoga class at People Plus. Later, head down the street to do some shopping or pick up a croissant at the Union Street Bakery. You live downtown when you live at The McLellan!

Contact Terri Burgess, RN to learn more about living at The McLellan.

(207) 725-6200 | [TerriBurgessRN@themclellan.com](mailto:TerriBurgessRN@themclellan.com) | [www.themclellan.com](http://www.themclellan.com)  
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**HELP WANTED!**  
Maine Street Taxi is expanding!

We are ready to enlist part time drivers on a flexible schedule. Drivers will have a clean driving record, Maine driver's license, desire to provide high quality customer service, ability to work collaboratively with colleagues, preferably live in Brunswick or neighboring towns. No experience necessary. We will train you. Write to [mdb501@gmail.com](mailto:mdb501@gmail.com) to begin.



# Your Partner in Health Education

At **Mid Coast Center for Community Health & Wellness**, we are as invested in your good health as you are. We offer quality medical wellness tools focused on preventing and managing chronic disease, as well as support for your general wellbeing.

We provide information and resources on a variety of topics such as medical exercise, lifestyle medicine, nutrition, weight loss, mental health, and tobacco education.

### Featured Program:

**BeFree**, our tobacco treatment program supports people to quit using tobacco through **FREE** tobacco cessation counseling. Our tobacco treatment specialists will work with you to determine where you are on the quitting path and help make a personal quit plan for long-term quitting success. For more information visit [www.midcoasthealth.com/be-free](http://www.midcoasthealth.com/be-free).

Take a look at our calendar of upcoming events and see how we can partner together for better health.

## MID COAST Center for Community Health & Wellness

WWW.MIDCOASTHEALTH.COM/WELLNESS  
329 MAINE STREET-SOUTH ENTRANCE, BRUNSWICK

## September Calendar of Events

### WOMEN'S PELVIC HEALTH SERIES

**Total Pelvic Health** with Ruth E. Macy, PT, DPT  
A **FREE** monthly education series focusing on topics of concern to every woman.  
**September 4** from **5:30-6:30 p.m.**

### 26TH ANNUAL GOLF FORE HEALTH TOURNAMENT

Proceeds benefit **Mid Coast Center for Community Health & Wellness**. Registration and fee required.  
For more information visit: [www.midcoasthealth.com/golf](http://www.midcoasthealth.com/golf)  
**September 10** at the Brunswick Golf Club.

### FOOD FOR HEALTH

**Avoid the Flu: How a Whole Food, Plant-Based Diet Reduces the Risk of Infectious Disease** with Timothy R. Howe, MD  
**FREE** plant-based cooking and education series.  
**September 10** from **6:30-8 p.m.**

### OUNCE OF PREVENTION

**Gut Health** with Kim Dovin, MD  
Sponsored by Mid Coast Senior Health, this **FREE** series provides education about important senior health topics.  
**September 11** from **3-4 p.m.**  
Thornton Oaks, 25 Thornton Way, Brunswick

### HEALTHY WEIGHT FOR A LIFETIME

This 12-week mindful living program provides a long-term solution for weight loss by addressing emotional, physical, and nutritional issues. Registration and fee required.  
**Begins September 12** from **4-6 p.m.**  
**Thursdays through December 5**

### MINDFULNESS BASED STRESS REDUCTION

This **eight-week course** consists of 2½-hour weekly group classes and a six-hour weekend retreat. Designed to help people better cope with stress and life's challenges.  
**September 23** from **5:30-8 p.m.** Fee and registration required.  
Required orientation is September 9 from 5:30-6:30 p.m.

### HEALTH WITHIN REACH

**What is Celiac Disease?** with Calin Stoicov, MD  
**FREE** ongoing series of talks, classes, demonstrations, and healthy lifestyle options.  
**September 25** from **5:30-6:30 p.m.**

For a full listing of classes, screenings, and support groups, including cost and registration details, call **(207) 373-6585** or visit [www.midcoasthealth.com/wellness](http://www.midcoasthealth.com/wellness).

Unless otherwise noted, all classes are held at the **Mid Coast Center for Community Health & Wellness**  
329 Maine Street-SOUTH ENTRANCE, Brunswick

### 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](http://www.peopleplusmaine.org/good-morning-program).



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



### Volunteer Transportation Network

## Desperate for Drivers!

In the last year, People Plus has coordinated over 20,000 miles of FREE rides for home-bound residents of Brunswick, Topsham and Harpswell. But we can't do it alone – we need your help with the driving! We ask that you become a driver today! It is a rewarding and selfless gift to help your neighbors in need. Thank you!!

### Join our team - Volunteer to drive TODAY!

Thanks go to our generous sponsors: **Rusty Lantern Market, Suzan Wilson & Daniel McLaughlin Family, United Way of Mid Coast Maine** and **Spectrum Generations**, who help keep the program growing!



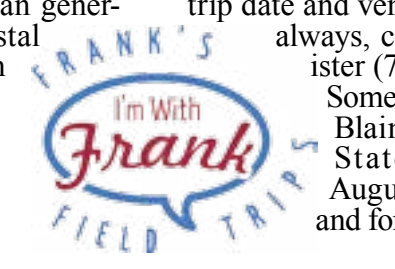
## We're trippin' at People Plus!

Join "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 desk to register (729-0757).

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, Skowhegan, local artist John Gable, an open boat circum-navigation of Swan Island and many more.



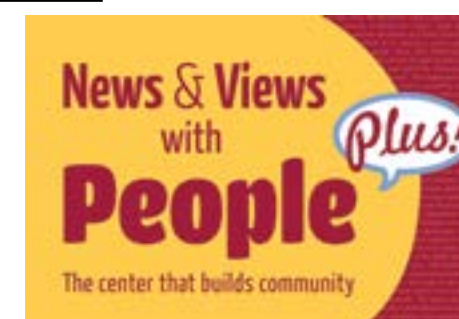
## People Plus is on TV!



People Plus tapes two monthly TV shows: **People Plus News & Views** which discusses our monthly activities, and our monthly cooking show, **People Plus Cooks!** featuring historical recipes from our senior community.

Episodes of our shows are taped at Harpswell TV14 each month with volunteer cameramen Ed Harris and Gordon Brigham and director Bernie Breitbart.

The shows air on TV14 and Channel 3 in Brunswick (Mon 4 pm, Wed 7 am, Sun 9 pm) and can be viewed any time at [www.peopleplusmaine.org](http://www.peopleplusmaine.org) or on the People Plus video page <https://vimeo.com/peopleplusmaine>.



"Good health on display in October" continued from page 1

one-quarter of Maine's population will be over age 65," said People Plus Executive Director Stacy Frizzle. "Our job is to connect all of those residents with the area service providers and the Expo is the perfect place to do it!"

The annual event 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, and Financial/Banking.

Last year's Expo had over 70 tables, and administered 77 flu shots, 30 free massages, more than 100 balance screening, and many other free services. The venue has ample space and parking, along with bathrooms.

Sponsorship opportunities are still available and vendors seeking tables will find prices the same as last year. Nonprofit exhibitor tables are still only \$75 and for-profit tables are \$125. Tables are released on a first-come, first-served basis. The registration deadline for exhibitors is Friday, Sept. 6.

"We're filling up fast," Ellis observed.

Here are the sponsors/exhibitors as of print date:

**Event Sponsors:** Avita of Brunswick/Sunnybrook Senior Living, Brackett Funeral Home, Bill Dodge Auto Group, Bridges Home Services, Healthy Living for ME, **Exhibitors:** Access Health, Amtrak Downeaster, Area First Responders, Bath Area Senior Citizens Activity Center, Brunswick Area Respite Care, CHANS Home Health Care, Habitat for Humanity/7 Rivers Maine, It's My Death/Maine Death with Dignity, Kindred at Home, LymeTV, Maine Bureau of Insurance, Maine Pines Racquet and Fitness, Mary's Affordable Hearing Aids, Massage on Maine, Merrymeeting Triad, Mid Coast Hospital, Mid Coast Senior Health Center, Nor'easters Barbershop Chorus, Penquis Foster Grandparent Program, People Plus, Reform Physical Therapy, Spectrum Generations Aging & Disability Resource Counseling, Spectrum Generations Meals on Wheels, Stetson's Funeral Home, The Gathering Place, The McLellan, The Salvation Army, Topsham Dental Arts, WellCare of Maine, Write on Writers of People Plus.

FMI visit [www.peopleplusmaine.org](http://www.peopleplusmaine.org) or call Jill Ellis at 729-0757.



- FREE admission!**
- Swag Bags for first 500
  - Flu Shots
  - Massages
  - Chance to win train tickets
  - Hearing Scopes
  - Program registrations
  - Diaper Drive
  - Meet Local Authors
  - Refreshments

## 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.

### Club Corner



MEMBERS GATHER on Mondays, Tuesdays, Thursdays and Fridays to play the game of bridge at the People Plus Center.

## Battling over Bridge

Lively competition — mixed with plenty of fun — takes place four days a week at Center

Text & photos by Patrick Gabrion

I'll readily admit that I know absolutely nothing about the game of bridge. In fact, when I started my duties here at the Center, I was told people would submit score sheets for publishing in the newspaper. I did, indeed, receive the weekly tabulations — a bunch of names and numbers — but it might as well have been in a foreign language. I had to look at past issues to see how to assemble the information.

When I was a kid my mother would host a ladies' bridge club that met once a month, rotating between members' homes. The only thing I remember clearly was that each of the card tables set up in the living room had a dish full of candy; a big target for me and my siblings with the grown-ups shooting us away.

Anyway, with members here at the Center gathering to play bridge four days out of the week, I decided to ask the question "Why do you enjoy coming to People Plus to play bridge?" and these are some of the responses I received:



ALL SKILL LEVELS of bridge, from beginner to intermediate and advanced, are on display at the Center four days a week.

— Richard Totten, 73, of West Bath: "I enjoy the people who play here and my parents started playing bridge here. My mother was asked three different times to teach bridge here. Each time she asked my father and he said no each time. The third time he said no, she replied she would do it without him, so he finally agreed. They both taught bridge and it's been going ever since."

— Lorraine LaRoche, of Topsham: "I have been coming to People Plus for many years (since it was 55-plus) and started to play bridge when Gladys Totten was in charge and have continued to do so, as it is a very agreeable pastime as well as you meet and get to

know many different people. In addition, for those of us who live alone, it is a good outlet."

— John Rich, 72, of Brunswick: "There are many nice people there."  
— Tilda Desorcy, 60-plus, of Rockland: "It's good company and good sports."

— Paul Betit, 72, of Brunswick: "I think the main reason I like to play bridge at People Plus is because of the camaraderie. I am a competitive guy, but I also like to have fun and the laid-back atmosphere of People Plus is conducive to that. A lot of joking around takes place, which is something that doesn't occur at the much more structured duplicate bridge competitions.

*"It's a strange game. There are times you have a good long run and other times not so good. But it's a lot of fun."*  
— Dave Bracy

Occasionally, I also play with groups in Augusta, Hallowell and Harpswell. In order to play in those groups, you have to reserve a place at a table. At People Plus, you can just show up and you get to play, which is another plus."

Different skill levels of bridge are "contested" every day but Wednesday at the Center. The more advanced players gather on Monday and Friday, while those at the beginner/intermediate range play on Tuesday and Thursday.

Dave Bracy, who plays bridge on Monday, Tuesday, and Thursday at People Plus, learned the card game at age 12 in Bar Harbor. He said those wishing to learn or brush up on their skills are welcome to the Tuesday and Thursday sessions. "We had talked about offering a class to teach bridge, but (so far) it hasn't gone anywhere," Bracy said.

The veteran player added, "It's a strange game. There are times you have a good long run and other times not so good. But it's a lot of fun."

I suppose if I'm responsible for getting the scores in the newspaper, and doing in right, maybe I should at least learn the basics. After all, everyone I've talked to seems to really enjoy this game called bridge.



## I just want to be a Mainer ... please

I know I'm "from away," but please don't hold it against me. I really love Maine, and everything about it. The slower pace of life, compared to other places I've lived or visited. The coastline. The mountains. The winters — most of the time anyway. The small towns. The lack of highways. The lakes, ponds and majestic rivers. I could go on and on.

But nonetheless, even though I've lived in the Pine Tree State more than half of my life — 38 of my 66 years — I'm still not a Mainer and, I guess, never will be one.

Prior to moving to this great state I'd heard of this reluctance of accepting strangers, which I — believe it or not — find strange in itself. Only because I've found most people here to be friendly and more than willing to help those who need assistance. So what gives? Maybe natives to the state are offering their services so as to get us strangers on our

way — as fast as possible?

It appears to me that one's family lineage could be in place for generations in Maine, but that doesn't matter. You are still considered "from away." But I want to be a Mainer, dang it. And I believe I'm entitled to that honor and privilege, and here's why.

First, both of my children, Gavin and Sophie, were born and raised in Maine. Secondly, 37 years of my 44-year professional career was spent working at Maine newspapers, including the state's oldest, the Kennebec Journal in Augusta. And lastly, on a thinner condition, I'm a native of a state that also begins with the letter "M" — Michigan — so shouldn't that count for something?

I was curious as to the makeup of members here at People Plus, so I did an informal survey over a couple of weeks to discover who was "from here" and who was "from away." By a vast majority, most of the people asked were born elsewhere, in places like Massachusetts, Michigan, Missouri and other states.

When comments were sought concerning those "from away" and how people felt about it, natives said things like "I don't care where people come from" or

"I've got nothing against people from other places, despite their big fancy cars." Another longtime Mainer added, "I can take 'em or leave them." But one non-native took on a more serious tone, saying, "It's true. You are never completely accepted. We are mostly tolerated."

We all know that Maine is a special place. Heck, you can travel the whole world without ever leaving the state.

There's Athens (78 miles from Brunswick), China (54 miles from Brunswick), Denmark (55 miles from Brunswick), Detroit (77 miles from Brunswick), Lebanon (69 miles from Brunswick), Mexico (62 miles from Brunswick), Moscow (90 miles from Brunswick), Norway (41 miles from Brunswick), Paris (41 miles from Brunswick), Poland (29 miles from Brunswick), Rome (50 miles from Brunswick), Sweden (58 miles from Brunswick), and Wales (20 miles from Brunswick).

There's no denying that Maine is in need of more folks, those people "from away." A recent article I read stated that the working-age population is shrinking nearly twice as fast as the national average. That story in the Bangor Daily

### Simply put

Patrick Gabrion



News reported that, in 2017, we had only 3.2 working-age Mainers for each senior in the state. If these trends continue, we will have only 2.1 workers to every senior by 2032.

Yes, we need New Mainers, but I want to be "grandfathered" in as just a plain, everyday Mainer. Maybe there's a state agency — like the Maine Department of Homeland Security — where I could go and apply for permanent resident alien status, like my wife has for being a native of England.

Mind you, no one has ever asked me to leave the state. But I'm longing for that feeling that I truly belong here; that I'm one of you.

**The Harpswell Garden Club** will meet at 1 pm on Sept. 19 at the Old Town Meeting House across the road from the Kellogg Church, 917 Harpswell Neck Road, Harpswell. A "Flower Show Sampler" will feature a display and talk by the judges council of the Garden Club Federation of Maine. Parking at Kellogg Church. Free and open to the public. FMI, call Becky at 833-6159.



### Fun & Fabulous Fall Fest

Sept. 7, 8:30 am to 2 pm — Join us at Centennial Hall, 928 Harpswell Neck Road, Harpswell. Baked goods, bouquets, mums, crafts and yard sale items. Sponsored by the Harpswell Garden Club. Proceeds benefit community activities and scholarships. FMI, call 833-2994 or 725-0486.

### PEOPLE PLUS COMMUNITY BOARD

**Lawns Mowed:** We offer dependable weekly, bi-weekly or as-needed lawn maintenance. We're accepting new customers for the 2019 summer season, no contract necessary. The price for a lawn cut on the average property is \$30. Call, we'll do an estimate. Ask for Gerard: 725-9738 or email: [Flanaganlawncare@mail.com](mailto:Flanaganlawncare@mail.com).

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

### New/renewing members for August

\* indicates new membership  
\* indicates donation made with membership

#### Brunswick

- Judie Lemons
- Lillian Bates
- Christopher St. John \*
- Saundra Vose \*
- Eleanor Peterson
- Pauline B. Thorpe
- Alfred Tyrol III
- Constance Riendeau-Smith
- Linwood Townsend

- Marcia Good-Townsend
- Natalie Arbuckle
- Grant Connors
- Cathy Cooper
- Richard Cooper
- Jennifer C. Jenkins
- Claude Bonang
- Ann Bonang
- Patricia Livesay
- Jo Bouchard
- Frances Spires

- Debra J. Hoskins

- Patricia Johnson
- Lois Langbein \* \*
- Birgit Palmer

#### Harpswell

- Edward Roy
- Jane Roy

#### Bath

- Lucy Derbyshire \*
- Naples, Fla.
- Linda Earle

#### Topsham

- Debra J. Hoskins

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# New show in Cafe Gallery features artists from Spindleworks



Spindleworks will be exhibiting a selection of figurative artwork at People Plus. This collection of work, which will be on display throughout the months of September and October in the Cafe Gallery, with showcase landscapes, flowers, and people in the unique styles of the program's artists.

Spindleworks is a nonprofit art center located on Lincoln Street in Brunswick for adults with disabilities, and a program of the Independence Association of Brunswick, whose mission is to help children and adults with disabilities achieve full and inclusive lives in their

chosen community.

Artists in the Spindleworks program come from the surrounding communities of Brunswick, Bath, Topsham, Bowdoinham, Portland, Westbrook, Auburn, Lisbon Falls, Richmond and Freeport. Artists attending the program receive supplies, studio space, and guidance as needed. Their work is exhibited in the Whatnot Gallery and Store at Spindleworks, as well as in shows both locally and nationally.

During the September/October art show, 10 percent of all sales will go to People Plus.



SPINDLEWORKS EXHIBIT at People Plus is open to the public.

## Weekly Winners

♠♥♦♣

**Senior Intermediate Cribbage**

July 17: Lorraine LaRoche, 726  
Lois Fournier, 689  
Rollande Fortin, 676

July 24: Joe Tonely, 715  
Rollande Fortin, 706  
Lois Fournier/Gabriele Nifka, 701

July 31: Anita Owens, 710  
Rollande Fortin, 709  
Joe Tonely, 689

August 7: George Tetu, 721  
Lorraine LaRoche, 707

August 14: George Tetu, 725  
Harry Higgins, 706

**Senior Bridge**

July 22: Richard Totten, 3,300  
Lorraine LaRoche, 3,190  
Judy Feimer, 3,150

July 26: Sherry Watson, 2,980  
Jeff Lauder, 2,640

July 29: Woody Townsend, 4,820  
Don Caton, 4,100  
Paul Betit, 3,950

August 2: Ellie, 3,900  
Jane Knox, 3,550  
Paul Betit, 3,530

August 5: Tilda Desorcy, 3,860  
Don Caton, 3,720  
Anne Nichols, 3,500  
Dave Bracy/Richard Totten, 3,430

August 9: Judy Feimer, 3,370  
Paul Betit, 3,350  
John Rich, 2,970

August 12: Dave Bracy, 4,180  
Don Caton, 4,050  
John Rich, 3,670  
Jane Roy, 3,560

August 16: John Rich, 3,930  
Sherry Watson, 3,630

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