



# People <sup>Plus!</sup> NEWS!

The center that builds community

People Plus  
P. O. Box 766  
Brunswick, ME  
04011-0766

Non-Profit Organization  
U. S. Postage PAID  
Portland, ME 04101  
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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

## Need a ride?

### People Plus VTN program plays vital role for keeping folks 'on the go'

A woman in line at the grocery store recently overheard an older woman telling the cashier that she needed to call for a taxi. Offering assistance, the bystander struck up a conversation with her about her transportation needs.

It turned out she was 76 years old and still lived in the home she shared with her husband and children for 52 years. Her children now lived out of state and her husband had passed away. Yet she had decided to stay in the house as long as she was able.

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

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

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

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

"I am a weekly rider with the VTN program, and I very enthusiastically affirm this service at People Plus," said Art Treffry. "The coordination in my experience has been both very earnest and superb. I would hope that this undertaking will be retained for years to come. It is serving a critical need in this area very well."

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

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

"Due to the nature of health and aging, close to 75 percent of our registered riders are female. Their spouses have passed away and they choose to remain living independently in their homes," continued Frizzle, who deals with this population on a daily basis. "Older women are far more likely to age in place in their houses than the male population. They

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**DRIVER GLADYS SZABO**, above, helps Betty Bavor, a participant in the People Plus Volunteer Transportation Network, a program that provides free rides for homebound community residents. Started 13 years ago, the VTN program has evolved into one of the most successful and well-managed volunteer transportation programs in the state of Maine. Linda Cronkhite, left, is excited to be both a VTN rider and a lead financial sponsor for the program. She makes an effort to spend time with friends, get her hair done, go out for lunch, go swim at the YMCA, and she often uses the VTN program to get out and about in the community.



## Here's to your good health Eighth annual Expo slated for Oct. 10 in Brunswick

The upcoming eighth annual People Plus Senior Health Expo is definitely the place to be on Thursday, Oct. 10. Taking place at the Brunswick Recreation Center from 9 am to 1 pm, the event gives attendees the opportunity to learn what services are available in the Midcoast region to live a longer, healthier life.

Admission is free and open to the public. The first 500 people at the event will get a free swag bag and free activities will be held throughout the day. Also, public transportation will be available to the venue during the event courtesy of Brunswick Explorer. When riders get on their regular bus, they just need to say "Take me to the Expo." Several return bus rides from the Brunswick Recreation Center will be made available.

Maine has the highest percentage of

older adults in the nation, and the Midcoast is where this population is growing the fastest. The Expo brings together a variety of resources for this increasingly important segment of our community. It provides an

excellent opportunity to learn about products and services in the categories of medical services, fitness and health, technology, legal, community services, housing/respite care, and finance. Last year saw a record event with more than 75

tables and 600 participants. The Expo is made possible by the support of our Lead Partners, Coastal Retirement Community and Mid Coast-Parkview Health, and additional Partners, The Vicarage by the Sea, Spectrum Generations and The Times Record.

*continued on page 9*



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

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



## 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!



## FYI: Give Money/Get Money

It's wonderful when people want to help others out, but it can be confusing. Learn the ins and outs of Charitable Giving opportunities, including tax implications and planned giving, on Thursday, Oct. 24, at 1:30 pm.

Scott McLeod, founding principal at McLeod/Ascanio, a full-service accounting firm with offices in Cumberland Foreside and Brunswick, will discuss the economic and tax consequences of giving, including the use of Charitable Remainder Trusts, bunching of itemized tax deductions in light of the recent 2018 tax law changes, tax-advantaged distributions from IRAs, as well as the use of planned giving during life and afterward.

McLeod earned his MBA at Hofstra University and finance degree at University of Maine. In 1982, he started his career in accountancy in the Manhattan office of the

international accounting firm of Arthur Andersen and Company. As a tax manager and member of Andersen's international tax team, McLeod assisted companies on a variety of transactional, business and tax issues.

He returned to Maine in 1988 and continued his career at the Portland office of Coopers & Lybrand. In January 1996, he became a founding principal in the accounting firm of McLeod/Ascanio. Although his client list changed from multi-national corporations to Maine-owned businesses, individuals and nonprofit entities, McLeod's exposure to the demands, results and rewards of excellence that embody New York City have been permanently etched in his vision of client service.

Also, learn how you can give to People Plus in your will. The presentation is free and open to public. Call to register.



# October is full of Tricks and Treats at People Plus!!



JORDAN CARDONE, TEEN CENTER coordinator, accepts snacks from members of the Good Shepherd Lutheran Church, which held a food drive this summer to collect items for our hungry kids.

Call 729-0757 to register for classes & events.

## Save the date Balance & Falls Clinic - Reform PT

Thu, Nov. 7, 1:30 pm. Dr. Christina Levesque, PT, DPT of Reform PT is back to teach us what balance means, how to prevent a fall and how to properly handle a fall if one occurs. Perfect tips for the winter season and all year long! Free, open to the public. Registration appreciated!

## New Language Club "Cantina Espanol"

Starts Tuesday, Nov. 5, 2:30 pm. Hablas espanol? Join us for our new Spanish Conversation Club. Fluency in Spanish is not necessary. Just come with the willingness to listen and learn! The group will meet once a month on the first Tuesday of the month at 2:30 pm. For members only. This class joins our suite of language clubs that also includes Kaffeestunde on the 2nd Tuesday at 3 pm and Cafe en Francais on the 4th Tuesday at 2:30 pm. Call to register.

## 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

### Lunch & Connections

## Pork, squash casserole top the menu

The leaves are turning colors and most mornings there is a noticeable chill in the air. Autumn is upon us. People have been busy gathering the bounty from their gardens, while families and others have been enjoying the time-honored tradition of picking apples. Food is definitely on our minds.

To do our part, a harvest theme will be on the menu when we gather at People Plus for our next luncheon on Thursday, Oct. 17. New Lunch and Connections Chef Stephanie Petkers and her volunteers have an awesome meal planned.

Heading the delicious list will be roast pork, with squash casserole and sauerkraut. To accompany these wonderful main dishes will be applesauce, boiled potatoes, salad and bread. And no meal is complete without a dessert. Placed on the table for this lunch will be spice cake with ice cream. That alone is worth the price of admission!

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. 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 and you must pre-register. It is important that you pre-register to be included. It's really easy; just call 729-0757 starting the first of the month.

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.

## Fiber Arts Club

The Fiber Arts Club (formally the Crafters group) meets on Mondays 9-11 am. What does Fiber Arts mean? Bring your projects including knitting, sewing, quilting, spinning, felting, needlepoint, cross stitch and rug hooking (and other crafts as well) and enjoy friendly conversation while you work! Free, for members only.



## Lunch out!

Tues, Oct 8th, 11:30 am

## Ricetta's

BRICK OVEN RISTORANTE

240 US Route 1, Falmouth

Sign up for the car pool!

### \$10 Hair Cuts for Seniors

Fridays, 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, Oct. 8, 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.

## Stetson's

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Sun	Mon	Tue	Wed	Thu	Fri
<b>People Plus in the Media</b> People Plus Cooks! and News & Views TV shows can be viewed weekly on Cable Channel 3 and 14 or online at <a href="http://vimeo.com/harpsswlv">http://vimeo.com/harpsswlv</a> or <a href="http://peopleplusmaine.org">peopleplusmaine.org</a>		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	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 'Easy Riders' Biking Club 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	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	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
9:00 Grace Reformed Baptist Church	9:00 Mah-Jongg 9:00 Fiber Arts Club 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 1:30pm A Matter of Balance 6:00pm Belly Dancing	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann <b>11:30 LUNCH OUT</b> 12:30pm Aerobics Lite 12:30pm Medicare 101 2:00pm Chair Yoga 3:00pm Kaffeestunde! German Club	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 'Easy Riders' Biking Club 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	9:00 Table Tennis <b>9:00 Senior Health Expo</b> 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Yoga	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
9:00 Grace Reformed Baptist Church	<b>CENTER CLOSED</b>	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey <b>10:30 Frank's Field Trip: Apple Picking</b> 12:30pm Aerobics Lite 2:00pm Books a la Carte 2:00pm Chair Yoga	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 'Easy Riders' Biking Club 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey <b>11:00 Hearing Screenings</b> <b>11:30 CHANS BP Check</b> <b>12:00pm Lunch &amp; Connections</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
9:00 Grace Reformed Baptist Church	9:00 Mah-Jongg 9:00 Fiber Arts Club 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	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 French Club	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 'Easy Riders' Biking Club 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 6:30pm Brunswick Coin/Stamp	8:00 Men's Breakfast 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:00 Donuts and Drivers 11:00 Yoga <b>1:30pm FYI - Give Money/Get Money</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
9:00 Grace Reformed Baptist Church  6:00pm Swing Dance Brunswick	9:00 Mah-Jongg 9:00 Fiber Arts Club 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 12:00pm Bridge <b>12:00pm Lunch and Learn: Hip, Hip Hooray!</b> 6:00pm Belly Dancing	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	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 'Easy Riders' Biking Club 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Yoga	<b>People Plus Hours</b> Mon-Thu: 8:30-4 Fri: 8:30-1 729-0757

Thursday, October 31st  
**Happy Halloween!** Come to the Center in costume and receive a treat!

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### October Programming Notes

#### 'Easy Riders' Biking Club is moving to 10 am.

The first ride of the month on Oct. 2 will be to Simpson's Point. Riders should meet in the People Plus parking lot and the ride will go from there. Trips usually end with coffee, treats or even lunch out in the fall. Call the Center each week for ride information. Interested in joining the group and have questions? Contact Mary Hepburn at [mhepburn44@gmail.com](mailto:mhepburn44@gmail.com). For People Plus members.

## 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.

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# 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:



## Ounce of Prevention

**Ounce of Prevention** is a **FREE** monthly series, sponsored by **Mid Coast Senior Health**, providing education about health and healthcare issues for seniors.

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

## October Calendar of Events

**WOMEN'S PELVIC HEALTH SERIES**  
**Total Pelvic Health** with *Melissa J. Streeter, MD*  
A **FREE** monthly education series focusing on topics of concern to every woman.  
**October 2** from **5:30-6:30 p.m.**

**AMERICAN RED CROSS BLOOD DRIVE**  
Help keep blood supplies stocked at adequate levels. Walk-ins are always welcome.  
**October 4** from **10 a.m.-3 p.m.**

**FOOD FOR HEALTH**  
**Natural Ways to Lower Your Blood Pressure** with *Timothy R. Howe, MD*  
**FREE** plant-based cooking and education series.  
**October 8** from **6:30-8 p.m.**

**OUNCE OF PREVENTION**  
**Dementia: When is it Time to Consider Care?** with *Carl S. Demars, MD*, and *Lisa L. Clark, MS,OTR/L, CLT*  
Sponsored by Mid Coast Senior Health, this **FREE** series provides education about important senior health topics.  
**October 9** from **3-4 p.m.**  
Thornton Oaks, 25 Thornton Way, Brunswick

**LOCAL CELEBRITY CHEFS**  
Join **Becky Shepherd**, owner of **Wild Oats Bakery & Cafe** in Brunswick, for a culinary demonstration on how to prepare healthy and delicious dishes.  
**October 9** from **5:30-6:30 p.m.**

**UNDERSTANDING PARKINSON'S**  
**FREE** discussion for those newly diagnosed with Parkinson's Disease.  
**October 16** from **3-5 p.m.**

**YOUTH MENTAL HEALTH FIRST AID**  
**FREE** NAMI-Maine training is designed to teach you how to help a teen who is experiencing a mental health or addiction challenge, or who is in crisis. *Registration required.*  
**October 21** from **8:30 a.m.-5:00 p.m.**  
Bath Parks & Recreation, 4 Sheridan Road, Bath

**HEALTH WITHIN REACH**  
**Advances in Migraine Relief** with *Christian Dinsmore, MD*  
**FREE** ongoing series of talks, classes, demonstrations, and healthy lifestyle options.  
**October 30** 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**. Unless otherwise noted, all classes are held at the **Mid Coast Center for Community Health & Wellness** 329 Maine Street-SOUTH ENTRANCE, Brunswick



**THE THURSDAY HIKERS** enjoyed being outdoors at Wolfe's Neck Farm in Freeport on Sept. 12.



## Tree Festival to benefit three organizations

A new tradition is set to begin in the Midcoast for families around the holidays to raise funds for three local organizations in the Bath-Brunswick region. The Midcoast Tree Festival is scheduled for Nov. 22-24 and Nov. 29-Dec. 1, and will benefit All Saints Parish (St. John's School), Spectrum Generations' Meals on Wheels, and SMMC.

The festival will showcase fully decorated, themed, and lighted artificial Christmas trees on display throughout the two-weekend event, and will be raffled off at the conclusion of the festival. Local organizations and businesses will contribute the trees and gifts, with many local employees and staff pitching in to determine each theme and plan the decorations. Each tree will have a value of at least \$500, with everything on and under the tree belonging to the raffle winner, unless otherwise noted. Nonprofits are invited to participate as well, by donating wreaths, which will be displayed at the festival entrance, and raffled as door prizes on the last day of the event.

The event will be held at the newly opened St. John's Community Center located at 43 Pleasant St. in Brunswick. The event will begin with a ribbon-cutting on Friday, Nov. 22, at 4 pm, with opening night hours from 4-8 pm. Regular hours for the event will be 10 am to 6 pm on all other days of the festival except

for the closing Sunday, Dec. 1. On that day, the festival will be open at 10 am, but close down the raffle portion of the event at 2 pm, at which time the tree and wreath winners will be drawn. All trees and gifts must be picked up either Sunday, Dec. 1 before 7 pm or by 6 pm on Monday, Dec. 2. The festival is a weekend event and will not be open Monday, Nov. 25 through Thanksgiving Thursday, Nov. 28.

Admission is \$2 for adults and no charge for children 12 and younger. In addition, the family-friendly event will feature daily live entertainment, a children's activity area, 50/50 raffles, Santa and Mrs. Claus on specific days, and a café. Raffle tickets cost 50¢ each and you do not need to be present to win.

FMI: Online at facebook.com/midcoast-treefestival; Cory King at Southern Midcoast Maine Chamber (SMMC) at 725-8797 or by emailing executivedirector@midcoastmaine.com. Businesses and organizations interested in registering for a tree space should contact King. There are expected to be 54-62 tree spaces available.

A craft fair at Creekside Village, 50 Baribeau Drive, Brunswick, will be held on Saturday, Nov. 9, from 9 am to 2 pm. Available will be crafts, raffle prizes, white elephant sale items, and lunch of spaghetti, with garlic bread, soda or coffee. Tables for crafters available for \$5 each. Deadline for tables Nov. 1. FMI: Call Becky Berry at 406-0053.

## Concerts for a Cause to feature Slaid Cleaves

Maine-raised, Texas-based singer-songwriter Slaid Cleaves will perform at the Brunswick Unitarian Universalist Church on Saturday, Oct. 5 at 7:30 pm as part of the Concerts for a Cause series. Two-thirds of the net proceeds from the 2018-19 concerts will be donated to two local charities: Tedford Housing and Oasis Free Clinics.

Cleaves, who grew up in South Berwick, started playing music in local garage bands as a teenager, then went off to Tufts University to major in English and philosophy. During his junior year abroad in Ireland, he honed his guitar and vocal skills and in his free time became a busker, playing the songs of his favorite musicians such as Woody Guthrie, Johnny Cash and Bruce Springsteen. He also began to write his own songs. After college,

Cleaves became part of the Portland music scene where he quickly built a local fan base, both as a solo act and with his band The Moxie Men. His acoustic career took off after he moved to Austin, Texas in 1991, and he rose to national prominence in 1997 upon the release of his national debut No Angel Knows. He has achieved national success with all his subsequent albums, 14 in all. In 1992, he was a winner of the prestigious Kerryville Folk competition. Cleaves's voice is a clear tenor with a hint of grit. He has combined his passion for folk, blues, and traditional country music into an amalgamation of styles known as Americana. Rolling Stone called Cleaves "a master storyteller, one influenced not by the shine of pop culture, but by the dirt of real life."

Tickets are \$25 in advance, \$28 at the door, \$10 students/children, and are available at the church office, Gulf of Maine Books, or online at <https://cleaves.brownpapertickets.com/>.

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**Plus!**  
**People SENIOR HEALTH Expo**  
 CONNECTING COMMUNITIES

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

**FITNESS & HEALTH | TECHNOLOGY | MEDICAL SERVICES  
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 COMMUNITY SERVICES | FINANCE & BANKING | NUTRITION**

**THURSDAY** FREE ADMISSION  
**OCT. 10, 2019** **BRUNSWICK RECREATION CENTER**  
**9AM-1PM** 220 NEPTUNE DR  
 BRUNSWICK LANDING  
*mark your calendars!*

Public transportation will be available during the event courtesy of *The Brunswick Explorer*. Just say "Take Me to the Expo!" Several return bus rides from the Brunswick Recreation Center will be made available. Check [www.brunswickexplorer.org](http://www.brunswickexplorer.org) for bus route & schedule.



**FREE EVENTS NOT TO MISS!**

- Flu Shots with CHANS
- Reiki with Hearts and Hands
- Massages with Massage on Maine
- Tai Chi & Qigong for Balance demos with Coastal Qigong
- Technology help with Ralph Lewis at MacCare
- TWO chances to win Amtrak Downeaster tickets!
- Video Oscopes (see inside your ear) with Mary's Affordable Hearing Aids
- Registration for Good Morning/ Yellow Dot/VTN programs
- Meet Local Authors with book signings
- Car winterization tips with Bill Dodge Auto Group
- Diaper Drive for community families in need
- Performance by Nor'easters Barbershop Chorus
- Free Wicked Joe Coffee & Snacks
- Lunch for sale courtesy of Cohen on the Meadows
- Walk the indoor track and more!

**Senior Health Expo 2019**  
**"Connecting Communities!"**

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



*Here's to your good health continued from page 1*

Sponsors include Avita of Brunswick/Sunnybrook Senior Living, Bill Dodge Auto Group, Brackett Funeral Home, Bridges Home Services, Healthy Living for ME, Neighbors, Inc., and The Highlands, along with Refreshment Sponsors Androscoggin Home Healthcare and Hospice, and Wicked Joe Coffee. Space for the event is provided by the town of Brunswick.

"At Mid Coast-Parkview Health, we participate in the Senior Health Expo because we believe supporting local seniors is an integral part of our mission to care for the health of our community," said Randee Reynolds, Vice President for Community Health at Mid Coast-Parkview Health. "Our care network has a wide variety of resources to offer seniors in the Midcoast area, including Mid Coast SecureCare, a 24-hour emergency alert service locally managed by Mid Coast Senior Health. Mid Coast Senior Health also provides a complete range of health-care services and living options for the elderly, suited to their unique needs, ranging from rehabilitation to hospice. The Senior Health Expo is a fantastic opportunity to both interact with the community we serve daily, and spread the word to seniors and their loved ones about all that Mid Coast Senior Health has to offer."

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

"Attending the People Plus Senior Health Expo each year provides an opportunity to offer up-to-date information and trends regarding our services. The Expo is a one-stop venue for attendees to gain valuable understanding of the many services being offered in their community," said Christopher Ladner, of Brackett Funeral Home. "In support of People Plus' efforts throughout our community for many years, the Expo provides us a wonderful casual environment to meet people interested in learning more about our services and reconnecting with those we've served in the past."

Some of the free activities at the Expo include the following: CHANS flu shot clinic, technology help desk courtesy of Ralph Lewis with MacCare, a chance to win free tickets on the Amtrak Downeaster, performances by Nor'easters Barbershop Chorus, video otoscope screenings with Mary's Affordable Hearing Aids, massages from Massage on Maine, Reiki treatments with Hearts and Hands, car winterization tips

with Bill Dodge Auto Group, free Tai Chi demo classes from Coastal Qigong, and more. There will also be Yellow Dot registration, Good Morning and Volunteer Transportation Network program registration, and book signings and author chats courtesy of the People Plus Write On Writers group. Free Wicked Joe Coffee and treats will be provided, and light lunch will be available for purchase, courtesy of Cohen on the Meadows with Spectrum Generations.

"I just learned recently that by the year 2025, 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 Brunswick Recreation Center is located at 220 Neptune Drive on Brunswick Landing (the former Brunswick Naval Air Station). The venue has ample parking, along with bathrooms. Admission is free and open to the public.

In addition to providing a link between consumers and providers, this gathering also encourages networking within the community, thereby strengthening the value of products and service. For more information, visit [www.peopleplusmaine.org](http://www.peopleplusmaine.org) or call 729-0757.

**2019 Senior Health Expo Exhibitors**

- 75 State Street
- AARP
- Access Health
- American Red Cross - Maine
- Amtrak Downeaster
- Androscoggin Home Healthcare & Hospice
- Area First Responders
- Avita of Brunswick/Sunnybrook Senior Living
- Bath Area Family YMCA & Landing Y
- Bath Area Senior Citizens Activity Center
- Bath Housing & Comfortably Home
- Believe Fitness Center, Inc
- Bill Dodge Auto Group
- Brackett Funeral Home
- Bridges Home Services
- Brunswick Area Respite Care
- Brunswick Parks and Recreation
- Caring Transitions
- Catholic Charities Maine SEARCH Program
- Cellar Fitness
- CHANS Home Health Care
- Chef Steph
- Coastal Landing Retirement Community
- Coastal Orthopedics
- Coastal Qigong
- Dempsey Center
- Disability Rights Maine Deaf Services
- Dr. Bob's Family Dentistry
- Dube Travel
- Fitness-w-Coach Matt
- Habitat for Humanity/7 Rivers Maine
- Harpswell Aging at Home
- Hawthorne House + Freeport Place
- Healthy Living for ME
- Hearts & Hands Reiki
- HillHouse Assisted Living
- It's My Death/Maine Death with Dignity
- Kindred at Home
- Law Office of N. Seth Levy
- Lifecycle Women's Health
- LymeTV
- MacCare
- Maine Bureau of Insurance
- Maine Estate Services
- Maine Insurance Group
- Maine Pines Racquet & Fitness
- Maine Senior Guide
- Maine Veteran's Homes
- Mary's Affordable Hearing Aids
- Massage on Maine
- Merrymeeting Bay Triad
- Merrymeeting Gleaners
- Mid Coast-Parkview Health
- Neighbors, Inc.
- Nor'easters Barbershop Chorus & Quartets
- Northern New England Poison Center
- Norway Savings Bank
- Penquis Foster Grandparent Program
- People Plus
- Plant Memorial Home + Thomas Cottages
- Project Lifesaver Program - Brunswick Police Department
- Reform Physical Therapy
- SecureCare
- Spectrum Generations - Cohen on the Meadows
- Meals on Wheels
- Aging Disability Resource Counselor
- Stetson's Funeral Home
- The Gathering Place
- The Highlands
- The McLellan
- The Salvation Army
- The Times Record
- The Vicarage by the Sea
- Topsham Dental Arts
- Topsham Public Library
- United Healthcare
- WellCare of Maine
- Write On Writers

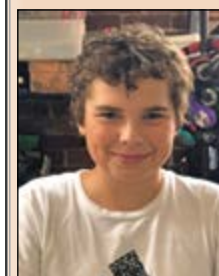
**Thank You 2019 Partners & Sponsors!**



# TEENS OF THE MONTH:

## Liam Bailey

Liam Bailey just started ninth grade at Mt. Ararat High School in Topsham and has been coming to the Teen Center program since sixth grade. Liam's favorite things to do while at the Teen Center are eat and play the PlayStation 4. Liam enjoys having a program to come to so that he can get out of the house. Liam has a great smile and lots of energy. Have fun at the movies, Liam!



## Ahavah Burch

Ahavah Burch just entered ninth grade at Brunswick High School and has been coming to the Teen Center for a year now. Ahavah's favorite things about the Teen Center are the people, art and fun activities that you can't always do at school or home. Ahavah also said that "it's a place to go that's like a second home." Ahavah is one of our very artistically talented members. Have fun at the movies, Ahavah!



### Brunswick Area Teen Center

# The wheels on the bus go round and round

## And another school year has begun!

The Teen Center staff finished up the summer doing a thorough cleaning of the program space. It looked, felt and even smelled so much nicer by the time we were done. We inventoried paper goods and organized, too. We wanted to feel well prepared for the return of the school year and the kids.

Despite all the physical preparations, there probably wasn't much we could have done to really prepare for the first week of school. It was like a small explosion on day one and the number of kids grew as the week progressed. I think we were in a slight state of shock after day one and after our definitely quieter summer.

It's been wild. It is going to be our busiest year ever. Attendance climbed each day, reaching 33 kids and we've just started out. New kids came in to sign up and another waiting list has been created.

It has been nice to see kids we didn't see during the summer and to meet younger siblings of some of the kids we've had for a while. Staff is adjusting to the new and different dynamics this year's group brings, making sure we're all on the "same page." It is easy to forget sometimes that we have members who just hit sixth grade and members who have been coming for years

who already know the ins and outs and the do's and don'ts of the program and we saw the difference pretty quickly and started "newbie training" — verbal, written and subliminal (Hee Hee), and I'd say within two-to-three weeks things started smoothing out nicely. Fingers crossed that continues!

The amount of food needed for the food program doubled immediately upon the start of the school year and multiple grocery store trips were made as they devoured pounds of watermelon, grapes and apples, gallons of milk, water and juice, sandwiches, tacos (thank you Donna), homemade applesauce (thank you Hannah), and pasta dishes made by some of our monthly "cooks" (thank you



**MECELLE GIVEN** was named the Teen Center Volunteer of the Year at this year's People Plus Volunteer Appreciation celebration.

### Teen Center News

Jordan Cardone



ladies) and more.

Luckily for us, the Good Shepherd Lutheran Church held a snack drive for the kids this summer and Pastor Wegner with some great folks from the church arrived the second week of school to deliver boxes upon boxes of snack items along with tons of homemade cookies. The kids are getting cookies and milk all week for week number two. Yum!

Our Back to School appeal letter went out a few weeks ago and to date nearly \$5,000 has come in. Last year, we had a lofty dollar goal for the returns from the appeal letter, greatly needing to raise the funds for food and staffing, and we achieved our goal. With even more kids and more staff now, we're keeping our fingers crossed that we do as well this year. We are setting a goal of \$13,000 this year because it's the Teen Center's 13th year. If you didn't get our letter in the mail and want to donate to the Teen program, you can find the letter on the Brunswick Area Teen Center Facebook page and, of course, you can donate right at People Plus or through the donate button on the People Plus website. Many thanks!

We'll be back next month, Jordan and the gang

## Flu Shot Clinics

OCTOBER 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

- 10/1 Bath Area Food Bank**  
807 Middle Street, Bath  
12:00pm-1:30pm  
5:00pm-7:00pm
- 10/1 RSU 5 at Freeport Middle School**  
19 Kendall Street, Freeport  
3:00pm-7:00pm
- 10/2 Bath YMCA Clinic**  
303 Centre Street, Bath  
9:30am-11:30am
- 10/3 Maine Senior Guide Senior Health Expo at the Hilton Garden Inn**  
5 Park Street, Freeport  
9:00am-2:00pm
- 10/5 Brunswick Public Schools at HBS**  
44 McKeen Street, Brunswick  
8:00am-1:00pm
- 10/8 Brunswick Landing at Southern Maine Community College Midcoast Campus**  
29 Sewell Street, Brunswick  
9:00am-11:00am  
3:00pm-5:00pm
- 10/9 Richmond Golden Oldies**  
314 Front Street, Richmond  
1:30pm-4:30pm
- 10/10 People Plus Senior Health Expo at Brunswick Recreation Center**  
22 Neptune Drive, Brunswick  
9:00am-1:00pm
- 10/10 Harpswell Town Hall**  
263 Mountain Road, Harpswell  
9:00am-12:00pm  
5:00pm-6:30pm
- 10/12 Bath Citizen Involvement Day**  
Bath Waterfront, Bath  
9:30am-12:30pm
- 10/15 West Bath School**  
126 New Meadows Road, West Bath  
3:00pm-5:00pm
- 10/16 Wiscasset Senior Center**  
242 Gardiner Road, Wiscasset  
3:30pm-5:30pm
- 10/19 MSAD 75 Mt. Ararat Middle School**  
66 Republic Avenue, Topsham  
9:00am-12:00pm
- 10/19 Elijah Kellogg Church Public Supper**  
917 Harpswell Neck Road, Harpswell  
5:00pm-6:30pm
- 10/21 Freeport Town Office**  
30 Main Street, Freeport  
1:00pm-3:00pm
- 10/23 Washington House**  
809 Washington Street, Bath  
1:00pm-4:00pm
- 10/23 Lisbon Community School**  
33 Mill Street, Lisbon  
3:00pm-7:00pm
- 10/24 Freeport Community Services**  
53 Depot Street, Freeport  
10:00am-11:00am
- 10/24 Lisbon Sugg Middle School**  
2 Sugg Drive, Lisbon  
3:00pm-7:00pm
- 10/26 RSU 4 Football Game**  
56 School Road, Wales  
1:00pm- 4:00pm
- 10/26 Bath Area Senior Citizens, Inc.**  
56 Floral Street, Bath  
3:30pm-6:30pm
- 10/29 Mid Coast Senior Health**  
58 Baribeau Drive, Brunswick  
4:00pm-6:00pm
- 10/30 Bowdoinham Town Office**  
13 School Street, Bowdoinham  
3:00pm-5:30pm
- 10/31 Curtis Memorial Library**  
23 Pleasant Street, Brunswick  
9:00am-11:30am

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.

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

439 Lewiston Road, Topsham 207-725-4400

374 US Route One, Yarmouth 207-846-3300

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**The McLellan**  
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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 | www.themclellan.com  
26 Cumberland St. Brunswick, ME

Need a Ride? continued from page 1

have their social networks outside the house, but the biggest hurdle to living alone is access to transportation."

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

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

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

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

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

money for the Center.

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

"The recovery process has been so much easier with the help of the VTN program. I especially love the woman who gives me most of my rides. Chris is amazing and we relate so well," said Cronkhite. "She also has a background in nursing, so we really connect."

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

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

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

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

### 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.



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

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).



# 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.

## ROUSSEAU MANAGEMENT

Skilled and Assisted Living in Midcoast Maine

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

142 Neptune Drive, Brunswick  
(207) 837-6560

142 Neptune Drive, Brunswick  
(207) 725-5801

24 Maurice Dr, Brunswick  
(207) 725-4379

142 Neptune Dr, Brunswick  
(207) 725-9444

29 Maurice Dr, Brunswick  
(207) 725-7495

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## MEDICATION COLLECTION

Unused, unwanted, or outdated household  
**PILLS | OINTMENTS | DROPS**  
Prescription | Over-the-Counter | Veterinary  
**Please, no needles or thermometers.**

**SATURDAY, OCTOBER 26 | 10 AM – 2 PM**

at these COMMUNITY COLLECTION POINTS\*:

- Bath Police Dept, 250 Water St
- Brunswick Police Dept, 85 Pleasant St
- Harpswell Town Office, 263 Mountain Rd
- Topsham Public Safety Bldg, 100 Main St

\*check our website for additional locations that may be added

**LEARN MORE |** For more information, contact 373-6970.

# 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  
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www.sethlevy.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



RUTH THIBODEAU enjoys reading People Plus News while on vacation on Prince Edward Island with her husband, Wayne.

## First Light Camera Club's 2019-20 season underway

The First Light Camera Club has reconvened for the 2019-20 season, welcoming experienced and beginning photographers to join the group. The club meets most Thursday evenings — from September through May — at the Brunswick Naval Museum & Memorial Gardens, 179 Admiral Fitch Ave., Brunswick Landing, Brunswick, from 6:30-8:30 pm, where there is ample parking. A membership of \$40 per year will get you into all planned events for the year, and the club welcomes those who are curious about membership to attend two meetings free of charge (when there is no guest speaker).

Hands-on workshops, field trips, guest speakers and critique nights are all planned for the new season. Check the group's website at www.firstlightcc.com to see a schedule of events. Following is what's happening in October: Thursday, Oct. 3, critique judging workshop; Thursday, Oct. 10, special guest speaker Betty Wiley; Thursday, Oct. 17, David Skelnick on carnival photography; Thursday, Oct. 24, 4-Way Processing, four people will give their own take on processing the same image; Thursday, Oct. 31, group critique.

To learn more, visit www.firstlightcc.com; check the group's Facebook page; email info@firstlightcc.com; or call 207-449-8573.

## Books A La Carte

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.

### Highly Recommended Books

- **Where the Crawdads Sing** by Delia Owens
- **Educated** by Tara Westover
- **Becoming** by Michelle Obama



### Classics, Old Favorites, and New Discoveries

- **The Hungry Ocean** by Linda Greenlaw
- **Fourth Hand** by John Irving
- **Leadership** by Doris Kerns Goodwin
- **Pudd'nhead Wilson** by Mark Twain
- **Circe** by Madeline Miller
- **Once Upon a River** by Diane Setterfield
- **Speaking of Books** by Kaplan and Rabinowitz
- **Spiecke - the Shame and the Glory** by Terence Robertson

Please send comments to news@peopleplusmaine.org



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

October 2019



All Spectrum Generations' locations will be closed on Monday, October 14 in observance of Columbus Day.



Saturday, October 19

Tickets are \$15 per person and must be purchased in advance. Tickets may be purchased by calling Spectrum Generations' Cohen Community Center at (207) 626-7777, Monday-Friday, 8:00 a.m.—4:00 p.m.

### Participating downtown shops include:

- Berry & Berry | Boynton's Market
- Cohen on the Meadows | Clay Works | El Oso Gift Shop
- Eclectic Sweets, Treats & Treasures
- Forbidden Fruit Gallery | Hallowell Antique Mall
- Jack B. Turner Jewelers | Joyce's | Juiced. | Liberal Cup
- Loyal Biscuit Company | Lucky Garden
- Quarry Tap Room | Riley's Re-find Designs
- Scrummy Afters Candy Shoppe | Slates | Traverse
- Whipper Snappers Fine Fabrics



Sponsored by:

## 2020 ANNUAL ENROLLMENT PERIOD DATES

Dates and deadlines you need to know



### Need help with Medicare?

October 15 through December 7 is the open enrollment period for Medicare Advantage and Medicare prescription drug coverage.

Spectrum Generations' Aging & Disability Resource Counselors can help you understand your options and help you choose which plan is right for you. If you live in the Brunswick, Harpswell, or Sagadahoc County area, call (207) 729-0757 to make an appointment with one of our counselors. If you live outside of those areas, call Spectrum Generations' Consumer Helpline at 1-800-639-1553 to find the center closest to you.

### Medicare 101

Choosing a Medicare drug and health plan can be difficult and confusing. In this Medicare 101 class you will be provided with information regarding Medicare, Medicare drug coverage, Medicare Advantage plans, Medicare Supplement plans, and tips on how you can save money and avoid penalties.

### The next session will be on October 8, 2019

12:30—2:30 p.m. | People Plus | 35 Union St., Brunswick  
Call (207) 729-0757 to register or for more information.

A \$15 donation is suggested; this allows us to continue offering these helpful and informative sessions!



### 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, October 18, 2019  
10:00 a.m.—12:00 p.m. at People Plus

FREE

Registration is required—Lunch is included!  
Please register by calling Jennifer Russell at (207) 620-1186, or email at jrussell@spectrumgenerations.org

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

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

Name (1) \_\_\_\_\_ Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  Male  Female

Email \_\_\_\_\_ Emergency Contact \_\_\_\_\_ (name) (phone) (relationship)

Name (2) \_\_\_\_\_ Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  Male  Female

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: 1 \$30 per person

Other towns  New Member  Renewal: 1 \$35 per person

\$300 for Lifetime Membership (65 or over)

Membership Dues: \$ \_\_\_\_\_

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

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

OFFICE USE  Accounting  Data  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

Yarmouth, Freeport, Cumberland, Falmouth  
729-0991



NOW HIRING  
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PROUD TO PARTNER WITH PEOPLE PLUS

St. John's Community Center  
43 Pleasant Street, Brunswick

Midcoast Tree Festival

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

Event Dates

November 23, 24, 29, and 30  
10:00 a.m.—6:00 p.m.

December 1  
10:00 a.m.—2:00 p.m.

### Club Corner



***"I love to exercise. I take three classes. It makes peace in my mind."***  
 — Patsy



THE LOOSEN UP CLASS at People Plus meets on Monday, Wednesday and Friday at 9 am at the Center.

## Bend and stretch ... reach for the sky



LOOSEN UP PARTICIPANTS focus on strength and flexibility exercises.



SUZANNE NEVEUX, center, who created the Loosen Up program, leads class on Wednesdays and Fridays.

### Class at People Plus loosens you up for life's daily chores

Text & photos by Patrick Gabrion

Do you have a pet cat or dog? Have you ever noticed what they do soon after waking from one of their numerous naps? More often than not, they uncoil their tight muscles by stretching out. A deep bend of the back; legs extended to the maximum. Videos of animals in the wild show them doing the same type of limbering up.

What do we humans do after a good night's sleep? We just grab our coffee and go. No time for such frivolous activity so early in the morning. No way. But we really should take our cue from these tame — and not so tame — creatures and take the time to unleash the tensions of our lives.

Fortunately, there are several ways of achieving this kind of relaxation here at People Plus. Classes can be taken throughout the week in yoga, aerobics, Tai Chi, Qigong, and others that require a little more physical exertion. And then there's Loosen Up, which meets at the Center on Monday, Wednesday and Friday at 9 am.

It's strength and flexibility training taught by Suzanne Neveux and Béa Blakemore, who made it a point in one recent class session to single-out 93-year-old Carolyn, by saying, "She is an inspiration to us all."

Neveux, who created the class, said, "I originally designed the program to be a version of Qigong. I thought that the term Qigong (pronounced chee-gong) might be off putting for many people, so I decided to create a class based on those movements and breath work but give it the more accessible name of Loosen Up."

Those who participate in Loosen Up do it for a variety of reasons. This is what they had to say:

— Patsy: "I love to exercise. I take three classes. It makes peace in my mind."



BÉA BLAKEMORE is the instructor for the Loosen Up class on Mondays.

— Gloria: "I enjoy being with the people. I like the camaraderie, and the socializing is very important to me. I like how the instructor incorporates exhaling and inhaling with the exercises. It's nice to get all the muscles working."

— Dorothy: "It helps with my balance and it helps me with the stretching."

— Carolyn: "I love the instructor and the social aspect."

— Joanne: "I always feel better after the class."

So, if you feel the need to loosen up — and feel better — please become a member of People Plus and swing into action.

## A partner in everything ... I'm so lucky

On several occasions, I've heard members at People Plus say they look forward to coming to the Center to participate in activities because they live alone. It's wonderful that such a place exists so they can meet and greet friends or take part in a class, plus fill part of their day with meaningful companionship.

I'm assuming that many of these people, at some point in their lives, had a partner at home, but for one reason or another that was no longer the case. To my good fortune, I still have someone at my side and I recently put pen to paper on what she means to me, and how all this ties into one of my passions in life. So here goes ...

Let's be honest. Like any good, strong — and sustainable — marriage, Vicky and I have had our ups and downs. That's just part of life and growing up. But in our 36 years of being husband and wife, we have also built a bond — what I would call a partnership — that is solid most of the time and is at the very core of what keeps us sharing our time together.

With this longevity comes much responsibility to navigate what's thrown your way, and we have discovered — and to be honest, are still working out the kinks — that anything done as a couple makes any burden just that much easier to solve. The old "two minds are better than one" kind of thinking.

I feel blessed to have such a person as Vicky in my corner. Someone who can steer me in the right direction in case I start veering the wrong way. And me for her, as well. This life we have invented under the same roof as "one" has produced meaningful traits — and partnership strengths — that I hope will continue to flourish and also foster many more. We are, at least from my perspective ...

- Partners in making important decisions.
- Partners in taking vacations together (I know couples who don't).
- Partners in raising our two children (To be honest again, Vicky did more of the heavy lifting than I did).
- Partners in running the household.
- Partners in honesty and trust.
- Partners in friendship.
- Partners in laughter and sadness.
- Partners in dealing with the loss of our son.
- Partners in sharing the way life should be in Maine.

There is much more that we do together, but just recently we added a new one. We are now PARTNERS IN BICYCLING. Praise

the cycling gods, now I am in biking bliss. Just to give you a little background, we obtained a new Trek fitness bicycle in the spring for Vicky. But soon after, she encountered serious medical issues that put the brakes on doing any kind of riding. Well, all that stuff is now in the past and she received clearance to jump on her bike seat.

So, all decked out in her cycling shorts and jersey — and all important helmet — we headed down to a park in our hometown of Hallowell with her two-wheeled machine on the back of the car. After a minor adjustment with the seat post, she was off. Cruising like she never forgot how to, Vicky circled the parking lot a few times, then hit the trail that rims the small park. After a little while and feeling more confident of her cycling abilities, she proclaimed, "I think I'll ride home on the street."

Well, she did a wonderful job. No wobbling, no nothing. Just a smile on her cheerful face as she even shifted the gears on her bike. A few days later it was the Kennebec River Rail Trail that runs between Augusta and Gardiner. Up next will be the Androscoggin River Bicycle and Pedestrian Path here in Brunswick, and eventually to places like the carriage roads inside Maine's Acadia National Park and along carless roads

### Simply put

Patrick Gabrion



on many of our coastal islands. This kind of partnership is one I've been dreaming about for a very long time. I know she will never do the type of cycling I do, but that's just fine with me. The more we can do together — even in slow motion — the tighter our bond of sharing will become. The pedal power of two!

**The Harpswell Garden Club** will meet Thursday, Oct. 17, at 1 pm at the Kellogg Church, 917 Harpswell Neck Road, Harpswell. After a brief business meeting, a program by the Brunswick-Topsham Land Trust and Maine Coast Heritage Trust titled "Coming Soon: Woodward Point Conservation Project" on the New Meadows River will be presented. Free and open to the public. FMI: Call Becky at 833-6159.



### New/renewing members for September

\* indicates new membership  
• indicates donation made with membership

#### Brunswick

- Joseph Connolly \*
- Bonnie Connolly \*
- June Austin
- Don Barnett \*
- Walt Kellan \*
- Judith K. Stoy
- Diana Dove
- Marilyn C. Flynn
- Charles W. Flynn
- Selma Powers
- Caroline Bean \*
- Valerie Vaughan \*
- Doris Weinberg

- Barbara A. Tobin
- Maxine Gersh
- Nancy Garland
- Laurette L. McCobb •
- Lorraine Rich •
- Read Rich •
- Valerie Robbins
- Richard Giustra
- Karen Giustra
- Martha Spruce
- Ann Loughride Kerr \*
- Mary Maverick
- Katharine King \*
- Kathryn Baribeau \*
- Holland Low \*
- Sue Kuendig
- Joan Bussiére
- Karon Salch \*

- Ian MacKinnon
- Ann MacKinnon

#### Bath

- Phyllis Wolfe \*

#### Cumberland

- Thomas Schulten \*

#### Topsham

- Eileen Stiles •
- Howard Stiles •
- Theodore F. Bernard •
- Ruth Lavoie \*
- Norman Lavoie \*

#### Pennsylvania

- Carol Tuck \*

### "CLYNK" is solid fundraiser, one nickel at a time

Perhaps you didn't know you can save your returnable bottles and cans to benefit the People Plus Center. The "CLYNK" returnable program, sponsored by Hannaford Supermarkets and endorsed by the Center, is one of those "under the radar things we do," that benefits both the Center and our community.

Green "CLYNK" bags, pre-bar-coded with the Center's unit numbers, are always available at our information desk. You need only to fill the bag with your returnables, scan and drop it at the store when you next shop, and the Center receives credit for the accumulated deposits. Thank you for recycling, and thank you for supporting your Center.

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 — James Tierney, BHS Class of 1965

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**BRUNSWICK AREA STUDENT AID FUND**  
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# Spindleworks' artists still on display in Cafe Gallery

Only a few weeks remain of the Spindleworks exhibition at People Plus, so don't miss the opportunity to view this wonderful collection of artwork. The show, which is open to the public and on display in the Center's Cafe Gallery, features landscapes, flowers, and people in the unique styles of the program's artists.

Spindleworks is a nonprofit art center located in Brunswick for adults with disabilities, and is a program of the Independence Association, also of Brunswick. Their mission is to help children and adults achieve full and inclusive lives in their community. Artists in the Spindleworks program come from the surrounding communities of Brunswick, Bath, Topsham, Bowdoinham, Portland,

Westbrook, Auburn, Lisbon Falls, Richmond and Freeport.

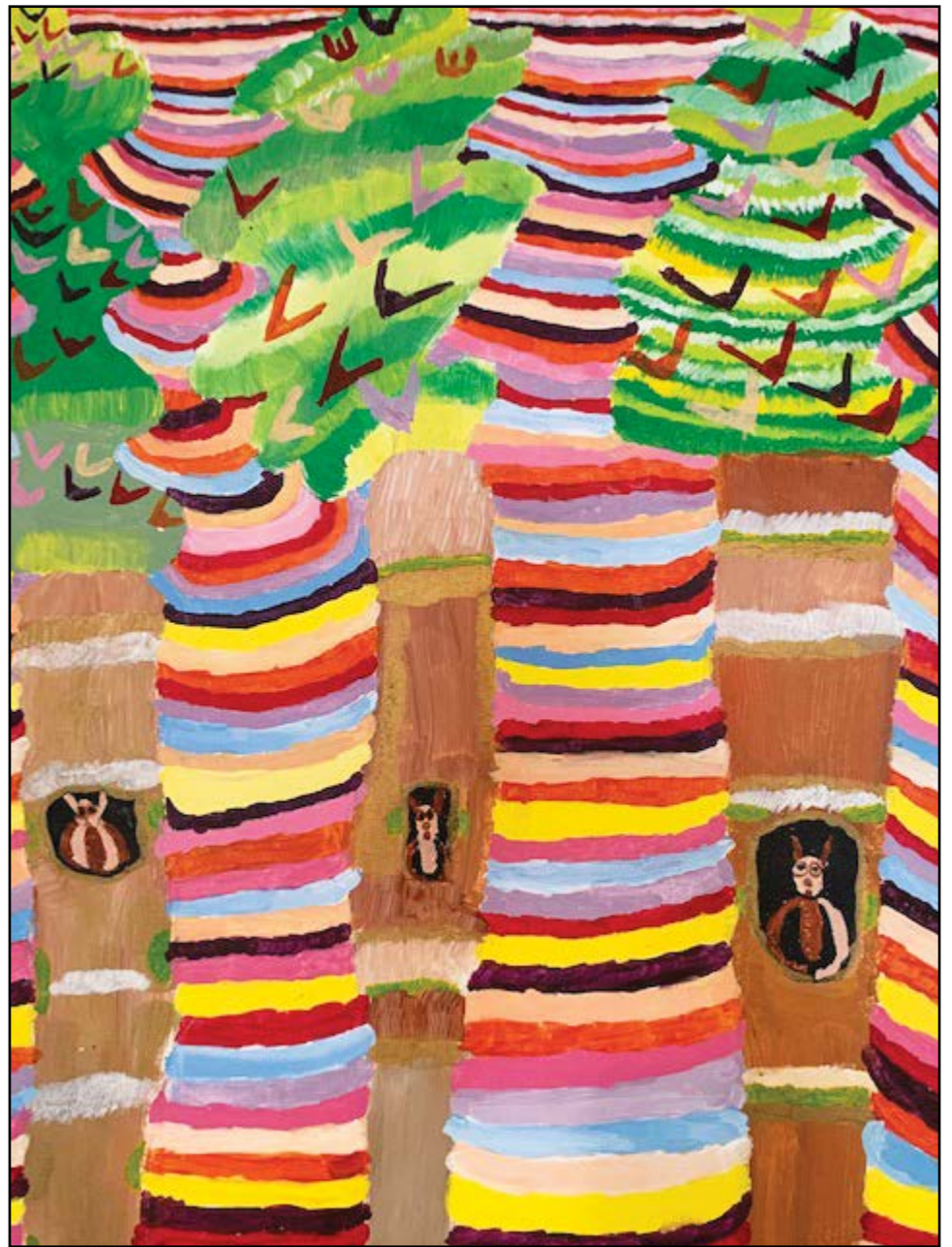
People attending the program receive supplies, studio space, and guidance as needed. Their work is also exhibited in the Whatnot Gallery and Store at Spindleworks on Lincoln Street, as well as in shows both locally and nationally.

Artists and their works on display at People Plus include Barbara Carter, Grace McKenna, Anna McDougal, Emma Becker, Theresa Labrecque, Micah Webbert, Helen Warren and Jeanette Baribeau.

The art exhibition runs through the month of October, and during the show 10 percent of all sales will go to People Plus.



SHOWN ABOVE is "Trees on Beach," a watercolor by artist Theresa Labrecque. The Spindleworks show is located in the Cafe Gallery and is open to the public.



You are invited to "CONNECTED," a free nondenominational gathering for all widowers, widows, divorced and singles 55 and over on Monday, Oct. 7. The group meets at St. Charles Borromeo 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. FMI, call 725-1266 or 725-8386.

## Weekly Winners

- Senior Intermediate Cribbage**
- August 21: Ann Bouchard, 726  
Lois Fournier, 698
  - August 28: Joe Tonely, 726  
George Hardin, 713  
Rollande Fortin, 685
  - September 4: Lorraine LaRoche, 717  
Anne Bouchard, 706  
Joe Tonely, 670
- Senior Bridge**
- August 19: Tilda Desorcy/  
Woody Townsend, 3,790  
Allen Reder, 3,610
  - August 23: Woody Townsend, 4,160  
Betsy Mace, 3,730
  - August 26: Paul Betit, 4,290  
Terry Law, 3,990  
Joyce Lyons, 3,900
  - August 30: Jenny Ferguson, 4,140  
Paul Betit, 4,000  
John Rich, 3,620
  - September 2: John Rich, 4,050  
Richard Totten, 3,210
  - September 6: Terry Law, 3,790  
Judy Feimer, 3,650
  - September 9: Woody Townsend, 4,320  
Richard Totten, 3,440  
Ellie Peterson, 3,130
  - September 13: Jenny Ferguson, 4,220  
John Rich, 3,430
  - September 16: Richard Totten, 4,980  
David Bracy, 3,850

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