



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

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Union St. / PO Box 766, Brunswick, ME 04011

www.peopleplusmaine.org 729-0757

March 2020 Volume 20, No. 3

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



THIS GROUP OF EIGHT lucky folks enjoyed a homemade, traditional German meal prepared by Richard Gnauck of Richard's Restaurant at the home of Jim and Sue Howard in Topsham. The meal is a donation from Richard for the Music in April live auction. It was delicious and a great time was had by all! I wonder who will win it at this year's Music in April auction? It could be you!

Taste the joy at the Scoop-a-Thon and raise funds for our teens

Most everyone enjoys the great taste of gelato, and when you combine that with serving a wonderful cause, it makes it doubly good!

The 2020 Gelato Fiasco Scoop-a-Thon, which supports the Brunswick Area Teen Center, is just around the corner and all the planning is falling into place. The event is slated for Tuesday, April 28.

Jordan and her crew have been hard at work lining up Gelato scoopers, who end up usually gaining some fame at these gatherings;



obtaining the all-important sponsorships (a big thank you!), and even collaborating with our Bowdoin College student liaisons to cover the nighttime hours of the Scoop-a-Thon.

This will be the 12th year of the event down on Maine Street in Brunswick, and the mission is as important as ever. There are literally thousands of visits to the Teen Center on Union Street every year. It is a safe place for kids, in grades sixth through 12th, to meet their friends, and make new ones, enjoy everything from a snack to a meal, and basically just hang out.

They also have access to mentoring, technology, plenty of games, arts, and so much more. So save the date of April 28 — hey, that rhymes — and plan on stopping by Gelato Fiasco, at 74 Maine St., at least once during the day to raise funds for the cool place known as the Brunswick Area Teen Center. See you there!

FMI: Contact Jordan by calling 721-0754 or emailing her at teens@peopleplusmaine.org.

18th annual Music in April ... it's almost here!

Auction items accepted until March 13

"We are truly in top gear with preparations!" So says event coordinator Jill Ellis as she, along with staff and a team of volunteers, get ready for the 18th annual People Plus Music in April fundraising Gala.

This year's entertaining program will take place on Thursday, April 9, from 5-9 pm, at the St. John's Community Center in Brunswick, the first year ever at the new facility. Tickets are \$50 each.

There is a lot to organize

with an event that seats well over 200 people, includes a couple dozen restaurants and eateries, has hundreds of auction items to gather and catalog, and work out the details for approximately 50 volunteers.

With the new venue, Robyn Allen, of Maine Event Design & Decor, is thrilled to have the opportunity to flex her creative imagination. The theme for the 2020 program is "the roaring '20s."

A big shout out goes to Ellis for sending out several hundred letters seeking both silent and live auction items. Auction items have already been arriving at People Plus, including theater ticket vouchers, Duck Boat Tour, Red Sox items, bowling party, sailing trip, pig roast, jewelry, salon services and much more.

And it's not too late to donate. Are you an artist or crafter and have something you wish to offer? Do you have a business and can donate a product or service? Do you have a group or business that wants to pull together

a basket to donate (pet basket, Lego basket, etc.)? We take big things and little things! Not sure if it would work for an auction? Just give us a call at the Center.

The donations due date is Friday, March 13. A new face on the organizing committee this year is Michelle Lester, who has taken on the huge task of organizing the hundreds of auction items, along with tech guru Drew Dow. They are plenty busy with cataloging, organizing, and getting the technology down so that auction checkout will be a breeze.

The Knights of Columbus are back providing bar service, and John Bottero from Thomaston Place Galleries will

again direct the live auction. The food is bound to be amazing with Chris Toole in charge again. Toole is the head chef for the event and solicits nearly

25 local restaurants to donate a dish that feeds 200. It's a generous donation and we are honored that our area eateries always support us! Every year, everyone raves about the delicious food and we expect it to be just as good this year.

The volunteers also will eat well, with setup covered by Tony Sachs at the Big Top Deli, which always sends over a large sandwich platter, while teen waitstaff feast on pizza from Rusty Lantern Market. "No one ever goes home hungry from this event," said Toole. And he should know, since this is his 13th Music in April on the books!

Touching Base will be in the house for the sixth year in a row, providing music for the event, as well as BOKA, a Bowdoin College a cappella group which is returning as well for

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Thank You 2020 Music in April Sponsors to date:

Fortissimo Gala Sponsor: Rousseau Management Crescendo Healthcare Sponsor: Mid Coast-Parkview Health Crescendo Financial Sponsor: Bangor Savings Bank

Encore Event Sponsors: Maine State Music Theatre, Maine Event Design & Decor, Oh Snap Maine Photoboth

Forte Sponsors: Ameriprise Financial Services, Atlantic Federal Credit Union, Avita of Brunswick & Sunnybrook, Bath Savings Institution, Bill Dodge Auto Group, Brackett Funeral Home, CHANS Home Health & Hospice, Coastal Landing Retirement Community, Edward Jones Investments, Goodwin Motor Group, Kennebec Savings Bank, Mechanics Savings, Mid Coast Senior Health Center, Norway Savings Bank, Primerica, Priority Real Estate Group, RE/MAX Riverside, Riley Insurance Agency, Rusty Lantern Market, Spectrum Generations, The Highlands, The McLellan, Thornton Oaks. Mezzo Sponsor: JHR Development.

A big, big thank you to those of you who have contributed to the annual funding campaigns for the People Plus Center and Raised through Feb. 25 Brunswick Area Teen Center. And the good news is that it's



Annual campaign runs through June

a stock donation of \$2,164, and Edward Jones interest of \$283. On the same date, the Teen Center campaign total was \$29,649, which includes donations received from the Back to School letters.

Frank's Field Trip - Registration ends March 5!

All aboard to the Maine Flower Show

still not too late to donate if you haven't already done so.

According to Office Manager Betsy White, as of Feb. 25, the funding total for People Plus amounts to \$43,313. This includes membership donations of \$2,698,

The annual campaign runs until the end of June. Donations can be made at the Center, through the mail or right online at peopleplusmaine.org. Thank you in advance for your continued support.

FYI! "Memories of Brunswick: 1930s, '40s and '50s"

Thu, Mar. 12, 1:30 pm. Like the rest of the state, People Plus is observing Maine's 200th birthday. Join Maine's Bicentennial celebration with glimpses of Brunswick's own history in the 1930s, 1940s and 1950s through a slide show of memories. Member Alison Coffin has compiled countless slides from the Pejepscot Historical Society, member Claude Bonang and more to recall and reminisce about her parents' generation. Come and find out if you or someone you know is in any of the pictures!

Joining Alison will be Claude Bonang, a beloved People Plus member and retired Brunswick High School science teacher who will share his written poetry and prose about growing up in Brunswick during that time. Free and open to the public. Registration is greatly appreciated

Thu, March 26, 10:45 am. Join 111 us on Thursday, March 26, on Frank the Amtrak Downeaster as we journey to the annual Maine

Flower Show in Portland. Our train leaves Brunswick Station at 11:10 am, so let's gather track-side by 10:45 to check in. We should arrive in Portland just before noon and the flower show is a short walk from the train stop (wear your walkin' shoes), weather permitting (a shuttle bus is also available).

The Maine Flower Show at Thompson's Point, which runs from March 26-29, attracts nearly 20,000 people every year and is staffed by 700 volunteers. This year's theme is "A Cascade of Color" and plans call for 12 display gardens, plus the Children's Garden, and more than 120 exhibits of plants, garden supplies,

and tools. The show also features seminars, workshops, and discussions.

Cost of the trip, including transportation and the show, is only \$25. The first 20 people to register and pay get to go. You must register by March 5. Lunch is not included — bring a snack to enjoy on the train, pick up a sandwich in the café car, or buy some treats at the show. The return train to Brunswick leaves at 3:40 pm, arriving in Brunswick about 4:25 pm. Our monthly field trips are made possible by the support of Scott Lemieux of Brunswick's Ameriprise Financial office and the Rousseau family at Coastal Landing Retirement Community.





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:

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

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It's been such a busy month at the Center with tons of people working on their taxes as well as the staff busy on fundraising event arrangements and members getting fit and taking new classes that we've hardly had a chance

We are so excited about the new location of Music in April (on April 9th!!) just up the street at the St. John's Community Center that we've been up there half a dozen times already measuring and planning and working on the layout. The auction space will be smaller, but I think it will feel more "intimate." But the dining room space will be larger and people will have more room to move about. Robyn Allen from Maine Event Design and Decor will again create an amazing space with gorgeous table design, fabric swags and twinkling lights galore to create an atmosphere from the "Roaring '20s!"

And the kitchen at the venue is amazing! The Knights of Columbus put a significant donation into that kitchen space and now we get to reap the benefits! Chris Toole, our dinner coordinator and chef from The Highlands, could not be happier about using that new kitchen space. There's even running water and an ice maker! For the last couple of vears, despite the graciousness of the Brunswick Parks and Rec Department, the kitchen set up was not ideal. So I think everyone is pleased about the new space and we will save a lot of money not renting ovens.

And we have some very cool and

Fundraising events here before we know it!! interesting and different auction items

this year as well! Jim Howard of Priority

Real Estate is going to offer a summer

smokehouse barbecue event at his

house for up to 40 people. With live

music to boot. That will be a very fun

item to auction off, as well as a winter

to come up for air.

event at his house that we are calling a "Kentucky bourbon tasting club." Eight lucky winners will each get the opportunity to sample rare types of bourbon whiskey that have each been paired with an appetizer. Howard is a collector of rare types of bourbon and thought this would be a fun way to raise money for the organization while getting together a small group of donors who would enjoy the same hobby Jim has cultivated. We've also had a lovely piece of jewelry come in from the Springer

Jewelry store valued at \$600! So that just might make it into the live auction as well and we have some tried and true old favorites like Frank's canoe ride, his wife Jane Connors' delicious and coveted home-baked pies, Margo and David Knight's sailboat ride, a week in a beach house on Popham Beach, and much more. We're so honored that people are willing year after year to donate their time and possessions to People Plus for us to use as a fundraising mechanism.

> And we are still looking for a few more items, so if you have something you think would bring in money for the organization that you would like to donate, we are certainly accepting donations. Perhaps you have season tickets



and never use them or have a condominium somewhere and would like to donate a weekend get-away or you have an interesting piece of ceramics that you picked up on a trip to Asia years ago. We are open to all and every suggestion!

See you down here at the Center that builds community!





Stacy V. Frizzle

And right on the heels of Music in April is the Teen Center fundraiser at The Gelato Fiasco set for April 28. We are thrilled to once again have a full day at the flagship store on Maine Street. Last year we saw more than 1,000 people turn out to enjoy a fun time while eating gelato and helping us raise money for the teens and we are hoping for another record year if possible! So please mark your calendars for Music in April on April 9, don your suits and flapper dresses and join us for a great time! (Tickets are on sale at the front desk!) And then a couple weeks later, come on down to the Gelato Fiasco fundraiser on April 28. They should both be very fun events that raise significant funds for People Plus and our Teen Center program, allowing us to continue to keep our class fees low, our membership high and our doors open!



meric, and butter in a small bowl.

your eating and listening to your level of fullness. Finally, making less of the food choices that may not be packed with

nutrition. I have included two recipes this month that can make some healthy and interesting additions to your St. Patrick's

Roasted Cabbage

3. Remove outer leaves of cabbage; discard. Cut cabbage vertically into quarters; cut each quarter in half to equal 8 wedges (leave core intact). Brush cabbage wedges evenly with oil. Heat a large skillet over medium. Coat pan with cooking spray. Add cabbage wedges to pan; cook 3 minutes on each side or until browned. QArrange cabbage wedges, cut sides up, on a baking sheet. Spread half of butter mixture evenly over cut sides of cabbage.

4. Bake at 350°F for 25 minutes. Remove pan from oven; spread remaining half of butter mixture over wedges.

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Sprinkle with dill.

STORM POLICY

When Brunswick schools are closed due to weather, all People Plus programs, classes, and activities are canceled for the day. Check our website, www.peopleplusmaine.org, or local media for closure information.

March 2020

On this very special date The Ides of March in 1820 That Maine became a state

With a rich and celebrated history Her men and women showed their worth From heroics in the Civil War To her astronauts above the Earth

Fill galleries with their art Inspired by the beauty That came right from her heart

Or seals sunning by the sea

Wild blueberries, ships, and lobsters Along with stacked cords of wood Are just a few of her native products That make living here so good

Factory outlets and antique shops Adorn her rockbound coast Along with famous L.L. Bean Whose outdoor wares we boast

On which hearty Mainers delight

By riding on a bike To her sands along the sea

before we learn to pray.

As far back as I can remember, walls

I know it comes in many shades, But I love the color green. And when we built our first new house,

Our bedroom color was a nice soft shade. It was called Celery Green. I loved it the first time we used it,

We moved on to have two more houses and I took that color with me. The bedroom was always Celery Green and my family did agree.

But green is also the first sign of spring when the trees begin to bud. The color will come out in a very short time, if you ignore the floods and mud.

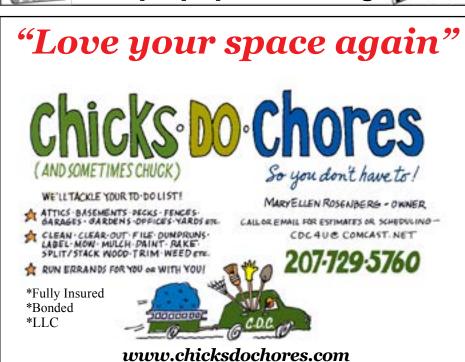
Green has even more connotations and all of them good but one. We know we must eat our veggies The green ones not always fun.

How can we ignore spinach? When it made Popeye so big and strong? And beans and peas and asparagus with any you can't go wrong.

The one exception I mentioned before describes one so envious she is green! To let your feelings, show like that, I think is pretty mean!

I think it's nature's best.

better food choices. Keep it fun and interesting. Already this year I have made a queso dip with winter squash as the main ingredient and almond butter soup. Both were hits and fit in nicely with the NNM theme People often say that now that the Check out past newspapers online at www.peopleplusmaine.org So you don't have to! MARYELLEN ROSENBERG - OWNER CALLOR EMAIL FOR ESTIMATES OR SCHEDULING -CDC 4U& COMCAST. NET L______________________________ 207729.5760



Maine By P.K. Allen It was two hundred years ago

Her famous artists and craftsmen

Her state flower is the pinecone Her bird, the blacked capped chickadee You can see eagles, moose, and osprey

Her winter storms leave foot deep snow With frigid temps at night Making for snowy slopes and icy ponds

And her summer days are so incredible You can camp, fish, boat, or hike Or visit the sites around Acadia

So from her great mountain forests She says to all who visit here

Welcome to Maine — "The Way Life Should Be"

M is for March By Elizabeth B. Bates For the Roman god Mars who allowed their troops to murder. *I* is also for mom, the one who wipes our tears, and whom we love, forever! M is for mistakes we make during our days, and misery follows us

M is for Maine, the most beautiful in the United States. The land and the sea, and the neighbors who live next door ... everything that we feel, hat makes it to our hearts!

Green is My Color

By Doris Weinberg

one color has always been my choice. And whether it was for a dress or painting

I would always raise my voice.

I made sure that green reigned supreme.

It had a nice restful sheen.

So green is still my favorite color, It can be muted or bright and put you at ease, It will never leave you depressed.

Happy 200th Birthday!

Maine Bicentennial By Betty Bavor

It is official, Maine's Bicentennial flag was unveiled and raised at four launching locations across the state on July 30. Janet Mills, Maine's 75th governor, the first woman, joined the Bicentennial commission for ceremonies for Maine's 200th anniversary of statehood under bright sunny skies. 2020 will have opportunities to engage and learn about history, facts, people, and the beauty of our unique beloved state at many celebrations all across Maine. This introduction was inspired by a picture I selected at our Write on Writer's meeting. The picture is five charming puffins sitting like a choir in their colony. I discovered Maine ocean islands provide the only nesting site in the United

States for Atlantic puffins. These sea birds are said to look like a clown with wings, however, in this picture they are stately and colorful! Atlantic puffins are having one of their most productive seasons in many years and are setting a 2019 record, according to National Audubon Society scientist, Dr. Stephen Kess. An abundance of young haddock, hake and

herring, puffins' best diet, plus earlier seasonal egg laying may be factors. Dr. Kess did remark the years fluctuate with warming ocean temperatures, food and predators.

Tour boats run to many Maine islands April through August with best sightings in June and July. Naturalists are on board boats providing details about these charming sea birds' colonies and lifestyle. The Project Puffin Visitor Center in Rockland with hands-on exhibits is the place to begin your adventure. I am going to put this in my bucket list for 2020 as a bicentennial event to learn about a unique Maine treasure. If you have not explored puffins, make it a bicentennial celebration priority to tour our islands to see our exclusive sea bird colonies in 2020



Breaking off ties from Massachusetts, Maine finally became a state, Able to be her own master And captain of her fate.

She joined the country in eighteen twenty. On March fifteenth to be exact, As half of the Missouri Compromise ... A free state; the other slavery backed.

Early in her statehood She played an important role In the conduct of the Civil War ... To save the Union became her goal.

Early Heroines By Sally Hartikka

Brunswick folk in the early days Had many chances to prove their pluck. Wild animals and warring natives Gave them the opportunity To show their courage or trust to luck.

One such settler was Mrs. Thomas, Who in the year seventeen seventy-six, Was challenged by a pack of wolves While bringing fish to Brunswick, Her baby to her side affixed.

The fish were heavy, and so was her child, Thus limiting a quick getaway. To keep the beasts from getting too near, She'd throw fish in their direction, Thus keeping the wolves at bay.

Another homesteader also showed courage. Granny Young in the summer of seventy five, Poled her way over to Bomazeen Island To pick the berries so prominent there But nearly failed to return alive.

While in the middle of New Meadows River, A bear, smelling a delicious treat, Started swimming after her feeble craft, Overtook the boat with some powerful strokes, And Granny, he tried to unseat.

She beat him about the head With her rather flimsy oar, Stunning him, she pushed him under, Drowning him 'til he was dead, Then towed the heavy creature ashore.

Statehood By Sally Hartikka

Chamberlain and the twentieth Maine With no more ammunition at hand, Turned the tide at Little Round Top, Using bayonets to make the enemy disband.

The bravery of the Mainers Earned the state much admiration. A monument placed at Gettysburg Offers well-earned commendation.

Bridge Table Vision By Charlotte Hart

In Brunswick, Maine, in the 1960s, I was invited to join a women's bridge group. Two tables. We played every other Wednesday evening. I was not a good bridge player. I did manage never to trump my partner's ace. I did enjoy the homemaker's evening out. To be truthful, I liked the occasional chatter more than playing bridge. Some of us were good players, but no one was terribly serious, so those evenings were relaxing.

Chatter was usually about delicious new recipes, great places to take children, lovely things on sale at Senter's Department Store on Maine Street, or maybe a bit of harmless gossip. An especially friendly member of the group was Eileen Londsdale, a Navy wife, a caring person with an endearing sense of humor, often telling jokes on herself. Eileen also had a serious side. She liked to tell us about a great project she was working on. She was working with a friend, Eleanor Jaques, a librarian at Curtis Memorial Library. Eileen and Eleanor and a visionary group believed that Brunswick needed an organization that would provide a place for activities and services for senior citizens. I seem to recall Eleanor telling us about a Bowdoin student or recent alum who was an enthusiastic member of the group.

That young man was Sigmund Knudson. Sig Knudson advocated including youngsters in the vision. Of course, he became executive director of 55 Plus. I myself never met Sig Knudson, but through the years I have witnessed his visions coming true. In 1976, the town of Brunswick purchased the old St. Charles Church at 6 Noble St. to be the first Brunswick Community Center for Senior Citizens. In 2010 came the move to 35 Union St. 2004 saw the beginning of the Teen Center.

How special it is to remember Eileen Londsdale's bridge table chatter as she told us about her vision of a great community center! Wouldn't she love People Plus!

toothpick? Ancient times I'm sure. Charles

Foster, an American entrepreneur from Boston,

paired up with Charles Freeman, a shoe pegging

mechanic, and together converted one of his

machines for toothpicks. They tested many kinds

toothpick mill using an old starch mill in Strong,

Maine, in 1887.

The Toothpick Man By Nonie Moody

The toothpick may be small but there is history America for toothpicks with Strong calling itself tucked into every small box you buy. Who can the "Toothpick Capital of the World." After the tell when the first wood splinter was used as a war, there was much competition in Maine. Sales plummeted in the 1980s because toothpicks could be made much cheaper in Southeast Asia and found himself in Brazil. His first encounter with a China. The toothpick can be made out of wood, toothpick was made of orange wood and may have plastic, bamboo, metal, bone and many other come from Portugal. Here he saw a new market materials, and nylon floss cut into their market. and dreamed of a machine that would make the The Foster Manufacturing Company's mill closed toothpick instead of the whittling method. He its doors in 2003.

Suppliers are mostly from Asia today with the top country being China. In my possession I have three boxes all made in China. Over the years I of wood and finally discovered white birch was have found toothpicks in grocery stores down the the perfect wood. Soon Foster set up his own wine aisle, the bake aisle and, recently, the paper plate aisle. The toothpick is in a small box and if you can't find them you may have to ask, like I did.

The WWII-era was the most popular time in Source: Atlas Obscura by George Pendle

What is a friend? By WA Mogk

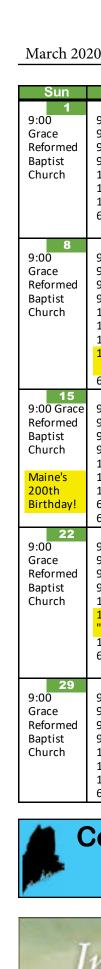
- A friend may give you a very nice gift, A friend will follow you over a cliff.
- A friend will help you drink one more,
- A friend will pick you up off the floor.
- A friend will always throw you a rope,
- A friend will always offer you hope. A friend helps you find the way,
- A friend will hang with you all day.
- A friend strives to tell the truth,
- A friend tries not to be uncouth.
- A friend you can tell troubles too,
- A friend will listen, then say, "Boo Hoo." A friend stands by, thru thick and thin,
- A friend remains, should you lose or win.
- A friend will not leave or disappear,
- A friend is someone to have and keep near.

Margaret By P.K. Allen

There was a time in this Country when we called each other, "Red," till the "Lady from Maine" stepped forward with a "Conscience" it is said. She made clear a "Declaration" in this, "the Land of the Free," that said

it is the right of any citizen to disagree. From IMPRESSIONS,

From an Ordinary Person of Famous People I've Never Met (2013)



Marvelous March at People Plus!!



To My Surprise By Gladys Szabo

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A blind date. We'll meet at 8 Will meet you at the produce. Then we'll introduce. Together we will shop for food To feed our members in great moods They come each month To share our lunch. Enjoying food and socializing Very important in our lives If all works well How we met we'll never tell.

THANK YOU CHUCK AND **GLADYS!** Chuck Annable our new kitchen lunch "Guy" did a great job working with all the ladies and putting out an excellent feed of lasagna in February!

'Aging Well' Lunch & Learn:

"Going back to school

at Senior College"

Lunch & Connections Irish theme graces March menu

Thu, March 19, 12 noon. It is March and we're rolling through the tail end of winter. The hours of daylight are getting longer and the chill in the air is not quite so brutal. The month also brings us St. Patrick's Day. And with that in mind, the Center's next Lunch & Connections will feature a bit of the Irish theme

Chuck Annable and his team of enthusiastic volunteers are already at Spectrum Generations, and are making preparations for a fantastic meal, which is scheduled for Thursday, March 19.

Heading the menu will be corned beef and cabbage. But the good food doesn't stop there, as the delicious side dishes will include potatoes, carrots, onions,

pickled beets and turnips. There also will be salad and traditional Irish soda bread. For dessert, those in attendance can look forward to pistachio pudding and cookies.

As always, don't miss this one. Bring along your friends and appetite for good food and conversation.

These monthly Lunch & Connections meals are sponsored by our friends 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 buffet-styled luncheon at 12 noon.

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 to register anytime.

Cost of this meal is still only \$6 for members of People Plus and \$8.50 for non-members. We start serving our

\$10 Hair Cuts Fridays, 9-12 pm Come for a haircut with

Margarita Day. All proceeds from the haircuts go to the Center! No appointment necessary. just show up with clean hair and she will give you a cut! Open to the public!

for Seniors

A trip to Italy. It's been on your bucket list Museum, an important Italian archaeologifor a long time and now is a great opportunity cal museum, particularly for ancient Roman to take that adventure of a lifetime. But the deadline for signing up is fast approaching! Come along with Collette and People Plus as we explore all that Rome has to offer and the Amalfi Coast, a popular holiday destination,

with small beaches and pastel-colored fishing villages. Along with experiencing the art, food, wine, culture, and history of Italy on the Oct. 1-10, 2020, journey, other highlights include visiting the Colosseum, Pompeii, the mountaintop monastery of Montecassino, Sorrento, Buffalo Milk Mozzarella Factory, Paestum, a winery visit, Naples and the National Archaeological

with sheer cliffs and a rugged shoreline dotted

remains. Its collection includes works from Greek, Roman and Renaissance times.

Ten seats have been saved for People Plus. The trip is open to the public. Deposits are due on March 26, so don't delay! For more information, contact Jill at People Plus at 729-0757.



Living Well with Diabetes

Time running out to sign up for trip to Italy!

Healthy Living

Mondays, April 13-May 18, 2-4:30 pm. Living Well with Diabetes will be offered at People Plus beginning Monday, April 13 and running through Monday, May 18. Workshop participants will meet weekly from 2 to 4:30 pm. Living Well with Diabetes is designed for people

with Type 2 diabetes to learn a variety of day-to-day self-management skills to actively manage their diabetes and increase their activity level. This free, evidence-based workshop helps empower adults to address and better manage their health issues by increasing self-efficacy, improving knowledge, developing positive behavior change, and improved self-management. Topics such as testing your blood sugar, communication, stress management, activity level, treating low blood sugar, and healthy eating are covered, plus so much more! This class is free and open to the public, but registration is highly preferred.

To register, visit healthylivingforme.org or call 1-800-620-6036.

American Sign Language Conversation Club – NEW

including the manual alphabet, finger-spelling, numbers, vocabulary (colors, animals, foods, etc.), deaf culture and familiar phrases that will enhance your communication with deaf and hard of hearing family, friends, co-workers, students, clients, and customers. No previous sign language experience is necessary.

Handouts provided at no cost. Join Martin Samelson, energetic ASL college professor and job coach for the deaf,

Learn basic sign language communication, voice. ASL is a visual language. Late-deafened adults, caretakers for a delayed speech child. or if you just have ASL on your "bucket list," vou are welcome to join the club. We will start with very basic instruction and use the second half of the meeting for conversation.

Tuesdays of the month, 12:30-1:30 pm. For

Balance and Falls Clinic with **Reform Physical Therapy**

Mon, Mar. 9, 1:30 pm. Dr. Christina Levesque, PT, DPT, of Reform Physical Therapy, 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! Dr. Levesque will also discuss the many benefits of physical therapy, as well as how the process of starting physical therapy works. Free, open to the public. Registration appreciated!



Reform-PT.com Locally owned and operated since 2006

1st & 3rd Tuesday, 12:30 pm (Mar. 3 & 17). in learning how to communicate without

The club will meet on the first and third members only, but anyone can try once for free. Registration is appreciated.

People Plus Tuesday mornings and Thursday afternoons through April 15. Call to schedule an appointment **Spectrum Generations**

mission is to provide non-credit aca-

events for people 50 years and

older. Tony Belmont of Senior

College, which celebrates its

20th anniversary this year, will

Belmont, MD, is a retired inter-

nist who lives in Wiscasset. He attended

Bowdoin College and received his MD

from the University of Vermont, College of

Medicine. He has served on board nuclear

submarines and was responsible for con-

tingency medical planning in Europe. He

talk about its programs and how

you can continue learning no

matter what your age is.

Medicare 101 Session

Tue, Mar. 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 six months before turning 65. Held the second Tuesday of every month at People Plus, it is open to the public and free (\$15 suggested dona-

tion is appreciated). Spectrum Registration is required. 🥖 generations Call 729-0757.



Mon, Mar. 23, 12 noon. It has been docserved on staff at Bethesda and provided umented that the benefits of continuing clinical services at the White House, U.S. Capitol, and U.S. Embassy in London. He to learn — no matter the topic — greatly enhance one's well-being, even as we get retired from the Navy in 1985 after 20 years older. A great educational opportunity here of service. in Maine is Midcoast Senior College, whose Since relocating to Maine, he has contin-

ued to be active in medical matters, but demic courses and other educational not in clinical practice. He inter-

views and counsels pre-med students at Bowdoin College, attends Medical Grand Rounds at Maine Medical Center, and occasionally speaks to groups interested in his White House experiences. He has been

President of the local Hospice organization and was instrumental in merging that organization into CHANS at Midcoast

Health Services. Lunch and Learn is free and open to the public. Bring your lunch, we provide drinks,

chips and dessert. Registration is appreciated.

FREE TAX HELP! AARP aides will be at Acoustic Music Club

Saturdays, 1 pm. We be "jammin" at People Plus! If you play an instrument at an intermediate or better level and want to jam with some new friends come join the fun at People Plus.

Bring your own instrument, be able to share a few songs and know basic chords. The club will be playing mostly folk, blues, bluegrass and other acoustic music in a song circle format where everyone gets a turn to share a song, with others joining in.

Open to current People Plus members (but anyone can try our clubs once for free)! This fun music club is coordinated by

Brunswick resident Jim Ru, who plays a variety of instruments and has played in small informal groups, open mikes and house jams. Jim enjoys live acoustic music, especially when people just pull up a chair and share a song or two.



Page 5)
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Mon	Tue	Wed	Thu		Fri	Sat
2 9:00 Scrabble 9:00 Mah-Jongg 9:00 Fiber Arts Club 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	3 8:30 AARP Tax Help 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:30 Yoga with Ann 12:30pm Sign Language Club 12:30pm Aerobics Lite 2:00pm Chair Yoga 2:30pm Spanish Club	4 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Winter Outing Club 10:00 Meals on Wheels 10:00 Table Tennis 1:00pm Write on Writers	8:30 Women's Breakfa 9:00 Table Tennis 9:30 Beg/Intermediat 10:00 Art with Connie 10:00 Apple Club 11:00 Yoga 12:30pm AARP Tax He	e Bridge e Bailey	6 9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:15 Qigong 12:30pm Advanced Bridge 12:45pm Chair Yoga 6:30pm Folk Dance Brunswick	7 1:00pm Acoustic Music Club
9 9:00 Scrabble 9:00 Mah-Jongg 9:00 Fiber Arts Club 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 1:30pm Balance & Falls Clinic with Reform PT 6:00pm Belly Dancing	108:30 AARP Tax Help9:00 Table Tennis9:30 Beg/Intermediate Bridge10:00 Art with Connie Bailey10:30 Yoga with Ann11:30 LUNCH OUT12:30pm Aerobics Lite12:30pm Medicare 1012:00pm Chair Yoga3:00pm German Club	11 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Winter Outing Club 10:00 Meals on Wheels 10:00 Table Tennis 1:00pm Write on Writers	128:00 Men's Breakfast9:00 Hair Cuts with Ma9:00 Table Tennis9:00 Mah-Jongg9:30 Beg/Intermediate Bridge9:00 Loosen Up10:00 Donuts and Drivers10:00 Tai Chi - Short For10:00 Art with Connie Bailey10:30 Meals on Wheel11:00 Yoga11:00 World Affairs12:30pm AARP Tax Help11:15 Qigong1:30pm FYI! Memories12:30pm Advanced Br0f Brunswick12:45pm Chair Yoga		9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 World Affairs 11:15 Qigong 12:30pm Advanced Bridge 12:45pm Chair Yoga 6:30pm Folk Dance Brunswick	14 1:00pm Acoustic Music Club
16 9:00 Scrabble 9:00 Mah-Jongg 9:00 Fiber Arts Club 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing 6:30pm Civil War Book Club	17 8:30 AARP Tax Help 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Sign Language Club 12:30pm Aerobics Lite 2:00pm Chair Yoga 3:00pm Books a la Carte	18 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Winter Outing Club 10:00 Meals on Wheels 10:00 Table Tennis 1:00pm Write on Writers	9:30 Beg/Intermediat 10:00 Art with Connie 11:00 Hearing Screeni 11:30 CHANS BP Chec 12:00pm Lunch & Con 1:30pm AARP Tax Hel	e Bailey ings k nnections	20 9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:30 Meals on Wheels 12:30pm Advanced Bridge 12:45pm Chair Yoga 6:30pm Folk Dance Brunswick	21 1:00pm Acoustic Music Club
23 9:00 Scrabble 9:00 Mah-Jongg 9:00 Fiber Arts Club 9:00 Loosen Up 10:00 Zumba 12:00pm Lunch and Learn: "Never too old to learn!" 12:00pm Bridge 6:00pm Belly Dancing	24 8:30 AARP Tax Help 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 French Club	25 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Winter Outing Club 10:00 Meals on Wheels 10:00 Table Tennis 1:00pm Write on Writers 6:30pm Brunswick Coin/Stamp	9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 9: 10:45 Frank's Field Trip: Train to the Flower Show9: 10: 10: 10: 10: 10: 11:00 Yoga 12:30pm AARP Tax Help10: 12: 12: 12:		27 9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 World Affairs 11:15 Qigong 12:30pm Advanced Bridge 12:45pm Chair Yoga 6:30pm Folk Dance Brunswick	28 1:00pm Acoustic Music Club
30 9:00 Scrabble 9:00 Mah-Jongg 9:00 Fiber Arts Club 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	31 8:30 AARP Tax Help 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	People Plus Business Hours Monday-Thursday - 8:30 am to 4 pm Friday - 8:30 am to 1 pm 729-0757People Plus Cooks! and News & View TV shows can be viewed weekly on Cable Channel 3 and 14 or onlne at http://vimeo. com/harpswelltv or peopleplusmaine.org		Monday-Thursday - 8:30 am to 4 pm Friday - 8:30 am to 1 pm		Views Cable vimeo.

Celebrate Maine's Bicentennial! March 15th, 2020

Programming Notes for March

We're getting new floors in the Activity Room (Tuesday) and Teen Center (Wednesday, Thursday, Friday) the first week of March. Therefore we need to rearrange some activities that week to accommodate the work:

Tuesday, March 3rd No Art Class

ASL Club will meet in the Cafe Spanish Club will meet in the Cafe

Wednesday, March 4th Mah-Jongg will meet in the Cafe Thursday, March 5h Bridge will meet in the Cafe

Friday, March 6th Mah-Jongg will meet in the Cafe



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People Plus News

March 2020

March 2020

area

they can really enjoy."

The Body by Bill Bryson mative and entertaining. **Diana** by R.F. Delderfield



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:

Mindfulness Based Stress Reduction

MBSR is an 8-week educational program designed to reduce symptoms of stress that impact physical health Mindfulness is an awareness that arises by intentionally paying attention to the present moment.

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



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

March Calendar of Events FOOD FOR HEALTH

What is Gut Health and How Can You Improve It? with Timothy R. Howe, MD **FREE** plant-based cooking and education series. March 10 from 6:30-8 p.m.

HEALTH WITHIN REACH **Understanding Substance Use Disorder** with Leah Bauer, MD **FREE** ongoing series of talks, classes, demonstrations, and healthy lifestyle options. March 11 from 5:30-6:30 p.m.

FAMILY & FRIENDS CPR

31

This Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillators (AED) class focuses on adult, child, and infant resuscitation. It is designed for community members who want to learn CPR but do not need a certification card. March 16 from 5:30-8 p.m.

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 March 12 from 4-6 p.m. Continues on Thursdays through May 28.

MINDFULNESS BASED STRESS REDUCTION This eight-week course consists of 2¹/₂-hour weekly group classes and a six-hour weekend retreat. Designed to help people better cope with stress and life's challenges.

March 23 from 5-7:30 p.m. Fee and registration required. Required orientation is March 9 from 5-6 p.m.

OUR HEALTH: FILM & DISCUSSION SERIES Community First: A Home for the Homeless Featuring films that shine a spotlight on important health topics for the Midcoast region, this **FREE** film series continues throughout the year.

Registration required at **www.explorefrontier.com** March 31 at 7 p.m. Frontier, 14 Maine Street, Brunswick

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

Reed takes over as Nutrition Coordinator for Meals on Wheels



It gives us great pleasure to welcome Teddi Reed, the new Nutrition Coordinator for the Spectrum Generations Midcoast Regional Center located at People Plus. As most of you know, the primary duty involves the bi-weekly distribution of Meals on Wheels dinners to hundreds of households in the Brunswick-Bath-Harpswell

In discussing the importance of Meals on Wheels, Reed said, "This program is vital to those who are unable to get out and purchase their own food and prepare it at home. It is important that people are given a healthy meal that

"Meals on Wheels are healthy and are often better than many ready-to-go or frozen meals available in the grocery stores that are often high in sodium, fat or sugar," Reed continued. "We have many consumers who are truly alone and are in need of nutrients to promote health and a sense of well-being. Visits from our volunteers are an important way to check in on consumers."

Reed, who resides in Brunswick and is 63, was born in England. She has Culinary Arts and Dietetic Technician degrees, and ran a culinary arts training program for the homeless and people who needed a new start through Preble Street in Portland.

When asked about any interests or hobbies, Reed said, "I have a large cookbook collection that includes cookbooks on many subjects. I'm fascinated by the way cooking techniques and advice have changed throughout history. I love my cookbooks that are beautiful and those that are just so bad it almost hurts to look at them. I love to doodle. I try to do at least one small piece of art every evening."

As far as looking forward to her new job, Reed explained, "I love working in an environment that serves people in need. Food safety is one of my biggest priorities and I am glad to work with colleagues who value quality food and safety. My goals include finding ways to honor our volunteers and let them know how much we appreciate them.' Reed replaces Zyanya Holman.

Books A La Carte

The following are Books A La Carte recommendations. The group's readers meet on the third Tuesday of the month at 3 pm.

Most people know Bryson as a writer of humorous travel books. He has also written His book about the human body is very infor-

try Diana, a family saga. 15-year-old John secrets. Please send comments to news@peopleplusmaine.org

Leigh meets Diana while living with relatives. He is a poor cockney, while she is the pampered daughter of a wealthy businessman. John's life is changed through chance meetings with Diana from the 1920s to World War II.

Silent Child by Sarah Denzil Six-year-old Aiden is feared drowned after works about Shakespeare, walking the his coat is fished out of a river. The body is Appalachian Trail, and the English language. never found. Ten years later, Aiden suddenly returns, having been taken, not drowned. Touch and Go by Lisa Gardner

Detective Tessa Leoni must ensure a family's Remember Delderfield? Years ago you may survival after they have disappeared from have read and enjoyed God Is an Englishman their condo. Fearing a kidnapping, Tessa or To Serve Them All My Days. You might begins searching through the family's dark

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



Gone but not forgotten Memorial Donation in Memory of **George L. Moore** June 30, 1933 – Feb. 9, 2020

It has 12 spikes

and about 110

orchids and can

bloom from one

o three month



Happy 200th to our great state

Several events planned in **B**runswick

"Dear Friend,

Page 8

The great day of electing officers to organize this recently admitted state will be on Monday next. All is bustle now. All is good nature. Yet I cannot but lament, that with all their intelligence, such a stubbornness and independence of opinion prevails, that a variety of candidates will be supported for their legislators; their constitution, however, is so wisely framed, I must say with hope, 'All nature's difference keeps all nature's peace.'

They will submit to a majority without a murmur, support the laws, and maintain a republican government, in its primeval purity. This remark is applicable to every part of Maine, I have visited."

The above description, obtained through the Pejebscot History Center, was contained in an April 1, 1820, letter written by Henry Putnam of South Carolina, who was visiting Brunswick and writing home to a friend.

A special time in Maine, indeed, as it was just beginning its presence as a state, an occasion we are now celebrating as the Pine Tree State turns 200 years old. There is plenty planned throughout the remainder of the year to mark this momentous event. Here's some of what's happening in Brunswick:

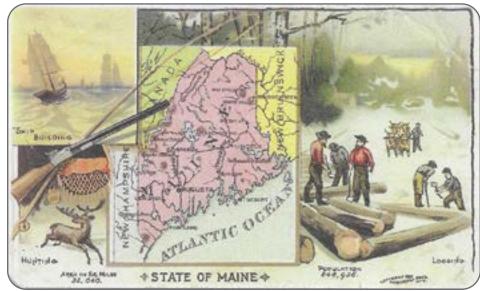
* Sunday, March 8, 2-3:30 pm. Unitarian Universalist Church, Brunswick, "Maine's 200th: Music of Early Maine" is the DaPonte String Quartet's tribute to Maine's Bicentennial. Joined by guest artist Eric LaPerna, percussion for a program that highlights significant events along Maine's pre-statehood timeline (from the 16th to the early 19th centuries), with selected music to share some of the cultural influences.

* Thursday, March 12, 1:30 pm. FYI! "Memories of Brunswick: 1930s,'40s and '50s." People Plus is celebrating Maine's 200th birthday with Member Alison Coffin offering glimpses of the town's history in the 1930s, 1940s and 1950s through a slide show of memories. Joining her will be Claude Bonang, a People Plus member and retired Brunswick High School science teacher who will share his written poetry and prose about growing up in Brunswick during that time.

* Saturday, March 14, 4-6 pm. Join friends and neighbors for a Bicentennial Bean Supper at Thorne Hall on the Bowdoin College campus. There will be music by Pejepscot Station and a brief presentation at 5 pm by the Pejepscot History Center and Maine State Music Theatre. The bean supper is being held in conjunction with a guided tour through three Maine-themed exhibitions at the Bowdoin College Museum of Art; the tour begins at 3 pm. The public is welcome. The price of the bean supper is \$7.50 for adults; \$4.50 for children; the tour is free of charge. Register by March 5 at bowdo.in/beansupper. Vegetarian options will be available. Sponsored by the town of Brunswick and Bowdoin College.

* Exhibits at Bowdoin College Museum of Art:

- Rufus Porter's "Curious World: Art and Invention in America, 1815-1860." This exhibition celebrates the artist and inventor Rufus Porter (1792–1884), an imaginative polymath and entrepreneur curious about art, science, and communication technologies. Shown through May 31, 2020.
- The exhibition "Fast Fashion/Slow Art" features films, videos, installations, and performances by an international group of emerging and established contemporary artists and filmmakers. Shown through Aug. 2, 2020.
- May 14, 2020, all day. Exhibition: "At First Light: Photographs of Maine Artist Studios and Homes by Walter Smalling." Beginning in 2018, celebrated architectural photographer Walter Smalling crisscrossed the



state in all seasons creating images of important artist homes and studios. Shown through Aug. 16, 2020.

- June 27, 2020, all day. Exhibition: "At First Light: Two Centuries of Artists in Maine." On the occasion of the 200th anniversary of statehood, the exhibition brings together some of the most outstanding artistic treasures created in Maine over the last two centuries. Shown through Nov. 15, 2020.

- * Maine in the Movies: At Eveningstar **Cinema**, **Brunswick**
- Wednesday, March 11, 4 pm. "The Strange Woman" Saturday, March 14, 11 am.
- "Blow the Man Down" * Aug. 15-16, 10 am to 5 pm. Great State of

Maine Air Show. Featuring the U.S. Navy Blue Angels at Brunswick Executive Airport

* The Maine Bicentennial Commission is also sponsoring major events to celebrate Maine200:

- Statehood Day Ceremony, Sunday, March 15, 1 pm. Augusta Armory, 179 Western Ave., Augusta. Public is invited for an afternoon of speeches, music, poems, birthday cake and much more.

- Bicentennial Parade, Saturday, May 16, at 10 am in Lewiston/Auburn. - Sailing Ships Festival, June 21 to July 20, all day, along the coast. The Maine Bicentennial Sailing Ships Festival begins in Boothbay Harbor on June 26 and continues on July 2-4 in Rockland, July 8-10 in Bangor and Brewer, July 10-12 in Bucksport, and July 12-14 in Castine, Searsport and Belfast. The Parade of Sail will be July 16 in Portland, with vessels dockside and conducting sail-away excursions through July 19.

- Time Capsule Sealing, Saturday, Oct. 10, TBA. The State of Maine Bicentennial Time Capsule sealing ceremony will take place at the Maine State Library in Augusta during the fall of 2020. Mainers who share the state's birthday of March 15 will be invited to participate as "capsule keepers" to oversee the sealing of additional compartments in future landmark anniversaries for the state. The public will be invited to have input on the items we seal away for future generations to discover

For more information, please go to www. maine200.org/.

STONEWALL COMES TO MAINE

ON DISPLAY MARCH - APRIL 2020

THE STONEWALL UPRISING stonewall

The Stonewall Comes to Maine exhibit is located on the second floor and features sixteen sequentially numbered panels, memorabilia in the display case, and tabletop panels.



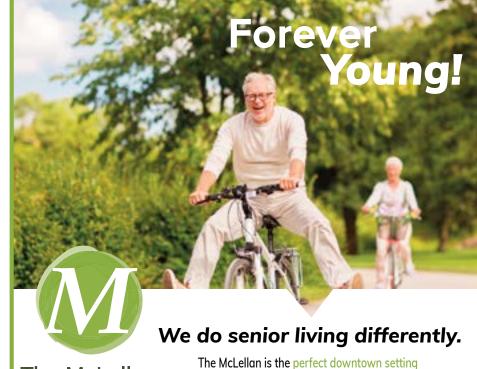
The Stonewall Comes to Maine exhibit showcases historical images and text highlighting the Stonewall Riots of 1969 and items featuring Maine's LGBTQ+ history and response to the Stonewall Uprising.

The Stonewall Uprising exhibit is on loan from Portland Public Library and is made possible by a grant from the Equity Fund of the Maine Community Foundation.

The Stonewall Comes to Maine and Charles O. Howard exhibits are on loan from the Jean Byers Sampson Center for Diversity in Maine at USM.



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Bayside ... Northport Buck's Curse ... Bucksport Cooper Hill Spring ... Paris Coos Canyon ... Byron Daffodil delights ... Saco Daggett Rock ... Phillips

Time does fly ... enjoy what Maine has to offer!

"Oh Pine Tree State,

Your woods, fields and hills Will ever fill our hearts with thrills ... " * MY Maine — OUR Maine — can she really be 200 years old? Birthed out of something called the Missouri Compromise of 1820, when our country was still trying to avoid a Civil War, it hardly seems possible. Then Jane reminds me I'm pushing 75, and, when I'm forced to do the math, I realize I've been here for more than 35 percent of those days ... and we all know I'm not old yet! But time does fly, and folks, now it's time to party!

I've spent most of MY years, crossing and re-crossing this great state, to play, to visit, to learn, to do jobs, and I'm thinking this year, more than any before or since, it's time to take stock. You all may know of my passion for lists — "To you have as much fun using it as I had Do" lists, "Finished" lists, "bucket" lists

— so this is just an extension of that logic that makes me want to produce and share a "Favorite Places in Maine" list. Stacy wants to call it a "master plan" for Frank's Field Trips into the NEXT century; I just want to make the point that Maine is filled with special places, and we ALL need to share them. Last month I made it clear what I think of "experts," and that years worth of experiences may give me special insights, but it does NOT make me a Maine "Expert!" The list below, I hope, is creative, inviting, interesting, fun. It's not intended to be final, to be masterful, and certainly NOT professional. I hope you study it, use it, contact me and tell me what I left OFF! The goal was/

is simply to create a BASE list of 200



If you actually count them, you'll see I'm six or a half dozen short. When we actually publish this list, we're thinking maybe a guidebook in May (just in time for summer). It will include some additions, some changes, some new information. Right now you can go to our website and get started, and I hope



By the numbers. Maine's impressive. Our Pine Tree State has 48 state parks, (not counting the king of them all) Baxter State Park. and more than 50 historic, or unique sites. There are 64 ighthouses, nine

covered bridges, 114 fire towers atop 114 notable peaks. Our state has 2,450 miles of tidewater coastline, 5,000 river and streams, 2,500 lakes, 350 mountains over 1,000 feet, 14 peaks over 4,000 feet, and one (Katahdin) at 5,268 feet, is just a short 12-foot cairn shy of a mile! Do you get where I'm going with this? Maine has more natural

features than most of us can hope to visit if we had (guest contributor) ANOTHER 200 years!

You'll see my list pushes canoe trips, mountain hikes, historic places, and natural sites, and is pretty short on shopping or "civilized" visits. I think Maine's like that. I included some restaurants (a fellow has to eat), but it is not my intention to play one diner over another, or to convince you where you might eat. I added a few cemeteries, just because they are too often overlooked as great places to visit. Someone once told me there are surely more DEAD people in Maine than live, and after you've visited just a few graveyards, you'll realize it's a Maine custom to place cemeteries is some of the prettiest places in town.

Some of the places can be seen and reviewed from your car window, others will require a day's hike and a commitment of sweat to locate. Remember. ALL these places are best enjoyed when enjoyed with a friend. Some places are on the list only because they are special to me, but they're worth your attention, and soon enough, the same places will be special to you!

Besides, it is MY list!

So enjoy, my good friends. Realize that Maine is special and it will always become MORE special after you've visited one, or a dozen of these places. Mountains to ocean, forests to field, towns to cities (Jill reminds me we have a desert), there is something here for us all. Go out and enjoy!

*Chorus from "State of Maine Song" by Roger Vincent Snow









places.

Abagadassett River ride ... Bowdoinham Abbe Museum visit ... Bar Harbor Abbott's Antlers ... Abbott Village Acadia Nat'l. Park ... Mount Desert Island Acres of Wildlife ... Steep Falls Agamenticus, Mount ... York Androscoggin River Walk ... Brunswick Armistice Bridge ... Belfast Asticou Azalea Gardens ... Northeast Harbor Balance Rock ... Lincolnville Balanced Bubble Boulder ... Acadia Park Barnes' Leap ... Topsham Bar to Bar Island ... Bar Harbor Barter's Island Bridge ... Trevett Baxter Peak ... Baxter State Park Beehive, The ... Acadia Park Bigelow Mountain ... Flagstaff Twnshp. Blaine House (Mansion) ... Augusta Boothbay Railway Museum ... Boothbay Borestone Mountain ... Elliotsville Bowdoinham walks ... Bowdoinham Bradbury Mountain ... Pownal BrewBus, The Maine ... Portland Bunyon, Paul, Statue ... Bangor Cabot Mill Antiques ... Brunswick Cadillac Mountain ... Acadia Park Canoeing ... Anywhere in Maine Capt. Fish's Cruises ... Boothbay Harbor Casco Baylines Ferry ... Portland Cathance River (down) ... Bowdoinham Cathance River (up) ... Topsham Cathance River, CREA trails ... Topsham Celebration Park (250th) ... Brunswick Chamberlain House ... Brunswick Chimney Pond ... Baxter State Park Christina's World ... Cushing Coastal Maine Botanical Garden ... Boothbay Confederate Stranger's grave ... Gray Conners Nubble ... Acadia Park Cranberry Horn Cemetery ... Cundy's Harbor Cribstone Bridge ... Bailey-Orr's Islands Danny's Hot Dogs ... Brunswick Deer Island Bridge ... Sangerville-Little Deer Doubletop Mountain ... Baxter State Park

My Favorite 200 Maine Places

Downtown ... pick your favorite Duck Tours, Maine ... Portland Dysart's Truck Stop ... Herman Eagle Island ... Harpswell Eartha ... Yarmouth Eastern Cemetery ... Portland Elephant Mountain ... Greenville Fair, Fryeburg ... Fryeburg Fair, Topsham ... Topsham Farmers' Markets ... Brunswick Farnsworth Art Museum ... Rockland Fat Boy Drive-in ... Brunswick Ferry rides ... Penobscot, Casco Bays Fiddleheading ... ANY special place Fish Ladder ... Damariscotta Mills Flagstaff Lake ... Stratton, Eustis Footbridge, The ... Boothbay Harbor Fort Edgecomb ... Davis Island, Edgecomb Fort Gorges ... Portland Fort Knox ... Prospect Fort Popham ... Phippsburg Fort Western ... Augusta Fort William Henry ... Pemaquid Fox Family Store ... Mapleton Fox Island ... Phippsburg Giant's Staircase ... Bailey Island Gold panning ... Byron Golden Road ... Great North Woods Grafton Notch Park ... Grafton Harbor Trail ... Rockland Harpswell Meetinghouse ... Harpswell Height of Land ... Oquossoc-Rangeley Helen's Restaurant ... Machias Indian Hill Trading Post ... Greenville "International" sign ... Lynchville Jockey Cap ... Fryeburg Katahdin ... Baxter State Park Kayak paddle ... Any place with water Kenduskeag River Race ... Kenduskeag Kennebec Outlets ... Moosehead Lake Kennebec Rail Trail ... Augusta-Gardiner Knife Edge ... Baxter State Park L.L. Bean ... Freeport Land's End ... Bailey Island Langlais Sculpture Preserve ... Cushing LC Bates Museum ... Hinckley

Lobster Shack, The ... South Portland Loop Road ... Acadia Park Mackworth Island Trail ... Falmouth Maiden's Cliff ... Camden Maine Aquarium ... West Boothbay Maine Maritime Museum ... Bath Maine Narrow-Gauge Railroad ... Portland Maine State Building ... Poland Spring Maine State House (Capitol) ... Augusta Maine State Library ... Augusta Maine State Museum ... Augusta Maine State Music Theatre ... Brunswick Main Street, Appalachian Trail ... Monson Maine Wildlife Park ... Gray Margaret Chase Smith Library ... Skowhegan Marginal Way ... Ogunquit Mars Hill ... Mars Hill Marshall Point Light ... Port Clyde Merrymeeting boat tour ... Bath Mohegan Island ... Monhegan Moody's Diner ... Waldoboro Morse Mountain ... Phippsburg Mosquito Mountain ... The Forks Mount Battie Auto Road ... Camden Mount Kineo ... Moosehead Lake Moxie Falls ... Lake Moxie Township Nubble Light ... Youk Ogunquit Playhouse ... Ogunquit Old Orchard Beach ... Old Orchard Old Point ... Norridgwock Old Port ... Portland Owls Head Light ... Owls Head Paris Hill Village ... South Paris Pemaquid Light ... Bristol Pemaquid "Digs" ... Pemaquid "Penny" Bridge ... Waterville Penobscot Marine Museum ... Searsport Penobscot Narrows Bridge ... Prospect Petroglyph Ledge ... Emden Piazza Rock ... Sandy River Plantation Pine Grove Cemetery ... Brunswick Pleasant Mountain ... Bridgeton

Liberty Ship Park ... South Portland Lincolnville Beach ... Lincolnville

Lobster Bakes ... 443 Gurnet Road

Little Wilson Falls ... Elliotsville

Popham Beach State Park ... Phippsburg Porter Covered Bridge ... Porter Portland Museum of Art ... Portland Portland Observatory ... Portland Pownalborough Court House ... Dresden Prison Store ... Thomaston "Quaggy Joe" Mountain ... Presque Isle Ouill Hill ... Rangeley Quoddy Head Light (west) ... Lubec Rafting ... The Forks Raye's Mustard Mill ... Eastport Reid State Park ... Georgetown Renys Department Stores ... Statewide Ricker Hill Orchards ... Turner S.S. Katahdin ... Greenville Sand Beach ... Acadia Park "Sands" of Merrymeeting ... Bowdoinham Sandy Stream Pond ... Baxter Park Screw Auger Gorge ... Grafton SeaDogs Baseball ... Portland Seguin Island Light ... Georgetown Shaker Museum ... Sabbathday Lake Shell Heaps (Middens) ... Damariscotta Skiing ... Winter in Maine Skowhegan Indian ... Skowhegan Small Point Beach ... Phippsburg Smelt Fishing ... Bowdoinham Snowshoeing ...Your special place Songo River Queen ... Naples South Solon Meetinghouse ... Solon South Turner Mountain ... Baxter Park Strawberry Fields ... Bowdoinham Streaked Mountain ... Buckfield, Hebron Swan Island ... Richmond Swinging Bridge ... Brunswick Thompson's Ice House ... South Bristol Toboggan Championships ... Camden Togus National Cemetery ... Togus Tumbledown Mountain ... Weld Vesper Hill Chapel ... Rockport W.W.&F. Railroad ... Alna Walker's Point ... Kennebunkport Warren Island State Park ... Islesboro Whaleboat Island ... South Harpswell Windjammers ... Camden/Rockport Wire Bridge ... New Portland Woodsman's Memorial ... Cushing's Landing Woodward Point ... Brunswick Wyman Dam ... Moscow

Teen

Center

Jordan Cardone

News

All of People Plus will remain in high

action mode now until May with Music

in April and The Gelato Fiasco Scoop-

been underway for these two events for

some time now as auction items arrive.

Gelato scoopers are scheduled, kids are

recruited for waitstaff at Music In April,

sponsorships obtained for both events,

our Bowdoin College students lined up

for collaboration on the nighttime hours

for Music In April and too many other

of the Scoop-a-Thon, a new venue chosen

details to mention that go on to pull these

two events together each year! We hope

to see as many of you as possible at these

events!

chosen!

Masse, Wilson to perform at

Concerts for a Cause

a-Thon in April. Work has already



March 2020

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



Back by popular demand, Heather Masse and Jed Wilson return to the UUCB Concerts for a Cause series on Saturday, March 14, at 7:30 pm at the Unitarian Universalist Church, 1 Middle Masse, a Maine native, is well-known to audiences as a regular guest on Public Radio's "A

I'm not sad to see February behind us. Between school vacation week, holidays and snow days, the month has not felt like a smooth one and we certainly did not see as much of the kids in February! We didn't even get a Teen of the Month Hunter (staff) did start playing volleyball with the kids down in the Hall which is a nice change from dodgeball once in a while and once they got the hang of it, the kids really seem to like it! They are using beach balls left over from an activ-

Gladys!) and haven't popped one yet ... Well, may the luck of the Irish be with you in March and have a Happy St. Paddy's Day!

ity Gladys did at some point (thank you

Jordan and the gang!



THANKS TO THE TOWN OF BRUNSWICK and our area Lowe's, the Teen Center program is preparing to replace its well worn carpeting. Shown are Teen Center Advisory Committee member Fraser Ruwet with Andrew Townsend and Matt Bubar of Ruwet Contracting who showed up to give us a hand, thanks guys!

Curtis lecture to feature Boston bookstore owner

nationally known Brattle Book Shop in Boston's Downtown Crossing section, will give a free and open talk on Monday, March 16, at 6 pm at Curtis Memorial Library in Brunswick. He will discuss the value of old and rare books.

Kenneth Gloss, proprietor of the inter- Gloss, also a frequent guest appraiser on PBS' Antiques Roadshow, will talk in part about the history of his bookshop, which goes back to circa 1825. Following the talk and question-and-answer session, he will give free verbal appraisals of all books that attendees have brought with them.

Brunswick Area Teen Center

March Madness!

We are beginning the month of March with a bang! Literally! It will be a busy noisy hectic beginning to the month as the carpeting is pulled up in the Teen Center space (as well as in the downstairs activity room) and replaced with vinyl flooring. Work begins on Monday, March 2 and goes on throughout the week. We are trying to accomplish this with the least disruption to the programs as possible as things are packed up, moved, moved again and then put back. It's a big job, but thanks to the town of Brunswick and our area Lowe's, we are finally getting our very heavily used carpeting removed.

While we have been cleaning, recycling, storing and organizing items in the Teen Center we've found all kinds of interesting things hidden in and under areas we rarely see. Just in one of my desk drawers alone there were rubber snakes, plastic bugs, (toy) sheriff badges, tons of hair ties, heart stickers, miscellaneous small jewelry items left behind over the years, too many various cords to count or figure out what they go to (we will eventually), tools and so much more!

At the end of the first week of March we get to turn our clocks back! Yippee for later sunsets.

At the end of the second week in March, on Friday, March 13 (yes, Friday the 13th), we will be represented at St. Charles Church for the Lenten supper. The area nonprofits chosen to be represented at the Lenten suppers all divide the profits at the end of Lent, so each Friday you go and enjoy a fish dinner, you are helping all the organizations and the food is yummy, with pizza for non-fish eaters! We are grateful to once again be chosen as a beneficiary of these suppers, helping us to raise funds to serve our area youth.



At Mid Coast Medical Group-Orthopedics, our team of board-certified, fellowship-trained physicians specialize in medical and surgical management of bones and joints.

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We understand the impact that foot and ankle pain can have on your active lifestyle. We are dedicated to offering expert surgical foot and ankle care, close to home.

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• Sports injuries

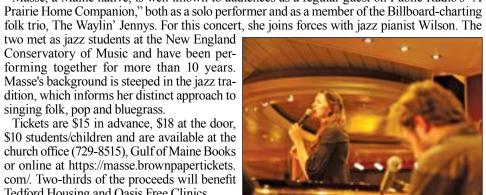
- Chronic ankle instability
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Call us at (207) 442-0350 to schedule an evaluation.

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Tedford Housing and Oasis Free Clinics.



<u>+</u>	All Saints Parish St. Charles Borromeo Church
R.	LENTEN SUPPERS
	March 6proceeds benefit Mid Coast Hunger Prevention
Tasty Fish Dinner	March 13proceeds benefit Brunswick Area Teen Center March 20proceeds benefit
Baked Haddock, Mashed	Tedford Housing
Potatoes, Corn or Green	March 27proceeds benefit
Beans, Coleslaw, Rolls,	The Gathering Place
Beverage, Dessert	April 3proceeds benefit
Pizza also available	Habitat for Humanity, 7 Rivers Maine
Adults \$9.00, Y	Youth \$4.00 Served 5 to 6:30 p.m.

Come all! Tickets available at door. 132 McKeen St., Brunswick

Medical equipment loan helps everyone!





MEMBERS OF THE PEOPLE PLUS WINTER OUTING CLUB enjoyed a wintry walk last month at Popham Beach. This club meets every Wednesday morning for hiking, cross-country skiing, snowshoeing and more. They also meet once a month at 8 am for a breakfast gathering followed by an outdoor adventure. In the spring the club morphs back into the 'Easy Riders' Biking Club.

LOOK! IT'S SARAH DECK, also known as the office coordinator for People Plus, posing in Morocco like a guide on the Travel Channel! We missed Sarah while she was out for a week and I guess she missed us too since she carried a People Plus newspaper with her....

Volunteer Transportation Network Desperate for drivers!

In the last year, People Plus has coordinated over 25,000 miles of FREE rides for homebound 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, Linda Cronkhite, Suzan Wilson & Daniel McLaughlin Family, Maine Women's Giving Tree, Maine Community Foundation, Spectrum Generations, and United Way of Mid Coast Maine, who help keep the program growing!





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





To Serve You Better, we've moved to 46 Bath Rd Simple cremations still only \$1,425

46 Bath Rd, Brunswick • 406-4028 • www.funeralalternatives.net

March 2020



Returning to the Brunswick Golf Club for the third year in a row, **Golf Fore a Cause** will raise funds for Spectrum Generations' programs and services so mark your calendar for Friday, June 26, 1:00 p.m. tee time!



available for you.

Upcoming Leader Trainings

March 26 and 27

April 8 and 9

April 10

April 18 and 19

People Plus April 13 – May 18, Free



"Music in April" continued from page 1

the festivities. "We are really looking forward to the new venue this year and we are super excited about it being just around the corner from People Plus," said Stacy Frizzle, Executive Director of People Plus.

Over the years, this event has evolved into one of the Brunswick area's premier social events, complete with the live music, a full dinner, and the live and silent auctions. Last year's gathering raised \$60,000 for the People Plus Center and Brunswick Area Teen Center, and this year's goal is \$65,000.

The money raised from Music in April and other events enable People Plus to serve the greater Brunswick community by offering a variety of activities to support engaged, healthy and independent lives for older adults, as well as hosting the Teen Center where young people can meet safely to explore creative outlets, participate in inter-generational activities, and develop into wellrounded adults.

People Plus also provides outreach and transportation services, and offers many volunteer opportunities. It is a 501(c)(3) nonprofit organization, and 100 percent of all funds raised stay here in the Brunswick area community and are tax deductible.

"Every year, Music in April seems to get better and better," said Frizzle. "And I truly believe that will be the case again this coming April."

If you want to register as an event sponsor or donate items for the auctions, please call the People Plus Center at 729-0757 and ask for Program and Events Coordinator Jill Ellis. To purchase tickets and reserve a seat for the event, which is certain to be sold out, again call People Plus or stop by the front desk.



Cancer Society always looking for help

The American Cancer Society in Topsham is looking for volunteers for several programs and events

Assistance is sought in the following programs

- The "Road To Recovery" Program provides patients with free rides to treatment. To serve as a volunteer driver, all you need is: A good driving record, current driver's license, proof of automobile insurance, and access to a safe and reliable vehicle. FMI: Visit www.cancer.org/involved/volunteer/road-to-recovery.html

- Day-of-event volunteers. Whether it is helping with setup/cleanup, checking people in, or helping to distribute food/water to event participants, there are a variety of ways that you can get involved. One of events that we are looking for volunteers for includes the Making Strides Against Breast Cancer of Brunswick, on Saturday, Oct. 24, Town Mall, Brunswick.

- Event planning committees. This involves planning, fundraising, or communications and marketing. We meet once a month for an hour on a weekday evening at the American Cancer Society office in Topsham (1 Bowdoin, Mill Island, third floor).

FMI: Contact Henry McCorkle at 373-3713 or henrymccorkle@cancer.org.

PEOPLE PLUS I PO Box 766 / 35 Union Street, Brunst					late
Name (1)	Phone		Birthdate		□ Female □ Male
Email	Emergency Contact				
	• •	(name)		(phone)	(relationship)
Name (2)	Phone		Birthdate		_ □ Female □ Male
Email	Emergency Contact				
		(name)		(phone)	(relationship)
Vailing Address	City		State		ZIP
I do NOT need the People Plus monthly newspaper mailed	to my house.	Casl	h/Check (P	ayable to Peo	ple Plus)
Yearly Membership Dues (Scholarships Available)		Membership D	ues: \$		Become a
Brunswick (New MemberRenewal): \$30 per perso	n	Additional Dor	ation*: S		"Friend of
Other towns (New MemberRenewal): \$35 per perso		(*donations ab	ove memb		People Plus" with an addi-
\$300 for Lifetime Membership (65 or over)		are tax deductible) Totat: S		tional gift of	
OFFICE USE: Accounting Data Membership Card Sent			S25 or m		



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 includ-

ing wills, living wills and estates 14 Maine St, Brunswick, 319-4431 www.sethlevylaw.com **RECREATION / ENTERTAINMENT**

Eveningstar Cinema, Discount bag of popcorn at evening shows \$1 sml \$1 50 me

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

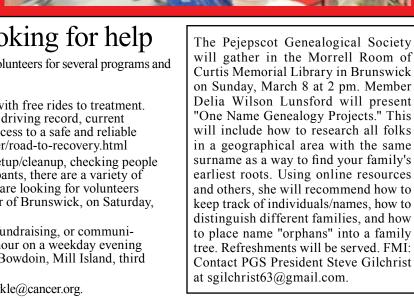
Big Top Deli, 10% off, anytime 70 Maine St, Brunswick, 721-8900 www.bigtopdeli.com

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







The Pejepscot Genealogical Society will gather in the Morrell Room of

Curtis Memorial Library in Brunswick on Sunday, March 8 at 2 pm. Member Delia Wilson Lunsford will present "One Name Genealogy Projects." This will include how to research all folks in a geographical area with the same surname as a way to find your family's earliest roots. Using online resources and others, she will recommend how to keep track of individuals/names, how to distinguish different families, and how to place name "orphans" into a family tree. Refreshments will be served. FMI:



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

March 2020

SAVE THE DATE **Golf Fore a Cause**

FMI: spectrumgenerations.org/golf or call Sarah Brown at 620-1677



......

Are you passionate about helping others and desire to make a difference in your community? This March, we encourage you to uncover your inner hero. If you want to help others increase skills and knowledge to prevent injuries and disease, and foster well-being, Spectrum Generations has volunteer opportunities

Living Well for Better Health (LWBH) Horizon Clinic, MaineGeneral Health, Gardiner March 12 and 13, 19 and 20

Living Well with HIV Cross Training (Prerequisite – LWBH) Horizon Clinic, MaineGeneral Health, Gardiner

Living Well with Chronic Pain Cross Training (Prerequisite – LWBH) Deering Pavilion, Portland

Living Well with Diabetes Cross Training (Prerequisite – LWBH) Deering Pavilion, Portland

Tai Chi for Health and Balance Cohen Community Center, Hallowell

Upcoming Community Workshops

Living Well with Diabetes 35 Union Street, Brunswick Mondays, 2:00-4:30 p.m.

> To learn more or to register email info@healthylivingforme.org or call 1-800-620-6036

We Respect Your Abilities!

March is National Intellectual and Developmental Disabilities Month, and we're taking the opportunity to introduce you to our Case Management Team who serve these members of our communities. Spectrum Generations has 9 case managers serving 7 counties; we're here to help you and your family navigate the many complexities of available resources.



With effective and responsive coordination, Spectrum Generations' case managers link consumers to

resources, enhancing their quality of life and inclusiveness in their communities We are here to help:

- Follow the wishes and needs of each individual through a person-centered planning process
- Enable people to explore a full range of options
- Develop formal and informal supports
- Advocate for the interests, preferences, and dreams of the individual
- Assist individuals and families in independently coordinating their own supports and services if they so desire
- Be free from conflict of interest
- Support the development and expression of self-determination and self-advocacy
- Provide a wide range of available resources

When we focus on monthly health topics, it gives us an opportunity to educate our communities and advocate for needed services. If you have questions or would like more information about case management from Spectrum Generations, call us at 1.800.639.1553.





The Census counts every generation

Every 10 years, the United States counts everyone who lives in the country, from newborn babies to the oldest among us. It is important for everyone to complete the 2020 Census so that communities like ours can be accurately funded and represented

Responding is important.

The 2020 Census will influence community funding and congressional representation for the next decade. Information collected in the census will inform the allocation of more than \$675 billion in federal funds for states and communities each year. That includes money for things like:

- > First responders
- > Medicare Part B > Supportive Housing for the Elderly Program
- > Libraries and community centers
- > Supplemental Nutrition Assistance Program (SNAP)
- > Senior Community Service Employment Program

Responding is easy.

Beginning in mid-March 2020, you can respond to the census online, by phone, or by mail. Choose the option that is most comfortable for you. Large-print guides to the questionnaire are available upon request. From May – July 2020, census takers will visit households that have not yet responded. A census taker can assist if you need help completing your form.

Responding is safe.

Your personal information is kept confidential by law. Your responses can only be used to produce statistics. They cannot be shared with law enforcement agencies or used against you by any government agency or court in any way.

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

PROUD TO PARTNER WITH PEOPLE PLUS

A wild idea inspired by members of People Plus

share with you.

March 2020

crazy!

I have my own bizarre project, albeit not even remotely as significant and historic in nature as their great achievement, that I

* indicates new membership indicates donation made with membership

Siri Beckman

Jan Byrnes * Rick Byrnes * Cheryl Young

Jonathan Edgerton Stacy Frizzle

Bowdoinham

Allison Green Jacqueline Jordan Richard Jordan

Beth Aldrich Cheer Allan Donna Begley Jim Begley Shirley Bello Dorothy Berner Mary Biette



Club Corner Making music at People Plus



THE ACOUSTIC MUSIC CLUB meets on Saturdays at 1 pm at People Plus, playing mostly folk, blues, and bluegrass songs





*"It's been a won*derful turnout every week. I'm really pleased with the amazing musicians showing up, and it's such a friendly group of people." — Jim Ru





Q&A with Jim Ru, the leader of the band

amazing musicians showing up,

been showing up just to listen as

well, which is great. Audience

participation is encouraged!

biggest surprise about the

A. The musical instruments

very fine. And when they all

get going together, it really is a

remarkable sound. Also, many

of the people showing up have

musical lives. These have been

very interesting and I can't wait

genre when it comes

A. Personally, I favor

acoustic, live music.

I like the old hippie,

beatnik, folk tunes,

but really any type of

music is great. I like

the world and I hope

everyone feels they

can join in. For me,

sitting around with their musical

instruments sharing a song in

amazing happens. We're all so

plugged into electronics and

isolated online these days. I

ment when people are actu-

ally hanging out in real time

Also, the song circle type of

playing these beautiful musical

nstruments and sharing songs

venue allows people to jump in

no matter what level they are at.

You're not on stage, so there is a

lot less pressure. This makes for

you will certainly pick that up if

a friendlier environment, and

you attend.

think that adds to my amaze-

a group like this. Something

it's more about people

music from all over

personal stories about their

Q. Do you have a favorite

to music?

to hear more.

being brought to play have been

Q. What has been your

group of participants?

and it's such a friendly group

of people. Some people have

Text/photos by Patrick Gabrion

new group is strumming A along nicely at People Plus and more people are participating each week. The Acoustic Music Club gathers most Saturdays at 1 pm at the Center, playing mostly folk, blues, and bluegrass songs, but willing to try just about anything at their entertaining "jam" sessions

People bring their own instruments and everyone gets a chance to share a song, with others joining in. The club is open to all People Plus members and those from the community who are 18 years of age and older. While you don't

have to be a member during the first few visits, it is a requirement going forward. The club is coordinated by Brunswick resident Jim Ru, and recently we had the opportunity to sit down and chat with the leader of the band. O. What were your

reasons for approaching **People Plus and creating such** a wonderful opportunity for musicians to get together? A. Brunswick is rich in musicians, and I thought it would be fun to bring some of them together for acoustic music jams. People Plus offers the community such a variety of events and I approached them about adding the music club. They immediately said yes and encouraged me in every way. I was hoping people would show up and have some fun playing their musical instruments and

Q. Are you pleased with the turnout?

Q. What are your favorite A. It's been a wonderful turnout instruments? every week. Right from the A. Accordion, guitar and start we've had a good turnout. autoharp I'm really pleased with the



One of the aspects I like about People Plus is that it's a place of inspiration. To be surrounded every day by members who have a good outlook on life, along with those who attend activities to keep learning and grow, is a benefit of my job I truly enjoy. It makes me want to push my boundaries and, because of that, I have an idea I want to

I'm currently reading "The Wright Brothers," a book written by historian David McCullough and published by Simon & Schuster in 2015. It's amazing what bicycle shop owners Wilbur and Orville Wright accomplished in the early 1900s when they created their flying machine. With no scientific background, and basically putting aside most of the experimentation done by others, these two men from Ohio are credited with an invention of astounding proportions. But for me, one incredible element stands out over all others. It is the fact that their early flights in Kitty Hawk, North Carolina, and at Huffman Prairie, just outside of Dayton, Ohio, were pretty much ignored and disbelieved. Almost everyone it seems was convinced that what the Wright brothers were attempting — and did — was just not attainable. Man flying like a bird, that's

Donald Bizer

Priscilla Bizer

Vivian Breton

Evelyn Bryant

Kathy Carter

Kathleen Cyr

Jane Donelon

Sara Fogler •

Lois Fournier •

Ann Galloupe

Doris Grano

Sally Hartikka

Lynn Hathway

Greg Hudak

Lucy ljams *

Audrey Keating

Antonio Lacroix

Myrtle Lacroix

Ed Langbein

Stephanie Leo

Linda Marquis

James Landman '

Jane Longerbeam

Nancy Hoffman

Gary Gaythwaite '

Irene Bouchard

want to attempt in the near future. By now, you all are quite aware of my love for riding bicycles. There's nothing I enjoy more than being perched on a bike saddle cruising down a country road or skirting along a forest trail

So, I've come up with this far-flung proposal, which is still in the early stages of development. My high school class of 1971 will be holding its 50-year reunion at some point during the summer of 2021, and I have pretty much decided to attend this celebration. While that in itself is not unusual, I've got it in my head to get to this party in my hometown of Ithaca — from Maine to Michigan — by way of riding a bike. A sensible idea, right?

It's not the first time I've gone for a long bicycle ride. In 1982, I explored southeastern England and the channel coast of France, ending with my run-in with a truck. And in 2002, I traveled nearly 25 days from the western mountains of North Carolina to Texas, to support the Lance Armstrong Foundation. I guess this next adventure is some sort of 20-year itch that can only be satisfied through pedal power, although technically it will be 19 years since my last one.

As I stated earlier, I'm just beginning the logistics for this five-state, one province trip. Right now, I envision cruising along the East Coast Greenway from my home

in Hallowell to southern Maine, and then making my way — through maps provided by Adventure Cycling — across New Hampshire, Vermont, and into New York.

Once in the Empire State, I really want to hook up with the Erie Canalway Trail, which is a 360-mile mostly unpaved path that runs the entire length of the state, from Albany to Buffalo. From there, I will enter southern Ontario, Canada and, again utilizing Adventure Cycling maps, ride along the northern shore of Lake Erie. Eventually, I will take a hard right toward Sarnia, where I will re-enter the United States at Port Huron, Michigan. Then, it's just a matter of negotiating miles and miles of flat farmland to my final destination.

While I already have six bikes of varying types, I have a new one on order — yes, I told mv wife — just for this particular trip. It's a Trek 920 adventure beast that comes with front and rear racks for my needed panniers. My plan is to stay in motels or bed-and-breakfast spots most nights, but it will be a self-supported journey.

Because all this is tied to a school reunion and the fact that I'm returning to the place where I grew up and was educated, there is one more part to my plan. I will be establishing a GoFundMe page for the following purposes: 25 percent of all the money people generously donate will go toward trip expenses, while 75 percent will be given to

Simply DU'

Patrick Gabrion



the Thompson Home Public Library in my

hometown of Ithaca, Michigan So there you have it, my wild idea. Maybe I've gone bonkers, but I'm looking forward to it; seeing parts of the U.S. and Canada the best way possible and meeting the people who inhabit those areas. Thank you to the members of People Plus for shining a light down the path of endless discoveries. I'll keep you posted on my progress as I prepare for my "Reunion Tour."

The Harpswell Garden Club will meet Thursday, March 19, at 1 pm at Curtis Memorial Library in Brunswick. After a brief business meeting, Aaron Parker of Edgewood Nursery will present, "Low Maintenance/Low Impact Gardening." FMI: Call Becky at 207-833-6159. Free and open to the public.

Bath Bowdoin Brunswick

New/renewing members for February Robert Biette

Michael Martin * Joanne McCartan Margaret Miller Marguerite Miller Caroline Murphy James Murphy Marcia Musto Dottie Nadeau Tom Nadeau • E. Linda Pappin JoAnne Peabody William Peabody • Ruth Phillips * Stephen Record * Jerry Reese Deborah Rice Andrea Smith Jill Standish Brenda Sullivan Hattie Thomas ³ Jean Tompkins David Tondreau Jackie Tondreau Claire Wallace JoAnn Watson Katharine Watson • Susan Weaver

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Brownie Carson *

Pamela Craig Burton Taylor Carol Taylor

Lisbon

Janet Stenberg Orr's Island Alan Hall * Katherine Hall * Dexter Kamilewicz * • Gretchen Kamilewicz * •

Topsham Patty Brewer Garth Duff • Pam Duff •

G.C. (Bill) Finneran ' Vivienne Finneran * Barbara McHarg Don McHarg Elizabeth Pettigrew Kathleen Stupinski *

West Bath **Richard Totten**

Woolwich Edna Kennedy (Lifetime membership) Paula McKenney



BRUNSWICK AREA STUDENT AID FUND BOWDOIN . BOWDOINHAM . BRUNSWICK • HARPSWELL • TOPSHAM

"Brunswick Area Student Aid Fund, along with a lot of hard work, allowed me to go to the University of Maine which then led to a legal career, ten years as Maine Attorney General and a position now as a teacher at both Columbia and Harvard Law Schools. BASAF changed my life and it will change the life of others."

- James Tierney, BHS Class of 1965

Visit www.studentaidfund.org Donations may be sent to:





Save the date! People Plus Senior Health Expo

Thursday, October 8, 2020 Brunswick Recreation Center, Brunswick Landing



Senior Bridge

January 20:	Paul Betit, 3120
-	Barbara McHarg, 2980
January 24:	Betsy Mace, 4620
-	Woody Townsend, 4340
January 27:	Woody Townsend, 3890
-	Bob Cressey, 3860
	Steve Garde, 3400
January 31:	Woody Townsend, 4600
-	Barbara McHarg, 3390
February 3:	Bob Cressey, 3250
-	Jenny Ferguson, 3190
	Richard Totten, 2960
February 10:	John Rich, 5080
-	Barbara McHarg, 4890
February 17:	Barbara McHarg, 3770
	Lorraine LaRoche, 3400
February 14:	Lorraine LaRoche, 3920
	Jenny Ferguson, 3830

Senior Intermediate Cribbage

January 22:	Lois Fournier
2	& John Bouchard, 710
	Patricia Johnson
	& Lorraine LaRoche, 699
January 29:	Anne Bouchard, 702
-	George Tetu, 696
February 5:	Rick Fortin, 721
-	George Tetu, 704
	Gaby Niffka, 698
February 12:	George Tetu, 711
-	Rick Fortin, 701
	Lois Fournier
	& Rollande Fortin, 691
	Julie Swol, 687

Café Gallery to feature works of Harpswell weaver

Not to get too far ahead of ourselves, but a change of seasons is on the horizon and so is a change in the fabulous artwork and crafts that are always on display in the People Plus Café Gallery.

For the upcoming months of March and April, we will be featuring the work of Jere Hoffert, a weaver who lives in Harpswell. So please take the opportunity to check out his wonderful creations.

"I have been a weaver for more than 40 years. I took a weaving class in Bath and before the first class was over I knew I loved it," Hoffert said. "While learning, I made many scarves, shawls, placemats, rugs and wall hangings for friends and family. After a few months, I started getting requests from friends and family to make items so they could give them as gifts."

Along with selling items to friends, family, and co-workers, Hoffert's work is also now available at a co-op and at local craft shows.

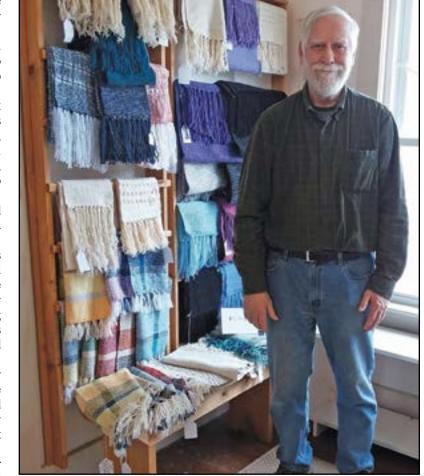
"I love working with a variety of fibers, such as cotton, acrylic, alpaca, mohair, raw silk, wool, and rayon, and use different techniques to make a piece more appealing," he continued. "I hope you will enjoy sharing my handwoven items as much as I enjoy making them. My outlook on weaving and selling has always been to make an item that is functional, beautiful, and affordable."

The collected works on display in the Café Gallery are for sale, which is accomplished by contacting the artist directly. A portion of the proceeds will go toward People Plus. The show, which is open to the public, may be seen free of charge during normal business hours at the Center, located at 35 Union St. in Brunswick.

And a big thank you to Robin Brooks of Topsham for her fabulous artwork that was on display in January and February.







JERE HOFFERT OF HARPSWELL shows off some of his work.

TENEBRAE: From Darkness to Light

ORATORIO CHORALE invites you to welcome the return of light with a candlelight concert and music by Palestrina, Hildegard von Bingen, Pärt, Allegri, and MacMillan.

Directed by Emily Isaacson and featuring Amethyst Chamber Ensemble.

SATURDAY, MARCH 7, 3 PM St. Luke's Cathedral, Portland SUNDAY, MARCH 8, 3 PM St. John the Baptist Church, Brunswick

Tickets in advance at brownpapertickets.com/ profile/1143574 for \$20 adults, \$10 students or at the door for \$25 adults, \$12.50 students (children under 12 free but tickets required for seating). FMI: www.oratoriochorale.org or 207-577-3931

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



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

Call 207-837-6560 or visit coastallanding.com for more information, or better yet, come in for a personal tour and a warm welcome!

Navigate your way to...



142 Neptune Drive Brunswick 207-837-6560 www.coastallanding.com 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.** Police Department.



Reception Room Personalized Catering Spacious Chapel Private Family Room "Help Yourself" Kitchen



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Anthony B. Purinton • Funeral Director