



# Plus! People NEWS!

The center that builds community

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

Non-Profit Organization  
U. S. Postage PAID  
Portland, ME 04101  
Permit No. 454

35 Union St. / PO Box 766, Brunswick, ME 04011 729-0757 www.peopleplusmaine.org 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](mailto:teens@peopleplusmaine.org).

**BRUNSWICK AREA TEEN CENTER**  
**SCOOP-A-THON**

**Tuesday, April 28, 2020**

## Annual campaign runs through June

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



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.

The annual campaign runs until the end of June. Donations can be made at the Center, through the mail or right online at [peopleplus-maine.org](http://peopleplus-maine.org). Thank you in advance for your continued support.

## 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



*continued on page 12*

### 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, Primmera, 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.

### Frank's Field Trip - Registration ends March 5!

## All aboard to the Maine Flower Show

**Thu, March 26, 10:45 am.** Join us on Thursday, March 26, on 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.



## 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.

## Happy 200th Birthday to Maine!

Check out local celebrations and events on page 8.







# 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

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 2½-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](http://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](http://www.midcoasthealth.com/wellness).

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

## 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 area.

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 they can really enjoy."

"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.

**The Body** by *Bill Bryson*  
Most people know Bryson as a writer of humorous travel books. He has also written works about Shakespeare, walking the Appalachian Trail, and the English language. His book about the human body is very informative and entertaining.

**Diana** by *R.F. Delderfield*  
Remember Delderfield? Years ago you may have read and enjoyed *God Is an Englishman* or *To Serve Them All My Days*. You might try *Diana*, a family saga. 15-year-old John

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 his coat is fished out of a river. The body is 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 survival after they have disappeared from their condo. Fearing a kidnapping, Tessa begins searching through the family's dark secrets.

Please send comments to [news@peopleplussmaine.org](mailto:news@peopleplussmaine.org)

BRUNSWICK AREA

# Respite Care

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*Full or half day sessions - filled with a variety of engaging, stimulating activities.*

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

**PEOPLE PLUS MEMBER PAUL KARWOWSKI** with his Cymbidium Orchid, native to the foothills of the Himalayas. It has 12 spikes and about 110 orchids and can bloom from one to three months.

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

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<p>24 Maurice Dr, Brunswick (207) 725-4379</p>	<p>142 Neptune Dr, Brunswick (207) 725-9444</p>	<p>29 Maurice Dr, Brunswick (207) 725-7495</p>

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





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!

### 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.

### Teen Center News

Jordan Cardone



All of People Plus will remain in high action mode now until May with Music in April and The Gelato Fiasco Scoop-a-Thon in April. Work has already 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 of the Scoop-a-Thon, a new venue chosen for Music In April and too many other 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!

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 chosen!

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 activity Gladys did at some point (thank you 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!  
Jordan and the gang!

### Masse, Wilson to perform at Concerts for a Cause

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 St., Brunswick.

Masse, a Maine native, is well-known to audiences as a regular guest on Public Radio's "A Prairie Home Companion," both as a solo performer and as a member of the Billboard-charting folk trio, The Waylin' Jennys. For this concert, she joins forces with jazz pianist Wilson. The two met as jazz students at the New England Conservatory of Music and have been performing together for more than 10 years. Masse's background is steeped in the jazz tradition, which informs her distinct approach to singing folk, pop and bluegrass.

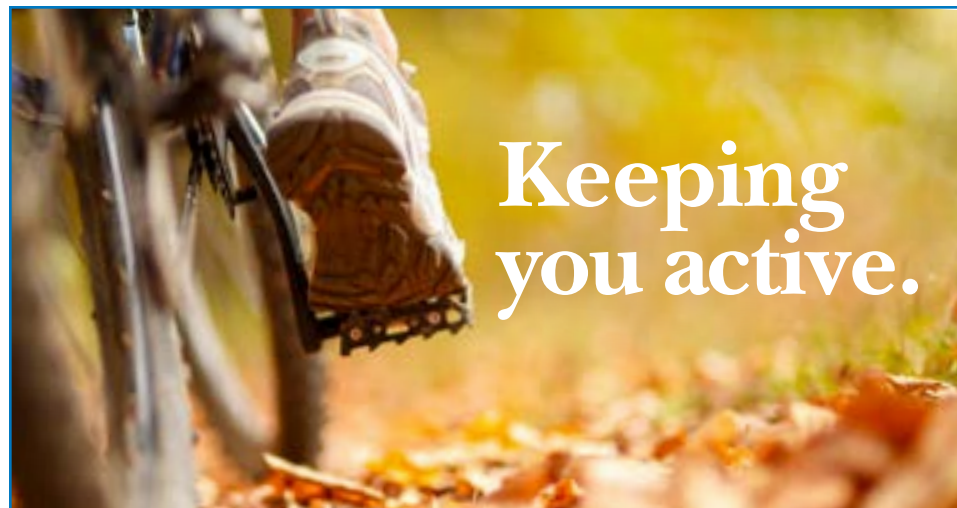
Tickets are \$15 in advance, \$18 at the door, \$10 students/children and are available at the church office (729-8515), Gulf of Maine Books or online at <https://masse.brownpapertickets.com/>. Two-thirds of the proceeds will benefit Tedford Housing and Oasis Free Clinics.



### Curtis lecture to feature Boston bookstore owner

Kenneth Gloss, proprietor of the internationally 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.

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.



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All Saints Parish

St. Charles Borromeo Church

### LENTEN SUPPERS

- March 6 .....proceeds benefit **Mid Coast Hunger Prevention**
- March 13 .....proceeds benefit **Brunswick Area Teen Center**
- March 20 .....proceeds benefit **Tedford Housing**
- March 27 .....proceeds benefit **The Gathering Place**
- April 3 .....proceeds benefit **Habitat for Humanity, 7 Rivers Maine**

Pizza also available

Adults \$9.00, Youth \$4.00 Served 5 to 6:30 p.m.

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

### Medical equipment loan helps everyone!

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



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 home-bound residents of Brunswick, Topsham and Harpswell. But we can't do it alone - we need your help with the driving! We ask that you become a driver today! It is a rewarding and selfless gift to help your neighbors in need. Thank you!!



Join our team -  
Volunteer to drive  
TODAY!

Thanks go to our generous sponsors: *Rusty Lantern Market, 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.



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# Membership Benefits

The following businesses offer discounts for People Plus members.

### AUTO SERVICE/SALES

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

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

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

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

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

**BEAUTY/HAIR SALON**

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

**CANDY**

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

**MASSAGE/CHIROPRACTIC THERAPY**

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

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

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

**DRY CLEANER**

**J&J Cleaners**, 10% off pickups: Wednesdays (customers over 55)  
Maine Street, Brunswick, 729-0176

**FLORIST**

**Pauline's Bloomers**, 10% off, anytime (within normal delivery range)  
153 Park Row, Brunswick, 725-5952  
www.paulinesbloomers.com

**HEARING AND OPTICAL**

**Berrie's Hearing and Optical Center**, 10% off a complete set of eye-wear, up to \$500 off costs of hearing aids  
86 Maine St, Brunswick, 725-5111  
www.berriesopticians.com

**Maine Optometry**, \$30 off complete pair of glasses  
82 Maine St, Brunswick, 729-8474  
www.maineoptometry.com

**LEGAL**

**Attorney N. Seth Levy**, Discounted legal services/documents including wills, living wills and estates  
14 Maine St, Brunswick, 319-4431  
www.sethlevy.com

**RECREATION / ENTERTAINMENT**

**Eveningstar Cinema**, Discount bag of popcorn at evening shows  
(\$1 sml, \$1.50 medium)  
149 Maine St, Brunswick, 729-5486  
www.eveningstarcinema.com

**Maine State Music Theatre**, Senior discount (60+) on matinee tickets  
22 Elm Street, Brunswick, 725-8769  
www.msmt.org

**Thomas Point Beach**, \$1 weekday admission  
29 Meadow Road, Brunswick, 725-6009  
www.thomaspointbeach.com

**RESTAURANT**

**Arby's**, 10% off, excluding combos/coupons  
Topsham Fair Mall, Topsham, 729-8244  
www.arbys.com

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

**Fairground Café**, 10% off, anytime  
Topsham Fair Mall, Topsham, 729-5366

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

*\*Benefits subject to change*

"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 well-rounded 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](http://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](mailto:henrymccorkle@cancer.org).



75 PEOPLE ENJOYED A DELICIOUS MEAL of lasagna, meatballs and red sauce, steamed broccoli, fresh Italian salad and garlic bread along with Italian tiramisu for dessert at last month's Lunch and Connections!



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: Contact PGS President Steve Gilchrist at [sgilchrist63@gmail.com](mailto:sgilchrist63@gmail.com).

PEOPLE PLUS MEMBERSHIP APPLICATION Form with fields for Name, Phone, Birthdate, Email, Emergency Contact, Mailing Address, City, State, ZIP, and Membership Dues.

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

Senior Companion and Personal Care Services 1 to 24 hours. Yarmouth, Freeport, Cumberland, Falmouth 729-0991. NOW HIRING Brunswick to Portland \$13-\$15/hr Free Yoga, Free Massage!



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](http://www.spectrumgenerations.org)

March 2020

## SAVE THE DATE Golf Fore a Cause

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!

FMI: [spectrumgenerations.org/golf](http://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 available for you.

### Upcoming Leader Trainings

**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**  
March 26 and 27

**Living Well with Chronic Pain Cross Training (Prerequisite - LWBH)**  
**Deering Pavilion, Portland**  
April 8 and 9

**Living Well with Diabetes Cross Training (Prerequisite - LWBH)**  
**Deering Pavilion, Portland**  
April 10

**Tai Chi for Health and Balance**  
**Cohen Community Center, Hallowell**  
April 18 and 19

### Upcoming Community Workshops

**Living Well with Diabetes**  
People Plus  
35 Union Street, Brunswick  
Mondays, 2:00-4:30 p.m.  
April 13 - May 18, Free

To learn more or to register email [info@healthylivingforme.org](mailto: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 1.800.639.4553.



## 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

Club Corner

# Making music at People Plus

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

Text/photos by Patrick Gabrion

**A** new group is strumming 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.

**Q. 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 singing.

**Q. Are you pleased with the turnout?**

**A.** It's been a wonderful turnout every week. Right from the start we've had a good turnout. I'm really pleased with the

amazing musicians showing up, and it's such a friendly group of people. Some people have been showing up just to listen as well, which is great. Audience participation is encouraged!

**Q. What has been your biggest surprise about the group of participants?**

**A.** The musical instruments being brought to play have been very fine. And when they all get going together, it really is a remarkable sound. Also, many of the people showing up have personal stories about their musical lives. These have been very interesting and I can't wait to hear more.

**Q. Do you have a favorite genre when it comes to music?**

**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 music from all over the world and I hope everyone feels they can join in. For me, it's more about people

sitting around with their musical instruments sharing a type in a group like this. Something amazing happens. We're all so plugged into electronics and isolated online these days. I think that adds to my amazement when people are actually hanging out in real time playing these beautiful musical instruments and sharing songs.

Also, the song circle type of 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 a friendlier environment, and you will certainly pick that up if you attend.

**Q. What are your favorite instruments?**

**A.** Accordion, guitar and autoharp.



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



THE NEW CLUB is coordinated by Brunswick resident Jim Ru.



*“It's been a wonderful turnout every week. I'm really pleased with the amazing musicians showing up, and it's such a friendly group of people.”*

— Jim Ru

# A wild idea inspired by members of People Plus

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 share with you.

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 crazy!

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

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 my 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 put

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.



## New/renewing members for February

\* indicates new membership  
• indicates donation made with membership

### Bath

Siri Beckman \*  
Jan Byrnes \*  
Rick Byrnes \*  
Cheryl Young

### Bowdoin

Jonathan Edgerton  
Stacy Frizzle

### Bowdoinham

Allison Green  
Jacqueline Jordan  
Richard Jordan

### Brunswick

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

Robert Biette  
Donald Bizer \*  
Priscilla Bizer \*  
Vivian Breton  
Evelyn Bryant  
Irene Bouchard •  
Kathy Carter  
Kathleen Cyr \*  
Jane Donelon  
Sara Fogler •  
Lois Fournier •  
Ann Galloupe  
Gary Gaythwaite \*  
Doris Grano  
Sally Hartikka  
Lynn Hathway \*  
Nancy Hoffman •  
Greg Hudak  
Lucy Ijams \*  
Audrey Keating  
Antonio Lacroix  
Myrtle Lacroix  
James Landman \*  
Ed Langbein  
Stephanie Leo  
Jane Longerbeam  
Linda Marquis

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 \*  
Jean Tompkins  
David Tondreau  
Jackie Tondreau  
Claire Wallace  
JoAnn Watson  
Katharine Watson •  
Susan Weaver

Susan Wood \*  
Barbara Word  
Alice Yanok •  
Ann Young •

### Cumberland

Charlotte Hart

### Durham

Conrad Brooks \*  
Kathleen Brooks \*

### Freeport

Curry Ander

### Harpswell

Brownie Carson \*

Pamela Craig  
Burton Taylor  
Carol Taylor

### Lisbon

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

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](http://www.studentaidfund.org)  
Donations may be sent to:

BRUNSWICK AREA  
**STUDENT AID FUND**  
P.O. Box 867, Brunswick, ME 04011



**BRACKETT FUNERAL HOME**  
29 Federal Street, Brunswick, ME  
(207) 725-5511 [www.BrackettFH.com](http://www.BrackettFH.com)







**Save the date!**  
**People Plus Senior Health Expo**  
 Thursday,  
 October 8, 2020  
 Brunswick Recreation Center,  
 Brunswick Landing

## 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.

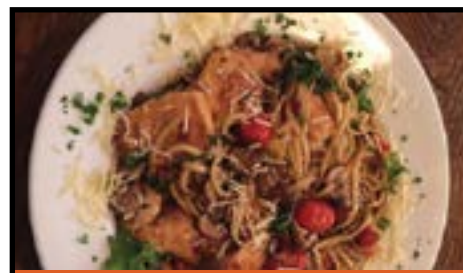
## Weekly Winners

### 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  
& 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



## Lunch out!

March 10th at 11:30 a.m.



235 Lewiston Road, Topsham

Sign up for the car pool!

## 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](http://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](http://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 their families, the Good Morning program is ideal for those who live alone or have recently returned from the hospital or rehabilitation facility.

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



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



## Come Home to Friends! No More Shoveling!



Call 207-837-6560 or visit [coastallanding.com](http://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](http://www.coastallanding.com)

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 207.725.4341  
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Anthony B. Purinton • Funeral Director