



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

April 2020

Volume 20, No. 4

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



KEEPING IN TOUCH WITH OUR MEMBERSHIP and community is the most important thing we can do right now. While members are unable to come to People Plus to enjoy their favorite clubs, activities, and programs we are coming to you with all sorts of video presentations which include many of our exercise classes, chats with Frank, and so much more!

People Plus Status as of print date

- The Center is currently closed and staff are working from home but are accessing emails/ phone messages.
- Our Volunteer Transportation Network and Good Morning Call-In programs are still running - thanks to the Brunswick Police Department for taking over monitoring the Good Morning daily calls!
- AARP has announced that all tax-aid sites will be closed until further notice.
- Spectrum Generations continues to deliver their Meals on Wheels to clients.
- Spectrum Generations' Aging and Disability Counselors are now working from home and conducting telephone appointments - Andrea Handel can be reached at 207-607-4405.

Center keeps in touch with members

Staff, others staying 'connected' with video programs

Without a doubt, the coronavirus pandemic is impacting all of our lives and, because our top concern is to keep every individual safe and healthy, this unusual situation is greatly altering what we do here at People Plus and the Brunswick Area Teen Center.

And although our Union Street facilities are temporarily shut to most activities and programs, not to mention our two biggest fundraising events — Music in April and the Gelato Fiasco Scoop-a-Thon — having been rescheduled, we are going electronic big-time to stay connected with you, our all-important members.

Videos, on everything from exercise classes, cooking, chats with Frank Connors and more, are being produced nearly on a daily basis, and many more are in the planning stages. Our audience includes those of you living locally, and we have learned that we are being viewed in other countries.

“We hope that all of you are safe and are remaining healthy during this difficult time,” said People Plus Executive Director Stacy Frizzle. “Although the Center is closed to almost all of our activities and programs, we are doing our best to keep connected to you, our members. Staying in touch, no matter how it’s done, is very important for all of us, especially now.”

Keeping in mind that things are changing

rapidly, the following is what we are doing to help keep People Plus members and others engaged during these trying times:

- The Center remains open for Meals on Wheels services by Spectrum Generations and one-on-one meetings. The Spectrum Generations Aging and Disability Resource counseling services are being conducted by phone for now.
- Stacy Frizzle is doing weekday video Community Updates on what’s happening at the Center and what’s going on in Brunswick, Topsham, and Harpswell. These segments are very informative and serve as a great connection between the Center and the public. The videos air on our Vimeo and YouTube channels, as well as in Brunswick on channel 3 at 3 pm and on TV 14 at 3 pm.
- Almost all of our exercise classes are

currently available as videos. This includes Loosen Up, Zumba, Chair Yoga and Tai Chi. You can keep fit through our website on Vimeo, on YouTube and on our Facebook page. Some of the Center’s clubs are also getting into the action, including the Fiber Arts group on Zoom. An Art Class with Connie may be a possibility in the future, and the Apple Club will be getting together online on April 9 at 3 pm. Links are being sent out.

- And as soon as the weather is a little brighter, we hope to get together outside for exercise, but at a safe distance from each other.
- Our Volunteer Transportation Network and Good Morning Call-in programs are both continuing to operate with added safety precautions. Thank you to the Brunswick Police Department for picking up the Good Morning duties.
- Music in April will now take place on June 25 at the St. John’s Community Center in Brunswick.
- The Gelato Fiasco Scoop-a-Thon to support the Teen Center is now slated for the fall as a back-to-school event. The precise date will be announced later.

The staff is busy taking steps to keep you informed as to what’s happening at People Plus through the videos, emails, and the Center’s Facebook page. As stated earlier, we want to keep connected to you in every way possible, while at the same time offering a little bit of entertainment and important information. Stay safe!

HOW TO STAY CONNECTED:

- Do you get our emails? If not, email programming@peopleplusmaine.org and we will add you to the list.
- For the latest news/videos visit www.peopleplusmaine.org.
- Follow us at People Plus Maine on Facebook & Instagram.

New dates for Music in April, Scoop-a-Thon

Health safety concerns push back events until June and the fall

Save the new dates, as two of our biggest fundraisers in support of People Plus and the Brunswick Area Teen Center have been rescheduled. Music in April, the June version, will now take place that month on Thursday, June 25, while our annual Gelato Fiasco Scoop-a-Thon will happen sometime in the fall, with the precise date to be determined later.

Music in April, considered THE signature funding campaign at the Center, is slated from

5-9 pm at the St. John’s Community Center, 43 Pleasant St., Brunswick. This outstanding and well-attended event features dining, live music, silent and live auctions, as well as some unscheduled surprises. Donations of enticing auction items, which are still being accepted, contribute to the Music in April festivities and inspire enthusiastic bidders who will help the event meet its fundraising goal.

An event like Music in April enables People Plus to serve the greater Brunswick community by offering a variety of programs and activities to support engaged, healthy and independent lives for older adults. People Plus also provides outreach and transportation services, and offers many volunteer opportunities.

The other important event, the Gelato Fiasco

Scoop-a-Thon, goes a long way in supporting our Teen Center, where young people can meet safely to explore creative outlets, participate in inter-generational activities, and develop into well-rounded adults. It also provides nutritious snacks and meals for many of the kids. The great tasting Scoop-a-Thon takes place at the Gelato Fiasco store located at 74 Maine St. in Brunswick. This will be the 12th year of the event.

Jordan, the Teen Center coordinator, 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 others to cover the nighttime hours of the Scoop-a-Thon.

continued on page 7

Tell us your story!

What are you doing to cope with the current health and safety situation? Are you reading more or watching more TV? Are you discovering new hobbies or rekindling old ones? Going on lots of walks? How are you staying in touch with family and friends? Tell us your stories as you practice social distancing and staying in place. We want to hear from you and how you are feeling. And send any photos you might have taken that show what you’re up to. Please send to programming@peopleplusmaine.org and we thank you. Stay safe!



Do you get the weekly "Peek at the Week" email?

Jill sends a weekly email with all the events happening the following week at People Plus. It's the quickest way to get updated news about the Center! The email also includes a weekly wrap-up article written by Stacy our Executive Director, a Teen Center update from Jordan and of course, Frank's weekly Two-Cents article.

If you aren't getting it, just email programming@peopleplusmaine.org or leave a message at 729-0757 and Jill can add your email address to the list!

DOROTHY BUILDS A MEAN PUZZLE! If you were to go to the Center any day but Thursday, you'd be likely to run into Dorothy Berner working on the puzzle at the front desk. As an older woman who lives alone, she often felt depressed and lonely until she joined People Plus. She says she loves being at the Center—especially hanging out with Sarah, chatting with everyone who comes through the door and helping to teach people the check-in system!

Annual campaign growth is slow and steady

People Plus
Raised through Mar. 25
\$45,833
Annual Fund Goal
\$50,000
Your donation of \$25 or more in "New Money" contributes to a 100% challenge match.
Each donation matters!

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 March 25, the funding total for People Plus amounts to \$45,833.

On the same date, the Teen Center campaign total was \$29,648, 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 peopleplusmaine.org. Thank you in advance for your continued support.

During these difficult times in our nation's history, donating to nonprofits is more important than ever.



PAT CANNON AND BONNIE CONNOLLY used Zoom technology to enjoy some time together Monday morning while knitting and working on their fiber arts projects! If you're in the fiber arts club or you're sitting at home doing some knitting or sewing or crocheting, send us a message and will tell you how to join them!

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.

Food Fix by Mark Hyman, MD
How to Save Our Health, Our Economy, Our Communities, and Our Planet — One Bite at a Time. The book covers subjects such as how food and agriculture policies are corrupted, obesity, climate change, and more. What we do to the planet, we do to our bodies. This book was recommended during the February Author's Chat.

Garden Spells by Sarah Addison Adams
In this novel, caterer Claire Waverly prepares dishes made with her mystical plants:

Comments: news@peopleplusmaine.org

prophetic fruit and edible flowers imbued with special powers; nasturtiums which aid in keeping secrets; and pansies which make a child thoughtful.

Those Who Save Us by Jenna Blum
For 50 years, Anna refused to talk about her life in Germany during WW II. She and her daughter, Trudy, are cared for by an American soldier who eventually moves them to his hometown in Minnesota. Very well written novel.

In a House of Lies by Ian Rankin
A police procedural set in Scotland featuring Inspector Rebus with very good dialogue and character descriptions. Note: It helps to read previous Rebus books to get familiar with ongoing characters — ala Louise Penny books.

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.



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



A Place Where You Belong

Looking for a community that recognizes you as a unique individual? With a variety of living options as well as various wellness, cultural and educational programs and activities offered, The Highlands is the home to live your best life—exactly as you want.

Call (207) 725-2650 to schedule a personalized tour.

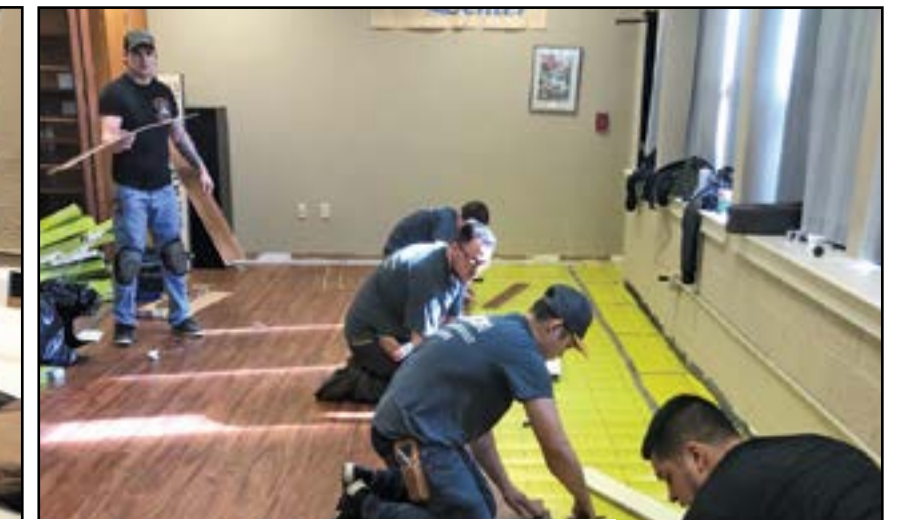


THE HIGHLANDS
A GRACE MGMT COMMUNITY

30 Governors Way • Topsham, ME 04086
(207) 725-2650 • www.HighlandsRC.com



WE'VE GOT YOU COVERED! With new floors that is...Thanks so much to Lowe's, the town of Brunswick and volunteers from Wayfair for helping us get new flooring installed in the second floor Teen Center space as well as our heavily utilized activity room. The rugs that were installed 10 years ago were most definitely showing their wear. This beautiful new faux hardwood is durable, washable and sound resistant!



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

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

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

ROUSSEAU MANAGEMENT

Skilled and Assisted Living in Midcoast Maine

New songs new life!

M
We do senior living differently.

The McLellan is a downtown senior living experience, whose mission is to open up the possibilities to live longer and to "Live better." At The McLellan we are learning to speak a new language, to master the mindfulness of chess and to play a new instrument... all for the continued song of our lives! That's purpose, that's living, that's The McLellan. 18 creatively designed apartments with services, amenities and choices for age-in-place care in downtown Brunswick.

The McLellan
Live better.

We invite you to join us for dinner & a tour.

Drop by anytime.
Dinner is at 6:00!

207-725-6200 | info@themclellan.com
Themclellan.com | 26 Cumberland St. Brunswick, ME

Investments designed with you in mind

BATH SAVINGS TRUST COMPANY

1-866-670-7517 bathsavings.com

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

www.rmimaine.com

142 Neptune Drive, Brunswick
(207) 837-6560

142 Neptune Drive, Brunswick
(207) 725-5801

24 Maurice Dr, Brunswick
(207) 725-4379

142 Neptune Dr, Brunswick
(207) 725-9444

29 Maurice Dr, Brunswick
(207) 725-7495

We take your loved ones comfort and health to heart.

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.reflectionsblyucie.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

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.sethlevylaw.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

Member Moment

We are offering a new feature in the People Plus newspaper. It's called "Member Moment" and it gives people who participate in programs and activities at the Center a chance to tell us a little bit about themselves. Today, we are featuring Gladys Szabo, a longtime member involved in countless activities, including Lunch & Connections, and volunteer driver at People Plus. Don't be surprised if you might be asked a few questions, after all, everyone has a story to tell. Thank you.

Getting to know Gladys Szabo

My name is Gladys Szabo and I am 79 years young. I have lived in Brunswick since I moved here in November 2000, coming from Connecticut, where I lived since I was nine months old. I moved here to be near my daughter, Dawn Grimes, and her family.

Growing up, I was an only child and learned responsibility at an early age. My dad died when I was 14 and he took care of everything. My mom had to go to work, so I took on a lot of the household chores.

My dad was a very passionate man and I followed in his footsteps. From the age of 10, I visited older neighbors, having tea, which I hated, or bringing them goodies my mom had baked. I would spend a lot of time just talking with them. At age five, I spent time with a boy next door when he broke his leg.

I had a happy childhood with the help of wonderful friends during tough times. My mom remarried when I was 16. This man was such an extraordinary addition to my life. He never replaced my dad, but became a great dad in his own way. I never referred to him as a stepdad. For several reasons, he adopted me at age 32 and you would think he won the lottery, when I and my children were the real winners.

My beginnings at People Plus started when I attended the Writers group, encouraged by Bonnie Wheeler. I enjoyed it and became a member in February 2010. I filled out the membership card which at that time listed all volunteer opportunities. I checked every one, figuring they would have something I could do. I chose Lunch & Connections, which was just making calls to be sure there were enough



STACY FRIZZLE, LEFT, EXECUTIVE DIRECTOR OF PEOPLE PLUS, is shown with Gladys Szabo after presenting her with Lifetime Membership and Volunteer of the Year certificates. Szabo, a longtime member and involved in many of the Center's activities, said, "People Plus means more to me than I can explain. I have opportunities to help others and have many friendships I will keep no matter where any of us go. People Plus is a second family to me."

volunteers to get everything done. Of course, I jumped in with both feet and have been coordinating it ever since.

I am not able to pick a favorite activity at People Plus since everything I do is my favorite. I guess I would have to say the people are my favorite thing. With everything I do I make more friends, so therefore no matter what I do or where I go someone I know is there. Each activity brings something different to my life. A favorite part of People Plus would be giving me the opportunity to give to others and make a difference in their lives one way or another. People Plus is a fantastic organization.

People Plus means more to me than I can explain. It has changed my life, giving me self-confidence to be who I really am. I have opportunities to help others and have many friendships I will keep no matter where any of us go. The staff have always been welcoming and encouraging. People Plus is a second family to me.

Things I would like people to know about me is I've learned to be accepting of changes, look for the upside early in life. I appreciate all I have been given in my life by wonderful people. I am honest and when I say something it comes from my heart.

New dates for Music in April, Scoop-a-Thon continued from p. 1

People Plus Program and Events Coordinator Jill Ellis, along with staff and a team of volunteers, are continuing to prepare for the 18th annual Music in April fundraising Gala. "Despite the delay in this year's event, we are still very busy making preparations," said Ellis.

This will be the first year for Music in April at the St. John's Community Center, which is a relatively 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 excited to have the opportunity to flex her creative imagination. The theme for the 2020 Music in April program is "the roaring '20s."

Ellis and her team sent out several hundred letters seeking both silent and live auction items. Auction items have already been arriving at People Plus, but 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 shoot Jill an email at programming@peopleplusmaine.org.

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. "We appreciate everyone going the extra mile because of having to reschedule Music in April. It was the right thing to do. That being said, 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. 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.

People Plus 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."

If you want to register as an event sponsor or donate items for the auctions at Music in April, please email programming@peopleplusmaine.org or leave a message for Program and Events Coordinator Jill Ellis at 729-0757. To purchase tickets and reserve a seat for the event, which is certain to be sold out, email director@peopleplusmaine.org or leave a message at 729-0757.

FMI on the Scoop-a-Thon: Contact Jordan by emailing teens@peopleplusmaine.org or leaving a message at 721-0754.

People Plus Senior Health Expo
October 8, 2020
St John's Community Center,
43 Pleasant St, Brunswick



BRUNSWICK AREA Respite Care

For 30 years the "Club" has been a social program offering "time off for caregivers and joyful hours for participants" in a warm, welcoming community environment.

Full or half day sessions - filled with a variety of engaging, stimulating activities. Come visit our convenient location in Brunswick.

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

Music in April

June 25, 5-9 pm

Brunswick's favorite dinner gala and fundraising event has been rescheduled for June 25th at St. John's Community Center.

Leadership Sponsors

ROUSSEAU MANAGEMENT
MID COAST-PARKVIEW HEALTH
Bangor Savings Bank

Sponsors

Ameriprise Financial Services
Atlantic Federal Credit Union
Avita of Brunswick & Sunnybrook
Bar Harbor Bank & Trust
Bath Savings Institution
Brackett Funeral Home
CHANS Home Health & Hospice
Coastal Landing Retirement Community
Coastal Orthopedics
Edward Jones, Brunswick
Goodwin Motor Group
JHR Development
Kennebec Savings Bank

Maine Event Design & Décor
Maine State Music Theatre
Mechanics Savings
Mid Coast Senior Health Center
Norway Savings Bank
Oh Snap Maine Photobooth
Primerica
Priority Real Estate Group
RE/MAX Riverside
Riley Insurance Agency
Rusty Lantern Market
Spectrum Generations
The Highlands
The McLellan
Thornton Oaks

What's the Scoop?

BRUNSWICK AREA TEEN CENTER SCOOP-A-THON

RESCHEDULED for Fall 2020!

Gelato Fiasco will donate a portion of sales all day.

It's not too late to join these generous sponsors for this great community event!

Edward Jones
Brunswick Police Benefit Association
Avita of Brunswick & Sunnybrook
Brunswick Rotary Club
Maine Pines Racquet & Fitness
Mechanics Savings
Rusty Lantern Market
Wildflower Bakery & Café

Androscoggin Animal Hospital • Atlantic FCU • Bluewater Design
Cornelia Viek, CPA • Fraser Ruwet Contracting • Jane Millett Realtor, Inc.
Mark Turcotte Plumbing • Moore Painting • Mossy Rock Landscaping
Pat's Pizza, Brunswick • Peter J. Flanagan Painting • Sitelines • Thornton Oaks

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!

AGING EXCELLENCE
SeniorsOnTheGo.com

Brunswick Area Teen Center

We're all in this together!

Well, where to start? The month of March started off a bit crazy with new flooring being installed in the Teen Center program space thanks to the town of Brunswick and Lowe's. Staff did lots of packing and moving around, and we closed for two days for the flooring to be installed. Lots more moving around and cleaning up afterward with the help of volunteers from Wayfair.

After seeing the kids for only two days the first week of March, we had a full week with them the second week, where they admired the new floor and worked on getting used to some of the changes we made in the kitchen and some video areas and gave suggestions on how to finish up our last not put together yet area. Then the virus took over and we haven't seen the kids since.

As we are all aware, schools closed, People Plus closed, including the Teen program, and staff is currently working

from home, all with a two-week time frame to start with pretty much knowing that an extension to that time is most likely.

The Gelato Fiasco Scoop-a-Thon has been postponed until the fall and Music in April until June 25. It is definitely an adjustment going from one of our busiest times of year to a dead halt. But, we haven't completely halted.

We are focused on communicating, especially with our members, young and old, because we miss them and know as we isolate ourselves more and more at home as we are supposed to be doing, it can get lonely and at times boring. Stacy, especially with her videos and Jill with her emails and the TC staff via the Teen Facebook site and all of us with the Peek and People Plus News, are trying to keep people informed, entertained and physically moving.

We invited the kids via Facebook to

send us pictures or write and let us know how and what they are doing, but so far, apparently, they aren't quite bored enough (it's only been three days as I am writing this). I can tell you they are busy online, posting all kinds of pretty funny posts, memes, pictures of new nose piercing, 14th birthday pictures and more. We have been posting lots of information for them on where and when to pick up food being distributed by the school system, some cool online sites to explore, news about free internet areas, etc., and positive messages.

As far as looking ahead to April, as we move forward, we have things we'd like to try. Being able to provide food to our youth members for the end of the day/evening as the school is providing breakfast and lunches, was one of our first thoughts. Our ability to do this, of course, is dependent on factors such as being able to obtain needed supplies,

Teen Center News

Jordan Cardone



how much more widespread the virus gets in the next week or so, etc.

If we are apart for too long, I could always set up over the phone "counseling" appointments for those who seem to be in my office every time they come in. Hmm, then I would have to get a new phone number once this all passes — and this will pass. We need to keep that in mind. I do believe that some good will occur as well as some bad during this outbreak. Just slowing our lives down a bit, spending more time with our kids/families, taking a new look at what is essential and not so essential in our lives can be a good reflective time for many.

I hope I remember those words if we are still working from home in a month.

In the midst of the changes and challenges this week, the mail was still delivered, and we received news that we were awarded a \$3,000 grant (to go toward the food program) from Androscoggin Bank's Maine Street Foundation. We also received a check from the Universal Unitarian Church (and also one from a church member) totaling \$1,068 from their February collection for "Charities with Soul". We thank both organizations for the support of our program and our community.

No one knows what April will bring our way, but we are all in this together. Hopefully, we'll see some flowers start to come out in April and some sunshine. Looks like we get a 90-day extension on our taxes too.

Be smart, be careful, be kind to each other and stay healthy!
Jordan and the Teen Center staff



THE CARPETING IN THE TEEN CENTER SPACE was recently replaced with this stylish vinyl plank flooring thanks to the town of Brunswick, Lowe's and the volunteers from Wayfair!

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



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

April 2020

FREE EVENT

Cohen
Community Center
22 Town Farm Road
Hallowell

SAVE THE DATE

12th Annual

Healthy Aging Expo

Friday, June 5, 2020
9:00 a.m. - 1:00 p.m.

A resource filled day for Baby Boomers, Active Agers, Retirees and Caregivers

Preventative approaches to a healthier life

Fun and relaxation tips for good mental health

For more information call Cindy at 207.626.7777 or email csullivan@spectrumgenerations.org.

Celebrating our Volunteers

Words are not enough to describe how grateful we are for the dedication, compassion, and generosity of the hundreds of individuals who have given of themselves to help fulfill the mission of Spectrum Generations.

If you're not currently a volunteer, we have many opportunities for you to get involved! Please contact Jessica, our volunteer coordinator, at 620-1684 or jbucklin@spectrumgenerations.org

Thank a volunteer during
National Volunteer Week, April 19-25, 2020

Take the census!

The 2020 Census counts everyone living in the United States and its five territories (Puerto Rico, American Samoa, the Commonwealth of the Northern Mariana Islands, Guam, and the U.S. Virgin Islands).

One person should respond for each home. That person must be at least 15 years old. They should live in the home or place of residence themselves and know general information about each person living there.

The 2020 Census will ask a few simple questions about you and everyone who is or will be living with you on April 1, 2020.

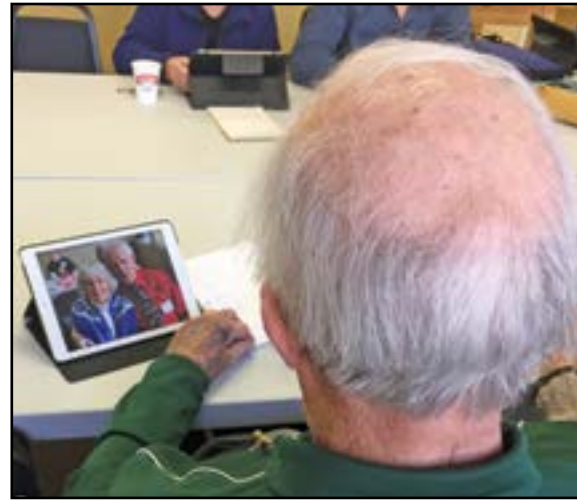
For the first time, you can choose to complete the census online, by phone, or by mail. Please note that if you are responding online, you must complete the census in one sitting, as you don't have the ability to save your progress.

If you do not receive an invitation to respond from the Census Bureau, you may respond online by visiting 2020census.gov or call [844-330-2020](tel:844-330-2020).

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



Apple Club helps solve mysteries of high-tech gadgets

Text/photos by Patrick Gabrion

Like it or not, electronic devices such as laptops, smartphones and every other "techy" thing you can think of are a big part of our world. While you can certainly choose to ignore this high-speed way of life, most people would agree that having at least a basic knowledge does make our lives a little easier.

It seems like every day more and more is done by way of social media; paying bills, ordering products, communicating with people, making and confirming appointments, checking on events, doing your banking, etc.

And this is where People Plus helps out. Led by the Center's Executive Director Stacy Frizzle, the Apple Club meets once every month for an interactive discussion to help members navigate the useful functions of today's ever-changing gadgets.

How do you send a photo to one person or a whole group? What does one find on Google? Can I find a place I have to go to using my phone? How does Skype work? Learning stuff like this and more in a relaxed atmosphere makes it fun and enjoyable for all the participants.

"While most of these high-tech devices are second nature to the younger generations, we find that older adults need a little more guidance," said Frizzle. "Once they get it and understand the process, our members grab on to this knowledge and go with it."

"We encourage anyone who wants help figuring out their laptop, or whatever it might be, or even if they just want to freshen up their skills, to come to Apple Club. We have a good time. Sometimes one person's question or comment leads to other topics, so we figure it out and learn together," continued Frizzle.

Some may believe it's hard to keep up, but don't be shy. The Apple Club is open to all members of People Plus.

Apple Club will be getting together online on April 9 at 3 pm!

Contact Stacy at director@peopleplusmaine.org or leave a message at 729-0757 for information about how to access the online group.



THE APPLE CLUB HELPS UNRAVEL MANY OF THE MYSTERIES when it comes to electronic gadgets. Here, People Plus Executive Director Stacy Frizzle explains how someone can send a particular photo to a whole group of people at the same time.



If I could do it all over again ...

Having a job is a necessity of life. Beyond the obvious — earning an income to provide for you and your family — it gives us a sense of purpose in this world. Maybe more importantly, working allows us to engage with other people; a relationship platform for learning life's lessons, both good and bad.

Hopefully, for most of us, we are and/or were able to participate in a job that was truly enjoyable and brought us much pleasure. After all, doing anything for 30, 40, or even 50 years is a very long time no matter how you slice it. But, unfortunately, not everyone lands their "dream" job, often because of circumstances out of their control.

All this reminds me of a question I remember coming across years ago. It went something like this: "If you could select any career in the whole world, and not have to worry about failing, what would you want to be?"

With a ready and willing audience here at People Plus, I decided to ask a few members that same question. This is what they had to say, with the first job title listed being what they actually did for work, followed by the career they would have liked to try, and then their thoughtful comments:

— Weather forecaster ... do the same job. "It was a fascinating occupation, but it could also be very frustrating at times. I would do it again,

though."

— Civil engineer ... archaeologist. "I just think it would be cool to look at all the pieces and figure out the puzzle. There is just a lot of things out there that I've always been curious as to how it came about."

— Hairdresser ... do the same job. "I wouldn't want to do anything else. I just loved every minute of it."

— Housewife and volunteer ... social worker. "I've also enjoyed seeking ways to help people work through things, let go of things. I just like helping people."

— Journalist ... spy. "Obviously, not the James Bond-type of spy. It would be the same kind of duties I performed while stationed (in the service) in Vietnam."

— High school teacher ... Major League Baseball umpire. "It would be fun and exciting. I would enjoy the travel and it pays well. I've just always been involved in sports. The only negative would be being away from your family."

— Administrative assistant ... a model. "I ended up doing what I did in life because it needed to be done. That's just the way it was and you go about (living) your life."

As for myself, I have no regrets about spending 44 years as a journalist in the newspaper business. Most days I was happy with what my duties entailed, especially when it came

to creating and designing pages. I truly loved that part of the job. Sure there were bits I didn't care for, like working nights and weekends for much of my career and I fought like heck not to get drawn into office politics. Luckily, I can only recall a small number of people that I really didn't enjoy working with over the years.

Long ago, my wife and I went to an astrologer here in Maine — for the life of me, I don't remember why — and the woman, after researching my background and how my "stars" were aligned, was astounded that I was a newspaperman. She proclaimed it didn't make any sense and wasn't the right fit for who I was. Oh well, I obviously kept doing what I was doing despite her protests.

If I could do it all over again, I probably would stick with the same profession, just like the weather forecaster and hairdresser mentioned above. The

Simply put

Patrick Gabrion



fact that the newspaper industry has changed so much over the last 10 or so years, I'm glad my job experiences took place when they did. The only other thing I might have considered, looking back now, would have been working as a conservation officer or game warden, because I really enjoy being outdoors.

As they say, what's done is done. I just hope that, like me, you were mostly fulfilled and happy with what you did for a job. Thanks for reading ...

People Plus in the Media



Viewed on Brunswick TV3, Harpswell TV14 & online any time at <http://vimeo.com/harpswelltv>



Radio 9 WCME

Here People Plus staff discuss the Center on WCME each Monday at 8:35am on AM 900 or radio9wcme.com

The Times Record

Check out the "Pulse Page" in the Times Record on the 4th Monday each month; and the "People Plus Pic of the Week" every Friday.

PEOPLE PLUS COMMUNITY BOARD

Handyman
207-303-8833
Age proofing

Items to sell? Services to offer or request? Advertise in these classifieds. Cost is only \$10 per inch, per month, paid in advance. Call 729-0757

Weekly Winners

Senior Bridge
February 22: John Rich, 3970
Lorraine LaRoche, 3070
February 28: Woody Townsend, 3470
Sherry Watson, 3330
March 6: Woody Townsend, 3390
Sherry Watson, 3290



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

Since its founding in 1954 by Brunswick High School Principal Mario Tonon, the Brunswick Area Student Aid Fund has been helping area students with funding their post-secondary education. Over 4,700 awards have been granted.

Help us make a difference in a student's life!

Visit 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



Future art show to feature Brunswick artist

(Editor's note: Because the Center is currently closed, the art show slated for April will likely be rescheduled. But we wanted to tell you about the artist who will be featured at some point. Thank you for your understanding in this matter.)

Catherine Worthington, who is a textile artist from Brunswick, will be presenting her wonderful creations in the People Plus Café Gallery.

Worthington, who has a degree in textile design from the University of Massachusetts in Dartmouth, is a full-time studio artist after recently retiring from her artist mentor position of more than 20 years at Spindleworks in Brunswick. Her studio practice consists of painting cloth and composing art quilts, as well as designing and creating textiles.

Worthington also teaches surface design classes and workshops in the Midcoast community and has been an artist in residence at the Brunswick elementary schools. Her art quilts are part of many private collections and have been exhibited throughout Maine, New England and Florida. Her work has found permanent residence in three hospitals in Maine, as well as a local church. She is a member of Designing Women, Maine Crafts Association, and Maine Fiber Arts.

"My recent art is about exploring and discovering, drawing from time spent sailing on the coast of Maine and visits up as far as Deer Isle and Acadia. Taking in Maine's natural beauty with my eyes and heart gives me inspiration to create," said Worthington. "As I explore the medium of textile painting, I am often discovering the balance between abstraction and representation. I love the colors, patterns and textures in the landscape and strive to capture its essence as I paint, creating a rich surface."

"My process of cutting, piecing and stitching adds abstraction, depth and dimension," explained Worthington. "My textile art quilts are interpretations of real places and I hope to capture the attention of the viewer by creating a feeling or familiar place to connect with."

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. If the Center is still closed we will reschedule.

Thank you to Jere Hoffert, a weaver from Harpswell, for his presentation in March.



CATHERINE WORTHINGTON IS A TEXTILE ARTIST who lives in Brunswick.

Next UUCB concert slated for May 9

Due to the coronavirus and the call for social distancing, the Concerts for a Cause featuring the Dirty Cello Duo slated for Saturday, April 4 has been canceled. The next scheduled performance at the Unitarian Universalist Church of Brunswick will be on Saturday, May 9 at 7:30 pm with the Don Campbell Band. The Concerts for a Cause series raises money for local charities.

Singer-songwriter and multi-instrumentalist Don Campbell and his group are described as an adult contemporary/country crossover and American rock ensemble. They play a mix of Don's original songs, as well as family-friendly cover songs. The writing in genres also includes Celtic and bluegrass.

Don has released 12 CDs. When "Kites To Fly: Celebrating the Music of Dan Fogelberg" was released, he began presenting live performances of this music, as well as his other regular Don Campbell Music Shows.

Don was named Maine's Best Singer-Songwriter in the Maine Sunday Telegram's Annual Readers Poll for six consecutive years, and was also named Male Artist of the Year for the Just Plain Folks Independent Music Awards.

Tickets are \$20 in advance, \$23 at the door, students/children \$10. Available at the church office, Gulf of Maine Books, or online at campbell.brownpapertickets.com.

Two-thirds of the proceeds from this concert will benefit Tedford Housing and Oasis Free Clinics.

Come Home to Friends! No More Shoveling!



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...

 **COASTAL LANDING**
Retirement Community

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

439 Lewiston Road,
Topsham
207-725-4400



374 US Route One,
Yarmouth
207-846-3300

Skilled, one-on-one therapy that's effective!

Reform-PT.com

Locally owned and operated since 2006

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

Stetson's
Funeral Home

12 Federal St. Brunswick, Maine 04011
www.stetsonsfuneralhome.com
207.725.4341
apurinton@gwi.net

Anthony B. Purinton • Funeral Director