

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

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www.peopleplusmaine.org

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



N becomes delivery service

Program expands to help home-bound seniors

The Volunteer Transportation Network has always been an important program offered through People Plus, providing free rides for medical appointments and more for adult residents of Brunswick, Harpswell, and Topsham. But the value of this vital service has greatly increased over the past few weeks.

As Mainers do their bit to help stem the spread of the coronavirus, mostly by staying home and limiting visits to businesses that remain open, more and more people are turning to VTN to address their immediate needs. It has gone from taking riders to grocery and drug stores to now picking up food items, supplies, and even prescriptions and delivering them to our homebound seniors.

"The VTN has become so valuable during this time," said VTN Coordinator Lynne Smith. "Our drivers have been amazing and have been delivering food and supplies so that our seniors do not have to leave their homes'

There are now 70 people utilizing this service and

more than 30 volunteer drivers willing to help. The process involves contacting People Plus by phone or email and filling out a short one-page application to be registered into the program. Participants and drivers are then matched.

Under the current system, those seeking assistance leave a list of what they need, along with payment, on their front door/porch. The driver will then pick it up, with no contact involved, do the shopping and then return the supplies to the front porch with a receipt and

'Without this service and our committed volunteers, our at-risk seniors would have to go out on their own or go without necessities," continued Smith.

"Many thanks to our drivers, who have answered the call and are doing an outstanding service," said People Plus Executive Director Stacy Frizzle-Edgerton. "It is another way for all of us to stay connected, and help those who need it the most."

If you need help with the VTN program, please contact Lynne Smith either by calling and leaving a message at People Plus (207-729-0757), via email at driver@peopleplusmaine.org or visit our website at www.peopleplusmaine.org.

Congratulations to Stacy and Jonathan

living in at the moment, but it didn't stop one recent happy occasion. Stacy and Jonathan literally tied the

Deciding not to wait any longer, People Plus Executive Director Stacy Frizzle and her partner, Jonathan Edgerton, who had intended on getting married on July 18, 2020, officially became husband and wife on April 19, 2020, during a small ceremony at their home, Mossy Ledge Farm in Bowdoin.

Jonathan made Stacy's crown of flowers, while his sister, Louisa, performed the ceremony, and Stacy's brother, Don, read a passage from "The Prophet." Stacy's two daughters sang a song, while family members looked on via Zoom at the Sunday event. Everything was done with social distancing in mind.

And what about the knot? Because the joyous occasion was lacking

Yes, these are unusual times we are wedding rings, the couple formed breaking the bond ... of marriage. their union by using a rope, tying a fisherman's knot at each end and drawing them together without



In explaining the move-up date, Stacy said, "We were afraid one of us might get sick and we have no legal rights if something happened. It also looks like our wedding planned for July is probably not going to happen, so we figured why wait?"

She continued, "So without wedding rings or wedding guests, we tied the knot in a very small and simple marriage ceremony at our farm. (After the ceremony) we popped champagne from the region in France where we got engaged. Because we didn't have wedding rings, we undertook the traditional ceremony of tying a fisherman's knot demonstrating that we are now bound together for all eternity."

So congratulations to the newlyweds, Jonathan and Stacy. They still hope to hold some type of celebration in the future so everyone can share in their happiness.



People Plus stays 'connected'

Online videos, emails keep members informed

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

One simple sentence, set off by italics because of its importance. It is our mission statement, and at no other time during the Center's history has our purpose for existing been put under the test as much as it is being now. These are truly unprecedented times.

With Mainers urged to stay at home and limit their engagement with any essential services, it has become a paramount issue for People Plus and its staff to remain connected to our all-important members. Despite the fact that our Union Street facility is currently closed to all activities and programs, we are doing our best to stay engaged, while at the same time keeping everyone healthy and independent — just as our mission statement puts forth.

And this is being accomplished in several ways. Because of physical distancing and all that entails, online content and emails have become our link to all of you. Along with the constant revising of our Facebook page and website, Executive Director Stacy Frizzle-Edgerton and Programming Coordinator Jill Ellis have become a bit of a production unit as they present the latest happenings in the greater Brunswick area by way of the Center's Community Update videos that are shown every weekday. This visual messaging has turned out to be especially important to keeping our members informed.

Also, in order to help members stay active, most of the Center's exercise classes are being offered on video, along with some club activities. Other key components for remaining connected involve our Volunteer Transportation Network, which has become a delivery service for our

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'Touch Points'

* Video viewing, emails Links to the Center's videos will be posted daily, Monday-Friday, on our website (peopleplusmaine.org) and Facebook pages, showing the programs on our Vimeo and YouTube channels, and will run daily on local cable channels TV3 Brunswick and Harpswell TV14 as the schedule permits. And we will send a daily email as well.

* Face masks

Do you need a face mask? Volunteers are making face masks and donating them to People Plus for our members. We've been able to get masks to our members, volunteer drivers, senior housing units, and community members. Contact the People Plus Center by calling 729-0757 and leave a message.

* Friendly call

In our new "Friendly Phone Call" program, People Plus staff and volunteers are calling local seniors on a regular basis to have a chat. If you would like to participate, please contact Office Coordinator Sarah Deck by way of email at reception@ peopleplusmaine.org or leave a message by calling People Plus at 729-0757.

* Delivery service

The People Plus Volunteer Transportation Network, which has always provided free rides for medical appointments and more, is now picking up food items, supplies, and even prescriptions and delivering them to our home-bound seniors. If you need help with the VTN program, please contact Lynne Smith either by calling and leaving a message at People Plus (729-0757), via email at driver@ peopleplusmaine.org or visit our website at peopleplusmaine.org.

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

news@peopleplusmaine.org

Questions, comments and written contributions should be sent by the 15th of the month to:

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

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It's deja vu all over again!

Well we've reached the end of another month of Covid 19 quarantine. It is an unreal sort of time in which we are living. Feels a bit like the movie Groundhog Day, since every day is just like the last. Another day and it's the same face in the mirror, the same breakfast, same lunch and same dinner. Who knew life could be so boring without being able to go to the People Plus Center?

Even our staff, who probably would've thought having a long break would be awesome, are super ready to get back to full-time work — with ALL OF YOU!

We have all been working from home for the most part, (except the Teen Center which is closed), coordinating lots of services to keep you all safe at home, including grocery shopping/deliveries, medication and pharmaceutical deliveries, mask pick-up and deliveries, friendly phone calls, and transportation to medical appointments.

We've also been recording, editing and uploading daily videos, including my Community Update, exercise, public interest, nature and lecture series and more. It doesn't really sound like we've all been on vacation does it? Honestly, we've been thrilled to be able to continue to serve our senior community, but it's just not the same as being all together.

So when ARE we going to be able to get back together? Well, it looks like based on what Gov. Janet Mills said during her press conference on April 28, that we will be able to slowly re-open components of the Center beginning in early June. Our exercise classes will be the first area in which we can re-engage. (Assuming nothing changes between now and then at least!)

And rest assured we will do everything in our power to create a clean and sterilized environment. We have been working to freshen up and renovate the Center in your absence. The walls have been painted, the floors will be buffed, the bathrooms and common spaces have been

While touching base with all of you is

the key part of all the decisions made

by the People Plus staff, steps are also

being taken to remain fiscally responsible

during these tough times. Yes, it is criti-

cally important to be here now, but having

programs and activities to come back to

when this is all over is just as significant.

As you are well aware of, People Plus'

signature fundraiser Music in April, which

has been delayed, along with the Gelato

the Brunswick Area Teen Center. These

are two vital elements when it comes to

securing money in order to offer the vast School letters.

is always very successful and rewarding,

Fiasco Scoop-a-Thon, which benefits

sterilized and the old girl is spic and span. Just waiting for all of her best friends to come fill her up again.

In the meantime, I hope that our videos are a small point of light and entertainment for all of you. If you have ideas for anything else you'd like to see, please let us know. Our job is to serve you and keep you safe while you're home. To help you get through these times of isolation, depression, and loneliness. We will even call you every day and chat on the phone if that's what you would like, so feel free to reach out and let us know!

We have had nearly 5,500 views of the videos that we've got on Vimeo.com. And I invite you to check out all of them! I think Frank has nearly 100 views just on one video! So if you aren't tuning in for those yet, there's no reason to wait. It is open to the public on Vimeo.com. Just look for the People Plus channel and it'll take you straight there. There's lots to keep you busy, healthy and engaged.

It also looks like our fundraisers, Music in April, Gelato Fiasco and the Senior



THANKS TO BOARD MEMBER TIM KEENE for his help with Payroll Protection

Center needs your support!

sponsors for sticking with us during these

That said, if what we do is important to

you, please consider any financial support

you might want to give to People Plus.

Our Annual appeal is continuing and runs

According to Office Manager Betsy

White, as of April 24, the funding total

to \$46,728, with an additional amount of

On the same date, the Teen Center cam-

paign total was \$30,792, which includes

donations received from the Back to

number of programs and services we do For the last several weeks, People or right online at peopleplusmaine.org.

at the Center. Above all, we want to give Plus has been working hard to reduce Thank you in advance for your continued

\$2,988 in membership donations.

through June.

a big "thank you" to all the supporters and overhead, with staff primarily working support.

From the **Executive Director**

Stacy Frizzle–Edgerton

Expo are being pushed into late summer or early fall — if we can have them at all. That is a bitter pill to swallow — three times! And we may have to do an online auction or see if our auction items like golf course passes and beach houses can be pushed into 2021. We will keep you apprised, but in the short-term, please know that we are being as fiscally responsible as possible. I applied for and was awarded a small PPP, or Payroll Protection loan, for the organization. It will help us cover the costs for May and June — but after that it is anyone's guess as to what will happen with funding ... 2020-21 is going to be a tight budget year for the Center. That's for sure!

OK, so before I finish up I should thank all of you for the congratulations on my wedding to Jonathan Edgerton. Because we did it during this time of quarantine, our family had to watch via Zoom. So in many ways it felt more like a small wartime ceremony than what you think of as an average wedding in today's society. Without a wedding dress, bridesmaids, or wedding rings, we simply tied the knot. It was small and sweet and simple and I'm so pleased to be able to share it with all of you

So that's it for the month at People Plus. It feels very much like the month before and probably the same as next month too. But as we all continue to stay home for the month of May, this virus will hopefully die back and we can find ourselves together again at People Plus, the Center that Builds Community in June!

We miss you all so much and cannot wait to see you!

from home, still serving seniors who are

staying in their homes and receiving food

delivery services, videos, emails and/

or phone calls. In an effort to conserve

spending, the Teen Center program has

been completely closed during this period.

We understand it's a very difficult time

Regardless, we are hopeful that if

people have the means, they will help us

get through our period of shortage as we

work to keep them safe in their homes.

Donations can be made through the mail

to ask people for money, with the stock

market not doing great, and people feeling

this current economic structure.

collected so far for People Plus amounts a lack of employment and/or security in

Gone but not forgotten

Memorial Donation in Memory of

Dorothy Weeks

March 1, 1927 – March 5, 2020

James Arthur Burbank II

July 21, 1927 – April 2, 2020

Ruth Foehring

May 26, 1933 – April 6, 2020

William (Whizzer) Wheeler

October 24, 1938 – April 7, 2020

Write on Writers

People Plus News

Dear Maine:

May 2020

Happy 200th birthday on March 15, 2020. What a beautiful state you are! I moved to Brunswick from Peoria, Illinois, for an RN position in Parkview's ICU. I looked for Parkview Hospital and thought

Bowdoin College was the hospital. I found Parkview further down the street. Nurses are interested in people, that's why I chose Henry to write about.

He was the only Mainer I had heard of. But I never knew he was from Maine until I moved here. I had read his poem in Irving Grade School — "The Courtship of Miles Standish."

December 2015. I was impressed by Henry's age 13 in the Portland Gazette. handling of two wives dying.

Cambridge, Massachusetts, in 1882.

in 1829. She died after a miscarriage while the year she died. they were on a boat trip to Europe in 1835. sion. He met Fanny Appleton in the Swiss poems he wrote. Alps in 1836. He spent seven years talking "In the long, sleepless watches of the night,

My husband, Christian Derbyshire, marriage to Fanny, he did much of his best It reminded me of how hard it is to deal with

Henry was born in Portland, Maine, on was wearing caught fire somehow. No one is changing scenes College in 1825. He died at age 75 in help her put the fire out, he burnt his hands died.' and face. After that he always wore a beard He married his first wife, Mary Potter, to cover his burn scars. The Civil War started

Following her death, he had suicidal depres- his grief over Fanny's death. It's one of the last

her into marrying him in 1843. After his A gentle face — the face of one long dead."

who worked at Bowdoin College, died in writing. He had his first article published at a mate's death. Those were the first two lines. The poem's last two lines are:

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Fanny died on July 10, 1861. The dress she "These eighteen years, through all the

Feb. 23, 1807, and graduated from Bowdoin sure how it caught fire. When Henry tried to And seasons, changeless since the day she Henry Wadsworth Longfellow, thanks for

your beautiful poem, showing me it is possible to survive the loss of a mate. His poem, "The Cross of Snow," was about Congratulations, Maine. You've come a

long way baby!

Sincerely, Lucy Derbyshire

P.S. Most of this information was found at www.hwlongfellow.org/life

Nasty Little Bug! By Doris Weinberg

We're locked in! I guess I expected it. Everyone's in the same boat. That's all I am hearing on the TV news. I should click off my remote! The problem started months ago, but I didn't pay much attention. The news came out of China and it was a new virus they mentioned.

In just a short time, many were infected, and part of China was in quarantine. It soon became obvious, that the world would have to intervene. And now it's almost spring and there's an epidemic around the world. No one was prepared for it spreading so fast. Through the air it must have swirled.

Thousands of new cases appear every day and each country late to prepare. Even our own nation, as big as it is, is facing a terrible scare. So, the word went out and we must follow the rules, to keep this virus at bay. No travel allowed, just stay at home to keep the illness away.

At the Landing, where I live, the front door is now locked and very few let in. No family or friends, just emergency staff, much to the tenants' chagrin! But we are so lucky to just be here with a large building to move around. We're not stuck in just one room, where our TV is the only sound!

Our meals are on time and activities go on. We're taken care of in the best possible way. It doesn't matter that the front door is locked. There's always bingo to play.

The hospitals are full, and the stores are empty. More cancellations come in each day. Who's next to fall ill, no one knows. But staying in keeps you out of harm's way.

This has become an international emergency. The world has survived them before. Maybe it's a message from the Man above. And we should heed it and not ignore.

without any anticipation or prep. Usually spring cleaning begins and recipes dug out. That's the very first step.

And it all feels very strange. Due to a worldwide infection, there's nothing we can arrange.

and cannot meet up with friends. Not even close family can we invite until enough people are on the mend.

This year I ate dinner alone. I did make up a Seder plate with eggs and greens, but missed the usual lamb bone.

It's no fun to drink wine by yourself. I'm supposed to consume four cups. I managed to drink just one and the rest I just passed up.

and the rich broth I would save and freeze. And then for Passover, to make the soup last minute, I found it just a breeze.

Carrots and celery and some onion too would be added for extra flavor. But the best part of all was the matzo balls. Wow! The aroma I could savor!

But this year nothing is normal and I can't go out from this place. I haven't the means to make the soup, No pot, no chicken — it's a disgrace!

My craving's so strong, my mouth is watering. I really don't mind being alone on this holiday. I just have to have this soup is all!

As I look at the Seder plate and dream of the soup, I can make a promise at least. I won't ever let this happen again Next year I'll prepare early for this feast!

Nurse Lucy By Lucy Holm Derbyshire

I was 15 when I chose my career — nursing. I had never been allowed to associate with parents grew up homeless and were overly protective. I was the oldest. Barb's 71, Esther's 70 and John's 66. So when I went into nursing it was very scary for me.

I worked my way through Olivet Nazarene for 55 years, but it took me from 1965 to 1975 to get my B.S. in nursing.

had many happy memories in nursing. The first memory is how early I always arrived at work. University of Illinois Research Hospital's 3 North head nurse, Miss Ness, told me I could only come 15 minutes early. I had come a halfhour early regularly before that.

In Memory

I nursed ten years in Chicago, ten years in Houston, and then years in my hometown of strangers or anyone in my neighborhood. My Peoria, Illinois. The past 15 years, living in Maine, I've been an RN at many nursing homes as well as a nurse's aide. To me, there's no difference between being an RN or nurse's aide. I love both areas equally.

The second happy memory that stands out to College as a nurse's aide. Now, I've been a nurse me is about Mainers. They are the most family-oriented and neighbor-oriented people. After working in Illinois, Texas, and Maine, Looking back over these past 55 years, I have I've seen 50 percent of Mainers visit relatives or neighbors. Illinois averaged about 30 percent and Texas had 10 percent visit nursing homes. Maine shows seniors respect the best. Nursing was and will always be a gift God

gave to me and a gift I want to give back to him.

Numbers Rule By Betty Bavor

Have you ever imagined what life would be like without numbers? From the minute we are born, numbers begin to rule our lives. Date, time of birth, weight and body length are immediately recorded, plus a lifetime Social Security number is issued for our identity. You are recognized as a number within the family — first, second child, etc., and do you have 10 fingers and toes? What are your vital signs, all numbers! Time moves on numerically I might say, by way of a clock and calendar.

Numbers have become a way of life; communication — telephone, cellphone, fax and pagers, passwords, pin numbers, area and zip codes; identification — Social Security number, driver's license, passport, employee ID; automobile — vehicle identification number, license plate number, engine facts, horsepower, cylinders and auto capacity; daily living — financial accounts, credit/debit cards, mortgage, residential rent, utility charges, food prices, home maintenance, and entertainment. If the above numbers are not enough, once a year the government lets us know "numbers rule" by way of the Internal Revenue Service. April 15 is the final day to file an income tax report — a year of numbers! Maybe you have additions to this list.

I did a "number fun" today to see if and how I take numbers for granted. When I woke up, I checked the clock, outdoor temperature, adjusted the TV channel, put a bowl of oatmeal in the microwave and pushed the timer. I checked my computer and many numbers came up on the screen, then off to Aerobics Light class. I wrote a check for a new exercise punch card. Our leader constantly counted as we strengthened our bodies from head to toe. I made a quick stop at Walgreens and not only

sale prices were staggering in every aisle. Not finished yet. Upon arrival home, the phone light was flashing the number 3. I looked at the clock and in three hours I needed to be ready for square dancing and, yes, there are many numbers for steps and matching beats of music. We were informed of future square dance events — mark your calendar. I was tired when I arrived home. I wanted to be free of numbers. I brushed my teeth, washed my face and jumped into bed on this 28th day of January. Had numbers ruled my day?

We were asked our favorite odd or even number. This day is an even number in an even 2020 year. Even numbers are my favorite. I like the sound of even as opposed to odd, which leaves me with a negative feeling. Many of my life's special events happened in even years on even days — graduations, wedding, births and celebrations. I do not have a favorite number. With all the numbers necessary in our lives today, I hope I will be able to remember

I Have a Craving By Doris Weinberg Passover arrived this year

This year there's no real holiday

We are confined in our house 24-7

Passover arrived and no Seder was had

But the best part of the meal I wasn't able to make. What's Passover without matzo ball soup? You must have it, for goodness sake

I usually boil up a chicken well in advance,

All for one matzo ball.



Ruth **Foehring** The Pros

Two young girls went out to play They looked so perfect in every way!

Tennis was their goal that day What are the rules one did say? The other looked at her in dismay! They truly did look like pros. Everyone they met that day said so!

Days earlier two boys they had spied, Let's go meet them they had cried! Those boys playing on that court Influenced their need to learn that sport!

Dressed in white they looked so neat

This would only cause early defeat

Notice loafers on their feet,

Racquets slung on their shoulders, Sure helped to make them a lot bolder. Clothes and racquets were only fixtures, But, who do you think took those pictures?

May in the Time of Corona By Charlotte Hart

There was Love in the Time of Cholera ... everlasting, powerful, lifelong There will be May in the time of corona ... defiant, beautiful, strong. Forsythia will burst in splendor after crocus greets sweet days of spring. Daffodils will stand tall beside the stonewall. Sunrise! Sunset! More long days they will bring.

Then the lilacs! Oh, the lilacs! Soft purple! May's sweetest bouquet. By the dooryard. By the walkway. In a white vase. I do so wish you could stay! Iris. Daffodils. Tulips. Amaryllis stands in her glory. May in the time of corona? This is not the end of the story.

April Fool's Day By Elizabeth B. Bates

The winter was cold and snowy, but we kept thinking of spring. We were gathering packets of seeds while studying free pamphlets showing sales where we could buy plants already growing and then bring them home to wait until it got warm enough to plant them! So why did we forget April 1st was Fool's Day? The sky was still gray and cold! The yard was full of old weeds and still frozen with patches of ice ... it was not very nice! We always forget that this happens. Spring always fools us. We have to grab rakes and shovels and buckets of fertilizer and start digging into that mess, and I confess it makes me somewhat ugly.

"Watcha need? Just ask..." WE'LLTACKLE YOUR TO-DO LIST! MARYELLEN ROSENBERG - OWNER ATTICS BASEMENTS DECKS FENCES GARAGES GARDENS OFFICES YARDS ETC. CALLOR EMAIL FOR ESTIMATES OR SCHEDULING-CLEAN · CLEAR · OUT · FILE · DUMPRUNS · LABEL · MOW · MULCH · PAINT · RAKE · SPLIT / STACK WOOD · TRIM · WEED etc. CDC4U@ COMCAST. NET RUN ERRANDS FOR YOU OR WITH YOU! *Fully Insured *Bonded *LLC www.chicksdochores.com

May is Moving Forward with People Plus!



CAN'T MISS A MEETING! The board of People Plus all dialed in remotely using Zoom to conduct the monthly board meeting. Their leadership and guidance has continued to support Executive Director Stacy Frizzle-Edgerton and her staff through this difficult transitional time.

Apple Club will be getting together online on May 14 at 2 pm!

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

Healthy Living offers free programs

In response to the coronavirus pandemic and — Better Health Now. May 8-June 12, the need for social distancing, Healthy Living Fridays at 10 am or May 11-June 22, for ME, a division of Spectrum Generations, Mondays at 4 pm. You will learn tools to pleted from the comfort of your home.

They include: can help quiet the mind with slow methodical the mail prior to starting the workshop.

movements that have been proven to improve balance and lessen the pain associated with arthritis.

is offering two free programs that can be commanage your ongoing conditions, such as communication skills, working with healthcare professionals, action planning, decision — Virtual Tai Chi For Health & Balance. making, healthy eating, and problem-solving. May 4-June 29, Mondays and Wednesdays This program meets weekly and can be held at 10 am. You can now take our popular Tai telephonically or through Zoom. Participants Chi program virtually. This 16-session class will receive the Better Health Now toolkit in

> If you are interested, send an email to info@healthylivingforme.org or call 1-800-620-6036.



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With our small boutique community we live more like a large tight family. Looking out for each other, social distancing but still smiling together, exercising, sharing meals with six foot hellos and elbow high fives! Our SAFETY is in OUR SIZE. Our PURPOSE is in EACH OTHER. We would LOVE to share with you how "Living better is living safer!"

207-725-6200 | info@themclellan.com

Themclellan.com | 26 Cumberland St. Brunswick, ME

People Plus stays 'connected' continued from p. 1

Plus newspaper, and our Pulse Page in The Times Record. Another important aspect to all this is giving people, many of whom are on their own, the opportunity to express how they are feeling — through submitted writings and photos — as they experience this

People Plus also has partnered with community members and now offers dozens of videos featuring guest hosts and exercise instructors. With topics designed to entertain and engage members at home, the videos include nature, book readings, beekeeping, birdwatching, gardening, building a sauna, cold water plunging, healthy nutrition tips, cooking shows, and more.

In addition to all of these great videos, the historical library of all People Plus lectures and presentations is available on the People Plus Vimeo page and YouTube free of charge. There are presentations by Sen. Angus King; Captain Kirk of the Zumwalt; Clayton Rose, the president of Bowdoin College, and more.

Over the last four weeks, there have been more than 5,500 views of our videos on our Vimeo and YouTube channels! Local cable stations Brunswick TV3 and Harpswell TV14 are airing the exercise videos, along with other taped presentations from past events at the Center. More than 40,000 households have been able to watch them on

Combatting isolation by maintaining social connections is vital during this time. People Plus is pleased to have some of our regular clubs move online so members can stay

home-bound seniors; the monthly People connected. The Wednesday Outing Club, Spanish Club, Fiber Arts Club, and Apple Club, as well as board and committee meetings have started meeting via Zoom! More clubs are looking into this option as well.

> In our new "Friendly Phone Call" program, People Plus staff and volunteers are calling local seniors on a regular basis to have a chat. Office Coordinator Sarah Deck called more than 400 people to check in on them and see if they would like a daily phone call. This list has gleaned about 60 participants and we could not be happier than pairing up our volunteers with people who are sitting at home alone and welcome nothing more than a friendly call.

Do you need a face mask? Volunteers are making face masks and donating them to People Plus for our members. We've been able to get masks to our members, volunteer drivers, senior housing units and community members. Contact the Center if you need a mask and we can arrange for you to get one.

By the way, we haven't been entirely idle as far as at the Center itself goes. When we all come back, you will notice some fresh paint on several of the facility's rooms, along with the completion of a paving project in the parking lot.

As previously stated, these are indeed tough times. But the most important thing is for everyone to stay safe, happy, and healthy. We truly are looking forward to welcoming you all back to People Plus, with open arms and hugs all-around. Please call the Center at 729-0757 if you need any of these services and visit us online at www.peopleplusmaine.org.

Do you get our daily community update emails & Friday "Peek at the week?"

It's the quickest way to get updated news about the Center! The weekly email also includes a 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 let Sarah know at the front desk and she can add your email to the file!



, tetson's

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People Plus News



THE PEOPLE PLUS PARKING LOT at 35 Union St. was last constructed nearly 20 years ago and was beginning to show signs of deterioration, including settlement causing puddling during rain events and icing in the winter months. According to Ryan Barnes, Town Engineer of Brunswick, the current project includes the replacement of the existing paved surface, installation of a closed-drainage system, and a new raised sidewalk adjacent to the building. Also, the existing pavement between the trees along the edge of the parking lot is being removed and replaced with loam and seed to help protect the trees in the future.

Books A La Carte

While people now have more time to read, some may have read all the books available at home. An old saying is that if a book is worth reading once, it is worth reading again. Try rereading some old favorites. You will probably discover things you missed the first time The Lowland by Jhumpa Lahiri. A family

Here are some interesting novels: **Someone** by Alice McDermott. A

well-written story of an ordinary but unforgettable woman set in Brooklyn in an Irish-American enclave, beginning just

Comments: news@peopleplusmaine.org

before the Depression of the 1930s.

By Invitation Only by Dorothea Benton Frank. A light-hearted story set in the low country of South Carolina and Chicago. It follows the life of the heroine in the two different worlds.

saga set in India and America in the 1960s.

Maine Public Television has been airing a series on the Roosevelts. Teddy Roosevelt was a very interesting, fascinating person. To find out more about him, try the follow-

Mornings on Horseback by David McCullough.

The Rise of Theodore Roosevelt

Theodore Rex by Edmund Morris. Note: Theodore Roosevelt's first wife and his mother both died on the same day. How do you survive that and prosper? Read and find out

Common Good awards grant to Teen Center

Some very good news has arrived at our Union Street facility. Brunswick Area Teen Center Coordinator Jordan Cardone has received word that the Center has been named a recipient of \$2,840 in funding through Bowdoin College's Common Good Grant program

In its notification letter, Common Good officials stated that it received 42 proposals with requests totaling more than \$100,000 in funding this year. Its student committee was impressed with the Teen Center's proposal and "felt that it outlined a clear need that you were prepared to address.'

"This is fantastic news," said Cardone. "We are so grateful to Common Good for its generous funding award.

A celebration recognizing the Teen Center and the other recipients of the 2020 Common Good Grants was conducted with an online awards ceremony on April 28. When social distancing restrictions are removed, an in-person ceremony will be held at a later date.

Two People Plus board members welcomed the good news. "Congratulations, Jordan. It's very nice to hear some very good news given the times we find ourselves in. Thanks for the job that you and the staff do for the teens. It is very important work and you all make the lives of the teens you serve that much better," said Thomas

Farrell, who is also Director of the Brunswick Parks and Recreation Department.

And David Forkey said. "Awesome. Congratulations on the award, and for the recognition of the impact (the Teen Center) has on the young folks in the community."









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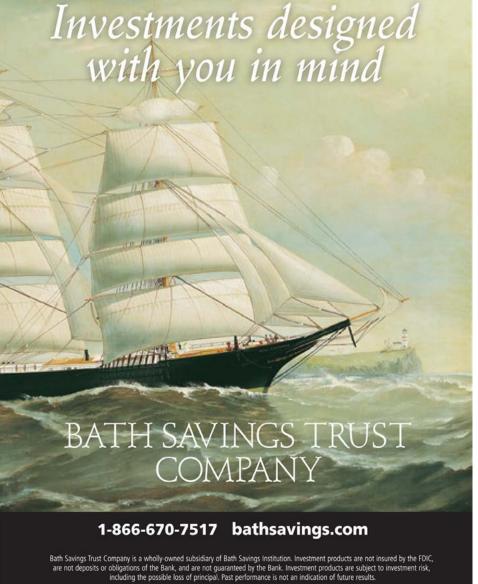


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Confinement

I open one eye and look at the clock, It's already a few minutes past nine. This is usually when I am getting up, but things have changed since we've been confined.

I don't hear any sound out in the hall and it's not my day for the housekeeper. Do I really have to get up right now? l could stay put and be a late sleeper.

A terrible virus is going around and normalcy has come to an end. It's happened before, history says, but it's hard for us to comprehend. Each generation has faced such terror

and almost been wiped out. But enough have survived to study and learn how to end this horror no doubt.

So, it's happened again and we're all doing our

to keep this virus contained. lt means we must stay put and follow some rules, All this has been expĺained.

My yoga has been canceled and the Y is closed, This has been going on for several weeks. At first it was fun not to be on the go, but now boredom has set in as I speak.

Slowing down from my usual routine at first felt good and I enjoyed the change. But the past few days, I haven't felt right A jittery feeling that somehow is strange.

I seem very unsettled, can't sit still and my concentration is totally gone. And I know I didn't feel this way when it started early on.

As the weeks have passed, I have no more ideas of just how to keep myself busy. l lie on the couch much too long and know when I get up, I'll be dizzy.

April has just started and it will soon be May, Will this isolation go on that long? The news keeps saying, "there's no end in sight. We all have to keep being strong."

At least I live in a lovely place where others are quarantined too. All activities are canceled, but we do meet for

Thank goodness that we can still do! So twice a day the dining room is full f seniors chattering away. We linger over our coffee and cake. before heading back to our rooms to stay.

and life will return as before. And maybe we'll be thankful we survived And appreciate life all the more. Doris Weinberg

Poor America

I wonder if the rest of the world laughs at the United States for our toilet paper panic, while their main concerns are about shelters, hospital care, meds, food and water. Admit it ... we are spoiled! So, appreciate what we have. Pray for those who have not. Bonnie Wheeler

Twenty Twenty Crisis

Coronavirus We are in crisis Homebound for months When will the end come? Stores without supplies Distancing is the rule Even if it feels cruel Reaching out to one another Until we all recover Helping those in need Is the answer indeed Our strength will thrive Together we will survive! Gladys Szabo



May Flowers

This is the month I always look forward to, when forsythia and lilacs and daffodils finally arrive here in Maine. But a horrible plague instead this year has destroyed my dreams. I am scared of what is coming to us all.

Now things are growing worse. We are sliding down a slippery slope. Our governor has made new rules; no more gathering together at all. Our president has finally promised to help us more.

What will keep us indoors? Reading books is what I love to do, but I am finishing my last library book. I must buy some, but how much will that cost me? I have to look for something cheap, and something I would really like.

I have an indoor cat that loves to et into my lan and nurr. He is my company. I will be alright. We will



CORONA CHRONICLES

Member submissions during self quarantine



The return of civility

During a disaster such as the world is now undergoing, the worst and the best of people come forth.

People are crueler, as in hoarding and scalping needed items; they are kinder, as in reaching out to one another. And they become more creative in ways to be compassionate.

There have been ideas put forth to electronically celebrate birthdays, weddings and other special events. They have come up with ways to provide assistance to the elderly and shut-ins without face-to-face contact, and many people have used the phone to connect with one another in ways seldom seen before.

Instead of eating out, friends are emailing recipes to one another and having virtual dinners together. We are more interested in one another, and less worried about previous activities that have kept us too busy to listen and interact.

I think civility has found its way back into our lives.

- Sally Hartikka

I've eaten 14 meals and taken 6 naps and it's still today. are you kidding me

May's Weekly Celebrations

The weekly celebrations for the month of May are well worth taking the time to ponder.

The first full week of May is called National Nurses Week. This month there is in my heart a special appreciation and big thank you for all the nurses that have been stretched and giving of themselves far beyond their means to patients who have contracted the coronavirus.

My new celebration for the second week of May is National Doctors Week. Doctors treat and care for patients with the mysteries of the coronavirus.

The third week of May celebrates National Police Week. Gov. Janet Mills has issued a statewide "stayat-home" order for the protection of our citizens. The police are out there enforcing the order to prevent the spread of the coronavirus, putting themselves in the direct path of the virus.

The fourth week of May celebrates Emergency Medical Services Week. These men and women are the backbone of our society and laying groundwork, putting their own lives on the line to save even one person. Our doctors, EMS, police, and nurses are appreciated and commended for their duties as trained individuals for service in curbing the spreading of the coronavirus.

- Nonie Moody



You have shelter, you have food, you have water, you are not sick, you have people who care. Help is a phone call away. Stop with the panic of no toilet paper. There are other ways to wipe your butt. Make do and grow up ... — Bonnie Wheeler



Strange times

It is a strange time to be living in today when the COVID-19 is stealing lives and shutting down the world. Our freedom is at a standstill. The world leaders are desperate to find a cure. Americans are blessed that our president loves this country and is working hard to make everything better. Today, I see better behavior and I hear people asking to help each other with kindness. There are more important issues than politics and hate. It's sad to see what it takes for us to come together. I would love to give you hugs, but we will all need to stay apart. I can blow you a kiss from afar and pray for us to have a better tomorrow.

Bonnie Wheeler

How I Spent my Quarantine

How many days has it already been? I can't even remember that! Life has changed so drastically, I wonder what "normal" will be like if it ever returns. Where I live, all activities have been canceled while this worldwide menace is dealt with. And we are thankful that no one

Although I have never been used to "sitting still," that is how I find myself spending these lonely days. I doze on the couch and then on the chair and may even end up in bed. If the phone should ring it startles me, but it's so good to hear a voice. I often used to talk to myself, but now would you believe that I am answering back?

I am sure we all remember when we thought staying home would be a great opportunity for accomplishing something. But now that we have the chance, I can't even list anything that I've done! I do realize that sometimes you have to put yourself aside and follow the rules as given and listen to those wiser who are putting all this in place.

So, I will stay put as long as necessary without grumbling or complaining and hope that when "normal" returns I will still be able to get off the couch.

Doris Weinberg

We always say there's no time to do the things we should. Today, we have the time; time to wash the car, rake the yard, clean the garage, clean out the closets, make a vegetable soup, and now we even have time to cut my toe nails. So, what's our excuse now?

Bonnie Wheeler

Sitting on the couch & my husband sweetly whispered.. "The best part about all of this is that I get to spend more time with you" as I looked over at him lovingly I realized he was talking to the dog not me

Thanks to the Post Office workers who are on the job every day. Thanks to the responders who are always on call. Thanks to the doctors and nurses who care for us, and to all those who support their work. Thanks to the grocery stores and restaurants for sanitizing and stocking shelves to get the orders out. Thanks to the stores that allow early shopping for the elderly. Thanks to People Plus for reaching out through channel 14 to keep us in touch, neighbors who call to see if we need anything, children who call to remind us to stay inside, our pastor who calls to remind us that God is still in control, and to thank God for warmth, food and water, and living in the United States of America. - Bonnie Wheeler

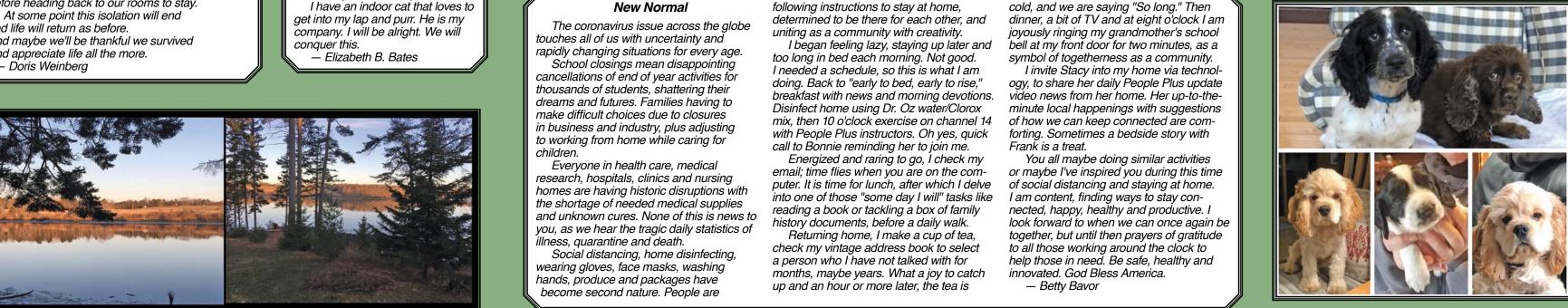
Thank you

New Normal

cold, and we are saying "So long." Then

I think everyone will be

wearing them in the future.



No, it's just that they're

terribly comfortable

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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.sethlevylaw.com

RECREATION / ENTERTAINMENT

Eveningstar Cinema, Discount bag of popcorn at evening shows (\$1 sml, \$1. 50 medium) 149 Maine St. Brunswick, 729-5486

Maine State Music Theatre, Senior discount (60+) on matinee tickets

www.eveningstarcinema.com

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.biatopdeli.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 =

"Member Moment" is a new feature in the People Plus newspaper and gives people who participate in programs & activities at the Center a chance to tell us a little bit about themselves. Today, we are featuring Betty Bavor, a longtime member involved in several activities. 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 **Betty Bavor**

My name is Elizabeth "Betty" Bavor and I live in Topsham. I grew up in Sterling, Massachusetts, a small New England farming community where one day a lamb followed Mary to "The Little Red Schoolhouse." You know the poem; John Roulstone wrote "Mary Had a Little

I learned my P's and Q's on the farm doing chores and enjoying life with freedom, adventure and exploration. Cows, chickens, gardens and orchards to care for kept us busy. We were a happy family of three generations being involved with town organizations and events. Everyone was always ready to lend a hand in an emergency at a moment's notice.

I entered first grade with 18 classmates. Second grade was with Miss Smith, who incidentally was also my mom's second-grade teacher. School was fun, as most of us were promoted yearly through ninth grade, then going out of town to high

Pearl Harbor and World War II happened during my elementary school years. Sunday, Dec. 7, 1941, began as usual, with church Sunday school, dinner and radio news before chore time. My mother always played the piano on Sunday afternoons. My brother and I would "secretly" hide under the piano to listen as she played our

On this particular afternoon, my dad burst into the parlor coming from the barn to tell us of the attack. We all gathered to listen on the radio, even though we kids did not totally understand the graveness of this event. My dad was a Merchant Seaman in World War I and he knew what might be in our future. Things changed as we adjusted to wartime. At school, we practiced safety drills, evacuation procedures, had free food snacks and we purchased war bond savings stamps. Life changed, hanging blackout curtains, gas and food rationing, and young men off to

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Accounting
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war — many never to return.



PEOPLE PLUS MEMBER BETTY BAVOR is shown participating in strawberry picking on a Frank's Field Trip. She said, "At People Plus, I found comfort with riends, educational, cultural, fun, games and the privilege to volunteer with others who share my values. ... I enjoy and appreciate participation in every program and

High school and college became my future with success and cherished memories. I enjoyed teaching physical education in Connecticut where I met my husband and after our wedding in 1956, we drove to the Dutch Village Motel in Freeport, Maine, for our first night as Mr. and Mrs. Our honeymoon to Prince Edward Island is another joyous story.

We had 55 years of marriage, with a stepdaughter, our son and daughter, three step-grand and three step-great-grandchildren. Years of happiness traveling life's journey of parenting, family celebrations, community involvement, vacations, camping and boating with treasured friends and memories.

All of us experience some valleys in our lives with faith as our helpline. In 2015, I had one of those years. My "Mainer" daughter saw a perfect house for me to come and live closer to her and here I am, not only close to her but also nearby to a couple of college classmates.

My welcome to the community gift was my first year's People Plus membership which opened the gates to opportunity. I made a goal that I would seek new activities, make new friends and do things I had never done before. People Plus provided the perfect place and more for fulfillment of this goal.

At People Plus, I found comfort with friends, educational, cultural, fun, games and the privilege to volunteer with others who share my values. I do not have a favorite activity — I enjoy and appreciate participation in every program and event I attend.

I am an optimistic, positive being, having a spur of the moment mindset and never saying "no" to an opportunity or adventure. Life has been good. I count my blessings in this latest chapter of my life, living in Maine.

\$25 or more.

May 2020 People Plus News

From M Anita's **Plate**

Anita Nugent (207) 504-6439

info@nutritionforeveryday.com

Tips for achieving healthy eating plan

During these challenging times, how do we continue to navigate our food choices? - Sweep out the negative. Negative thoughts aren't helpful in moving us forward. So if you made some food choices that you are not happy with ... move on and try and make healthier choices at the next

 Eat intuitively. Think about what you are eating to savor, enjoy and help to satisfy you without feeling like you have overeaten. If you feel full, you have eaten too much. - Finding the balance. Some people want to eat comfort foods. How do we make

them healthier? Adding diced tomatoes, spinach or cauliflower to macaroni and cheese is just one example.

 Add in the positive. Give ourselves credit for staying on top of our food choices and being aware of our portions.

 Try something different. Just yesterday. my husband handed me a tortilla chip with guacamole on it and it was topped with a blueberry! It was great. The blueberry gave it a hint of sweetness.

– Prioritize family meals. It may not be possible to eat with someone, but can we give a friend or family member a call and put them on speakerphone or do a Zoom meeting?

During these times, we can be creative and try things that we have never done before to see what works to maintain a healthy eating plan

• 1 can chick peas, drained and rinsed

• 1 C. fresh spinach, torn into pieces

• 6 cherry tomatoes, halved

• 4 pitted kalamata olives

fresh lemon juice

Ingredients:

• 2 cans of tuna

olive oil

Looking for something to do with this darn quarantine!!!

Last month, when it was still too early to paint outside, I got out my heat gun and started stripping a section of wall around the front door that had been acquiring paint for 150 years. It really needed renewing, not just another coat of paint.

Yup, taking it right down to the original pine clapboards

A fellow came by, looking for a book, as this was "before" the virus and people were still allowed to visit. He took one look at my job, exclaimed that it was a lot of work and spit out the question, "Why bother?" I looked him right it the eye and said, "It's something to do, and the place needs to look as good as possible when the kids decide to sell it!"

Something to do!? I was doing pretty good, finding my way into retirement, until this damned virus came along with its "stay at home, stay safe at home" orders.

My firewood for the winter of 2022-23 was all stacked, I spent the better part of a weekend writing my own obituary ("Needs to be right," I told the kids), I've "started" cleaning the layers of crap from my workshop (there's

Mediterranean Tuna Salad

stuff down there older than Norman), I'm "sorting through" some of my cabinets filled with "paper files," dumping reams of it, and adding dollar bills where it really matters. I'm remembering I got to the "C-stuff" before the virus.

Our acres of lawn were all pretty well raked and looked better than they've looked in years, and there were places at the treeline where I'd raked huge piles of "duff" and was dutifully hauling it to the mulch dump, whenever I was headed to town, or when I thought Evelyn and I needed an ice cream. I'd hand-picked TWO five-gallon buckets of acorns from under our oak grove (they can't

• sprinkle of dried oregano

3. Sprinkle with oregano

1. Combine the first six ingredients.

2. Drizzle with olive oil and lemon juice

Directions:

4. Mix well.

be there when I mow) and dumped them in the woods, where the deer will find them, and I was pondering my next literary project that I've already titled, "What old men do when they have nothing to do."

Jane has spent days researching and recording Marriner and Connors genealogy. She's found I'm NOT the first war hero in my family and proved that HER pedigree in Bowdoinham is GENERATIONS deeper than mine! Last but certainly not least. Jane and I got our delightful "second annual" car tour of Florida finished (THREE beaches in one day!) and drove home safe to Brunswick just days before the world as we knew it started to unravel.

It was NOT supposed to be like this. 2020 is our 50th wedding anniversary and our beloved Maine is 200 years old. It was going to be a "banner" year. We had trips planned,

celebrations to enjoy, events to attend. Now, April probably has been the longest month of our lives, locked in our home, waiting to see when, not if, the first friend or family member gets the dreaded symptoms. Jane does most of the shopping, reminding me

that I'm older, more "at risk," and we laugh about it. We acknowledge she always did most of the shopping anyway. A good sense of humor is worth its weight in gold these

The colder than normal April this year stunted our garden work, and late-season snows threatening to stomp our gorgeous daffodils, again! We don't "call on" friends anymore, and when the occasional soul wanders up our drive, we chat longer than normal, always asking them to stay in their car, even if they were just asking directions to Harpswell. Phone calls that used to end after a minute become half-hour events. This old phone hater has even been caught ORIGINATING calls!

When the grandboys sneak in for a weekly visit (we call that an "acceptable risk"), there's an unhealthy feeling of guilt. I carry a designer face mask, custom-made by this gal named Marla up in Bowdoinham, but I'm still sheepish about wearing it. I have a doctor's appointment later this week, and I'm doing it on something called "ZOOM!" Jane's attempt to cut my hair left us with mixed

Speaking Frankly Frank Connors

me of my Vietnam years.

(guest contributor) feelings, but no one sees us anyway. The daily body counts tallied by the CDC remind

But Jane and I still consider ourselves fortunate. So far, Hannaford's has provided most everything we need. It was cause for celebration last week when she "scored" an eight-pack of toilet paper at Big Lots. Jane is one of those cooks who could make vines and weeds taste great. Most important, Jane and I remain friends, we have "things" to talk about. We have our books to read, gardens and lawns to nurse, our field to walk around We find projects.

We do not have jobs to wonder and worry about, and we have already received our "stimulus" checks. We don't have kids to feed, college loans to pay back, or a mortgage to worry about. We have the television. Jane has her tablet and iPhone. This is NOT 1918, afterall. If anything, I fear we get "TOO MUCH" information to digest.

The question for us, for everyone, is how long? Will this thing end in a month? THREE? Will we ever see normal again, or will we be forced into a narrower, scarier

I understand the needs and hopes to "re-engage" the economy. We humans are creatures of habit, we don't like to have our "routines" upset. Americans, in particular, tend to be terribly impatient. I'm not a scientist, but if I was I'd come out of retirement and try to help fix this, because it's going to take an all-out effort to get it — the coronavirus — before it gets us. I accept the situation as that serious. This disease, and the economic implications it has fostered, has the capacity to change our

It already has!

Mostly, it's a control thing. We have none. We don't know when the threat ends, or when the threat begins. We don't have any buttons to push, or phone calls to make that will make things better. It's already taken too much time for that to sink in. In the meantime, we can only hope for the best and respond with, and like, the multitudes. What else can I do, recount our rolls of toilet paper?

PEOPLE PLUS MEMBERSHIP APPLICATION Date PO Box 766 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757 • www.peopleplusmaine.org Phone □ Female □ Male **Emergency Contact** ZIP \square I do NOT need the People Plus monthly newspaper mailed to my house. Cash/Check (Payable to People Plus) Yearly Membership Dues (Scholarships Available) Membership Dues: Brunswick (__New Member __Renewal): ☐ \$30 per person Additional Donation*: \$ Other towns (__New Member __Renewal): 🗆 \$35 per person with an addiare tax deductible) 3 \$300 for *Lifetime Membership* (65 or over) tional gift of

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

Plus.



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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

May 2020

Community partnerships truly make a difference!



Smiling Chefs Gary Hurtubise (L) Chef Jürgen Worth (R) spearhead Meals on Wheels efforts in Spectrum Generations' commercial kitchens at our Muskie and Cohen Community Centers, and stand by thousands of meals ready to be taken to offsite storage. (PPE removed for photo)

A call to our community has been answered! A big thank you to Bowdoin College, Performance Food Group (PFG), Snow Pond Center for the Arts, and Caswell's Discount Wholesale Inc for helping us store Meals on Wheels!

Spectrum Generations has ramped up production to ensure that every adult in central and midcoast Maine who needs Meals on Wheels during this pandemic, can receive them.

Preparing and packaging approximately 10,000 meals required additional freezer space — more than our two commercial kitchens could accommodate. We reached out to our friends and they all stepped up to help - we're grateful for these community partnerships that truly make a difference!

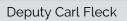
Community Support



We are very fortunate to have support from the Sagadahoc County Sheriff's Department! Deputy Carl Fleck and Deputy Jeff Shiers have been helping out, delivering Meals on Wheels for Spectrum Generations in

We are thankful that during these times our community rallies together to make it all possible!







Deputy Jeff Shiers



While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges that can impact their mental health. Particularly during this pandemic, we want you to know that it's okay to ask for help. Contact NAMI Maine at 622-5767 or the Statewide Crisis Hotline at 1-888-568-1112 if you, or a loved one, needs to speak with a mental health expert.

.....





Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. We are pleased to announce the 2020 theme: Make Your Mark!

This theme was selected to encourage and celebrate countless contributions that older adults make to our communities. Their time, experience, and talents benefit family, peers, and neighbors every day. Communities, organizations, and individuals of all ages are also making their marks. This year's theme highlights the difference everyone can make – in the lives of older adults, in support of caregivers, and to strengthen communities.

We invite you to celebrate Older Americans Month and make your mark in May!



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

May 2020 People Plus News Page 11

PEOPLE PLUS **COMMUNITY BOARD**

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New/renewing members for April

* indicates new membership • indicates donation made with membership

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Brunswick

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Jacqueline Drapeau Suzanne Hand Stephen Kercel Paul Krakauske

Nancy Lauckner

Elizabeth Mace

439 Lewiston Road,

Topsham

207-725-4400

Lucy Moore *

Jan Colyear •

Lisa Paige *

Colleen Petrin

Janice Rigazio

George Sergeant

Susan Sergeant

David Vogt *

Pat Vogt *

Harpswell Jane Harris John Moulton Susan Moulton Topsham concerned.

'Checking in' is difficult during these turbulent times

Where to begin? What to say? I believe anything I put into words isn't going to do any justice to what we have been and are currently experiencing. The coronavirus pandemic; the big disruption to all of our lives. There has been nothing like it in my relatively short lifetime.

I was born seven years after the end of World War II, so for me there is no comparing that world-changing conflict to what's going on today. Sure, there were scary moments growing up, like the Cold War — I remember the drills in elementary school in case of a nuclear attack — and even other health-related concerns in recent history, such as swine flu, AIDS, and SARS. While none of those things should be taken for granted, or even lightly, our present battle against COVID-19 is a serious matter. But you already knew that.

My major concern throughout this unprecedented time continues to be the health and safety of my immediate family. That said, the circumstances we find ourselves in are just weird. Like when you meet your daughter, who lives elsewhere in Maine, at a park, where you talk from a distance and daren't even give her a hug. But if that's what it takes ...

Along with wondering how my other family members and friends are doing. I also worry about my mom. who lives in Michigan. Yes, she still occupies her own place, which is great for social distancing. But the flip side is the fact that she's also socially alone, like so many other people her age. Not good as far as I'm

I wish I was closer; checking in with her every couple of days by phone just

> 374 US Route One, Yarmouth

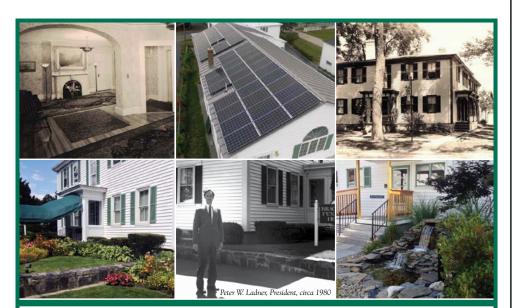
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doesn't cut it. All this reminds me of when I often accompanied my dad as he — almost religiously — dropped in on his mother nearly every other day just to see how she was doing, albeit with no serious virus sweeping the

We'd climb the stairs attached to the side of my aunt's house to reach grandma's tiny apartment. More times than not, dad and I would find her sitting behind a TV tray eating her meal while watching a program. Her first words were usually, "Have you had dinner yet?"

After telling her we were all set, there would be a few minutes catching up on the latest town gossip, and then we'd be on our way. A quick check-in, simple and sweet. I just long to be doing that sort of connecting with my 87-year-old mom, especially now. Sure, living by yourself appears to be a safe avenue in this topsy-turvy situation, but it can't be easy.

I just hope and pray not too many People Plus members are going through the same kind of experience. No hugs. Keeping your distance.

Simply

Unable to tell who someone is because of their face mask. This and that store closed. Not even allowed in church, the one place many seek comfort and compassion. The emptiness of it all.

But it must be done in order to get through this terrible ordeal. Like most unpleasant happenings, we will reach the other side of this powerful pandemic. It's just not going to be much fun getting to that point.

The fact that the whole world is grappling with this health scare almost makes it seem unworldly. But it is real and, hopefully, everyone is doing their bit. With that in mind, I'll end with an anonymous quote I came across the other day.

"It isn't the end of the world. It is the most remarkable act of global solidarity we may ever witness."

People Plus in the Media



Viewed on Brunswick TV3, Harpwell TV14, & online any time at http:// vimeo.com/harpswßelltv



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.



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-- James Tierney, BHS Class of 1965

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The staff, members and community of People Plus are so grateful to everyone involved with the Mid Coast-Parkview Health organization and their dedication to keeping our community safe!



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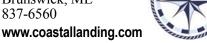
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