



Plus! People NEWS!

The center that builds community

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

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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



AS A HOMELESS TEEN AT AGE 15, Jim Howard (upper photo, far left) has been a supporter of the Teen Center program since its inception 15 years ago. This \$5,000 matching grant has been donated for the last seven years at Music in April and has brought in a total of over \$70,000! We hope you can help us reach our goal again this year and honor the donation from this wonderful community partner!



Challenge grant to feed teens this summer

Jim Howard of Priority Real Estate Group is offering \$5,000 matching grants

(Editor's note: Material for the following story, was provided by Brunswick Times Record.)

BRUNSWICK — Here's your opportunity to help out the Brunswick Area Teen Center at People Plus. Local real estate developer Jim Howard has stepped forward to assist nonprofits that work with vulnerable residents during the Covid-19 pandemic.

Howard, CEO of the Topsham-based Priority Real Estate Group, has offered to match \$5,000 raised by the Brunswick Area Teen Center and two other organizations: Oasis Free Clinics and Big Brothers Big Sisters of Bath/Brunswick.

"Our concern is that there just isn't going to be enough resources, no matter what, to help everyone," Howard said. "The people you'd normally turn to need resources themselves ... so

anything we can do to help them is great."

The matching grant for the Brunswick Area Teen Center will go toward feeding kids, a key part of their program that takes place at People Plus.

Since schools closed to students in mid-March, kids have been able to get free breakfast and lunch through the Brunswick School Department. Jordan Cardone, the Teen Center Coordinator, said those free meals are expected to end the week of June 14. When those meals stop, the Teen Center plans to provide bagged meals for kids over the summer.

The Teen Center will be celebrating 15 years this summer! The more money the Teen Center can raise, "the more food we can provide and to a larger number of kids," she said.

If you would like to make a donation toward the \$5,000 challenge goal, please go online to peopleplusmaine.org/support-people-plus or send a check to PO Box 766, Brunswick. Thank you for your support!

People behind the masks

Thank you to everyone making face coverings for local community

One of the key elements in the fight against the Covid-19 emergency, and with that the limitations on public gatherings, is the use of face masks. As such, there has been a tremendous response, from both various organizations and individuals in the Midcoast area, to make literally hundreds of the fabric versions to give to members of the local community.

Along with such efforts like Maine State Music Theatre's "Masks for the Midcoast" campaign, there are several people, including a large number of folks at Highland Green,



TRAVIS GRANT, of the Maine State Music Theatre Costume Design Department, delivers more handmade masks to Sarah Deck, People Plus office coordinator.

busy at their sewing machines making face masks for People Plus, which in turn is distributing the protective coverings to the Center's members, our volunteer drivers, long-term care and independent-living facilities, and many other locations.

In an effort to bring notice to those working behind the scenes, the following three individuals — yes, just a small sampling of a very special group — took time out from their mask-making enterprises to participate in a question-and-answer session. We thank you!

Q. Your name and town of residence:

A. Suzanne Neveux of Brunswick.

Q. Why did you feel the need to start making the face masks?

A. It is my way that I can be helpful. As a quilter, I have lots of wonderful material and thought that fun, bright, colorful masks would help the wearing of them be less onerous. And as a massage therapist and exercise instructor, I put great value on staying well through prevention and taking care of yourself. Wearing a mask actually keeps you from spreading your germs to other people, so the more people who are wearing masks — especially fun ones! — the more normal it becomes and hopefully more and more people will also wear them.

Q. Did you develop your own design or pattern, or obtain it somewhere else?

A. Both. I reworked a mask that had been given to me, but just didn't quite fit right. And

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We're ready for you!

People Plus takes steps to reopen

As Maine and the rest of the nation begin easing some of the restrictions in relationship to the coronavirus pandemic, plans have been made to offer some programs and activities at People Plus as the Center slowly reopens.

The People Plus Strategic Planning Committee, after countless discussions, has decided that events will resume at the Union Street facility beginning on Monday, June 8.

"Everything we talked about came down to what can we offer our members, with health and safety concerns upper most in our minds," said Programming Coordinator Jill Ellis.

"We are really looking forward to welcoming our members back at the Center," said Executive Director Stacy Frizzle-Edgerton. "Although programming (during the pandemic) had still been offered via videos and will be now limited at the beginning at the Center, it's just nice to get things going again."

Even as activities resume, People Plus will continue to monitor the situation, and follow the guidelines on health safety as prescribed by the office of Gov. Janet Mills and the Maine CDC.



Some of the key points on what's taking place at People Plus, which are subject to change pending further developments, include the following (also see more details on pages 4 and 5):

- All classes will occur outdoors and are limited in size.
- There will be no access to the People Plus building.
- Pre-registration is required.
- Face masks are mandatory.
- Payment will be through a punch card system.

The first activities back at the Center basically involve exercise classes, along with the opportunity to again receive haircuts on Fridays. Also, many of our other classes that have been held on Zoom and through videos will continue to do so.

As part of the process, we welcome member feedback on what you would like to see done further in order to feel safe while at the Center. We are here for you and want you to feel at ease as you come back to see your friends.



MASKMAKER, MASKMAKER MAKE ME A MASK! Thanks to local mask makers, Highland Green residents Sue Reed, Tom Burrage, Beth Burrage, Joanne Gonzales, Carol Davis, Sue Loebs, Kathy Ward, Vlda Mitchell. Others not pictured: Ann Slocum, Kathy Potvin, Kathleen Stanley, Eirwen Soltesz, Linda Wolcott, Tom and Kathy Fitch, Connie Barras, and Barbara Combs.

People Plus News

The monthly newspaper of People Plus, serving residents of the Brunswick-Topsam-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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People Plus Staff

- Stacy Frizzle-Edgerton
Executive director
director@peopleplusmaine.org
- Jill Ellis
Program and event coordinator
programming@peopleplusmaine.org
- Elizabeth White
Office manager
betsy@peopleplusmaine.org
- Jennifer Felkay
Marketing coordinator
marketing@peopleplusmaine.org
- Jordan Cardone
Teen Center coordinator
teens@peopleplusmaine.org
- Lynne Smith
Membership/VTN coordinator
driver@peopleplusmaine.org
- Sarah Deck
Office coordinator/receptionist
reception@peopleplusmaine.org
- Patrick Gabrion
People Plus News editor
news@peopleplusmaine.org

Spectrum Generations Staff

- Andrea Handel
Aging & Disability Resource Specialist
ahandel@spectrumgenerations.org
- Teddi Reed
Meals on Wheels/Nutrition coordinator
treed@spectrumgenerations.org

Check out past newspapers at www.peopleplusmaine.org

They're coming out of the woodwork ...

They say it's in times of trouble that you find out who your friends really are and I have to tell you that has been so true in the last three months at the People Plus Center.

Since this whole thing started in mid-March, we have seen a virtual outpouring of emails, phone calls, handwritten cards and notes, messages and letters coming in at the Center. Sentiments of support, gratitude, appreciation and love. And I speak for the entire staff and all of our volunteers when I say we are so honored and grateful to see that we have a lot of friends out there!

It was very clear, early on, that we needed to shift our short-term focus in order to serve our population which was now staying at home instead of coming to the Center. Almost immediately we kicked into high gear with daily phone calls, food delivery, finding and distributing homemade masks, and creating a video library of exercise classes, entertainment, nature lectures, and a weekday community update video. Our collection of videos has been seen by hundreds of thousands of people all over the globe — in just three months.

And our staff has been amazing. Jill, Sarah and Lynne have been working both from home and at the Center many more hours than they would normally work to service our seniors at home. They've distributed hundreds of masks, called hundreds of elders living alone, arranged hundreds of grocery shopping and delivery trips and produced all of the at-home videos and programming. This has not been an easy feat and it has been handled with grace, fortitude and loyalty by these three ladies.

At the same time, Betsy has continued to pay the bills and keep us well supplied, while Jenn and Patrick have developed marketing materials and continue to publish a really valuable and informative newspaper each month.

The Teen Center staff was furloughed and I hear that they are chomping at the bit to get back to the Center and set up the Teen Center summer feeding program which begins in mid-June.

And almost as soon as the staff kicked it in, so did the community support, which began early in April as I got a call from John Koch with Rusty Lantern Market telling me he enjoyed getting our daily updates and wondered how RLM could be supportive. Did we need gas cards for our volunteer drivers? How about food to feed those teenagers? What about support for staff or technology?

It was an impactful phone call for me and I will admit that I shed a few tears of gratitude

after I hung up the phone. To have a business owner of that magnitude call specifically to ask what he could do to help us was amazing.

Next, the United Way sent out communications saying that they were offering emergency funding opportunities for nonprofits serving the needs of our communities during the pandemic. They have supported both our senior and teen programs with staff hours, technology and money to feed the teens this summer. Thank you to the United Way and everyone who has donated to these resources. We could not be doing it without you!

And then the national nonprofit coalition announced a special Giving Tuesday to take place in May. And the donations from members rolled in. We set a record of \$1,400 in that one day! That's never been seen at the Center before and we're so grateful to the Giving Tuesday organization for thinking of that brilliant idea and to all of our friends out there who donated.

So in addition to all of that, I mention now and again in my video how we are likely going to struggle through this time. We've missed both of our large fundraisers and we will see a reduction in programming income as well as membership. So almost daily our members are answering the call and sending in a token of their appreciation. We have had everything from a couple of dollars to say thank you for a mask, to a \$500 check with a note that says "just because." And everything in between to demonstrate how valuable the

From the Executive Director

Stacy Frizzle-Edgerton



People Plus Center has continued to be in the lives of our members through the Covid-19 pandemic.

And last Thursday I got two vastly different phone calls. It started with a call from John Eldridge, the Town Manager of Brunswick, who needed to let me know that there would be some belt tightening at the budget meetings in the next week or two. People Plus could expect to see either flat funding or a reduction in funds from last year. Of course, we knew this was coming and had discussed it at the finance and executive committee meetings. But there's nothing like hearing it straight from the source to make you feel it in your gut and really understand the impact.

We have saved our pennies at People Plus and we have a little money tucked away for payroll. But it won't see us through a whole year. We are lucky that the town isn't reducing us by much more. I'm not sure we'd survive that.

So driving home that afternoon, processing what John Eldridge had told me, my phone rang again. I pulled over to answer and it was a call from Jim Howard.

The CEO of Priority Real Estate Group was calling to let me know that the Teen Center was being awarded a \$5,000 challenge grant to help cover staffing and food costs for the summer Teen Center program. I almost started crying right then and there. Jim is such a lovely man and incidentally partners with John Koch from Rusty Lantern Market. There could not be a nicer dynamic duo on the planet who is more generous with their support of nonprofits.

So we have the month of June to raise the \$5,000 match! Let's hope we can get there. And talk about the emotional pendulum swing! I definitely went from one extreme to the other that day.

So as we wrap up the month of May and take stock, we are finishing our fiscal year with less money than we thought we'd have. But hopefully with enough to get by for now.

I don't know what the future is going to hold for the People Plus Center, but I know that with community support and friends like you coming out of the woodwork, we will make it through together and will continue to be the Center that Builds Community.

Thank you to United Way of Mid Coast Maine for supporting our seniors & teens!



Keep things bright and shiny

I know that we can all say there have been challenges in the past few months. I love that my clients have been taking some negative things and been able to swing them to the positive.

Yesterday, when I was talking to my mother, she said that she hasn't been getting dressed up like she usually does because she isn't going to see anyone. I encouraged her to get herself dressed up as if she was going out and see if that made her feel brighter.

The same can be said about our food choices. Have your food choices been less than shiny? If so, let's do something about it. Whether you want to take the time to make something special or you just want something quick and easy, I

have some suggestions:

- Spread guacamole and hummus on a slice of toast. Top with a slice of tomato, onion and arugula.
- Combine corn, avocado, cherry tomatoes, red onion, diced cooked chicken and mango. Toss with olive oil and vinegar.
- Add black beans and roasted peppers to quinoa.
- Add guacamole to chopped eggs instead of mayo.

The great thing about these suggestions is that they are either made with leftovers or you can use some ingredients in more than one dish so it doesn't go to waste.

Mushroom Torta

- Ingredients:**
- 2 C. mushrooms, sliced
 - 1/2 C. thinly sliced onions
 - 2 garlic cloves, sliced
 - 2 t. olive oil
 - 2 C. cooked sliced potatoes
 - 6 eggs
 - 2 C. arugula
 - 1 Tb. goat cheese
 - Black pepper to taste
 - Hot sauce
- Directions:**
1. Heat the olive oil in a large, nonstick skillet.
 2. Sauté the mushrooms until golden, about 3 minutes, then add the onions and garlic and allow them to cook 2 minutes.
 3. Add the cooked potatoes and eggs.
 4. Cook well then flip upside down.
 5. Garnish with arugula and cheese
 6. Serve hot sauce

Pens & Paintbrushes

LEARN TO DRAW with Connie Bailey



LOCAL ARTIST AND PEOPLE PLUS MEMBER CONNIE BAILEY, who is also the Center's art gallery coordinator and a longtime art instructor, has been busy presenting her new series called "Learn to Draw with Connie!" Staff at People Plus video record one of these classes every week and everyone can learn to draw. And it's for free! Connie is a natural on camera, but admitted it was much harder to talk to the camera than it is to a classroom full of students.

This class is just one of hundreds of videos now available on People Plus' Vimeo and YouTube channels. In addition to our daily Community Update video, we have taped our regular exercise classes (yoga, chair yoga, Tai Chi, Qigong, and Zumba) and have new guest videos on various topics, such as meditation, nature and gardening. In addition, we have many past People Plus Cooks! and People Plus News and Views episodes as well as videos of past presentations at the Center.

Our videos can be accessed any time on our Vimeo and YouTube channels. In addition, Brunswick local TV3 is airing our exercise videos at 9:30 am daily and Harpswell TV14 at 10 am.

Over the Edge *By Nonie Moody*

The garden this year was expanded thanks to my husband, who dug out the lawn and put it elsewhere in a shallow place that collected water. He then prepared the soil with my dad's old 1973 Troy-Bilt rototiller.

On April 20, I planted six asparagus roots next to the rhubarb, making a full row that will be outside the garden fence. The peas and onion plants were also planted.

When I was a child, my mom had at least a two-acre garden. My sister and I always played at the edge of the garden with little cars saved from the cereal boxes. With two grandchildren now, my garden has a roped off section for the kiddos to play with their small earth moving toys.

I noticed some deer had wandered through the soft soil, so it was time to put up the fence. On Saturday, we took the fence out of the garden shed, which is near the garden, and unrolled it. We pulled from end to end, fastening it to the metal stakes with wire ties.

On May 3, we walked around the garden noticing still no peas had started, but the rhubarb was growing fast. I mentioned to my husband that the cucumbers, squash and watermelon plants would be over the edge of the garden and he would have to eventually mow around them. The reaction was one of a down-tilted head.

Growing Up As I Grow Old *By Virginia Sabin*

A slip of green in a rotting forest
From an acorn growing mighty oak

A hundred daffodil bulbs
Planted among trees in a forest
Only very few showing in spring
As the forest was beaten back
A variety of prize-winning daffodils
Multiplied and spread randomly
Year after year

For many years tulips splashed
Bold colors of red, yellow, purple and white
Until discovered and eaten like candy by deer
Nipping the buds as soon as they appear
A few have survived to this day
By covering with a fine wire mesh

A variety of day lilies abound
Even with less spectacular blossom
Narcissus crowds and invades the space of others

Many flowering bushes hug the house
Rhododendron, a variety of azaleas
Climbing roses, Father Hugo Rose (exquisite)
Hydrangea, Holly, Wild honeysuckle
Forsythia, lilac and pussy willow are spring greeters

Perennials, to name a few favorites: Bachelor Button,
Balloon Flower, Bee Balm, Black Eyed Susan
Forget Me Not, Peony, Phlox, Purple Cone Flower
Oriental Poppy, Shasta Daisy

Annuals: Pansies, of course, petunias, lobelia
Vegetables: Salad greens and herbs in a raised bed
Tomatoes in pots on the deck
A peach tree

A garden conceived seasons ago mirrors my mood

MORE CORONA CHRONICLES

The Corona Legacy

Coronavirus is indiscriminate. It doesn't care what you have. It doesn't care who you are. Nothing matters to it.

Houses don't matter. Bank accounts don't matter. Titles don't matter. They are all immaterial.

Reaching out to help others. Looking out for each other, whether family, friends, neighbors, or strangers, That's what matters!

Let the legacy of corona be a re-awakening in everyone that the way to a truly rewarding life is through helping each other.

— Ralph Laughlin

Enough Already!

After six weeks of staying put, my mood is not so happy. In fact, to be very honest with you, I am feeling pretty crappy!

My hair's too long and my face is pale, and my energy seems gone for good. I've nothing to show for all this time, Weeks lost — that's understood.

If this forced time at home had been by choice, I would have relished every hour. But having to spend all this time in my room, By now I have no willpower!

I am very bored. I keep looking for snacks, and my waistband feels very tight. By the time this quarantine is over, I will be larger and not a pretty sight!

I know everyone else is in the same boat, but that doesn't change my mood. How many more weeks of this, before we all come unglued!

I know there's little I can do about it, without creating some flack. So, I guess I will head to my pantry, And see what's there for a snack.

— Doris Weinberg

What's Next? *By Doris Weinberg*

Seven weeks and still counting and there seems no end in sight. We are here in the 21st century, who would have thought such a fright?

Covid-19 is such a strange name, It rolls right off of your tongue. Little did we know the damage it could do, Especially to your sensitive lungs!

This nasty bug has gone around the globe and may do it a second time. Just when we're hoping the worst is over, the numbers begin to climb.

The whole world is under the same rules, We must stay in quarantine. We've tried to be patient but we're counting the days to be done with this boring routine.

The news has told us this is a new condition caused by a serious virus infection. It spreads so easily that we must stay apart and have no other close connection.

Pandemic, epidemic — we hear these new words being used. With all of us holding our breath, we are becoming more confused.

The scientists are busy in all the labs trying to find a real solution. And we know we must stay put and not allow the spread of this pollution.

It may be many more weeks to the end, We must stay strong and not fall apart. And then when it's finally over, We will feel grateful to see it depart.

We hope that enough knowledge was gained for future pandemics that appear. With more understanding, new treatments and vaccines, We will face it head-on, that's clear!

Hugs *By Bonnie Wheeler*

I miss hugs
Is it because I need to give them or
Is it because I need to receive them?
It's both.

Hug a Tree *By Betty Bavor*

On Arbor Day, April 24, 2020. ABC News' "Talk of the Table" today had a suggestion to Hug a Tree, which you may also have seen. We are sheltered in place with social distancing as we endure this coronavirus pandemic without hugs, handshakes or touching one another.

Try hugging a tree for five minutes! It can provide comfort by way of Earth's energy, beginning in the soles of your feet and traveling up your legs to the core of your body, heart, lungs and on to your head and brain. Feel the bark and sense new growth as sap transcends upward to branches eager to spring forth with new leaves and blossoms. Look closely at the bark to appreciate the complexity of texture, growth and the protection it

possesses for the tree trunk and branches. Does your tree have an aroma? Is there a bird singing or a squirrel's nest tucked up on a hefty notch with newborns ready to scamper about to explore life. Do you know the name of your tree? How old do you think it is? How did it start life? Was it planted or did nature play her hand?

Two cords of split wood were delivered to my house for next winter. It has been stacked in my garage with a rack full outside to season over the summer. Two cords is a lot of wood! As I looked at this beautiful assortment piled high, I wondered about its years of growth and how quickly life was taken away using a high-powered saw blade.

Had this wood endured storms, heat,

cold, drought, wind and snow? Had birds nested in its branches or people enjoyed shade, seasonal foliage, even some maple syrup, fruit or nuts? Did these trees have feelings and did it hurt when the saw and wood splitter did their job? I think we take trees for granted — look around and imagine if there were no trees.

Trees deserve love and gratitude, so hug a lonely tree for five minutes. While you hug or sit in the shelter of the tree, thank all the brave courageous health-care and frontline workers helping in unimaginable circumstances. Pray for families who have lost loved ones and an end to this unprecedented pandemic. With God's help and together, we will find a way to end this coronavirus.

No Excuse! *By Doris Weinberg*

I shouldn't have bought it when I was at the store. I should have walked fast and kept my eyes on the floor.

I know better than to even head for that aisle. But something tells me I am in denial.

I think I am strong enough and I try to abstain. But a little voice creeps into my brain.

If I didn't have it in the house, I would have no fear. I could stick to my diet, that would be clear.

But I showed no willpower and I have no excuse. I will never be able to thin out and reduce.

So now it's been on my shelf for a week. And every time I look up, I get very weak. It's bad enough that I brought it home. Since I really suffer from "snacking syndrome."

I just can't help it. I love to nibble. I'd be much better off eating my dog's kibble. I haven't got an excuse as I take a Hershey Kiss. My face already has a look of pure bliss.

Too Fast *By Elizabeth B. Bates*

At last, at last, the dye is cast ... our seeds are finally growing! The sun is warm, baking the old barn, and swallows are everywhere flying. All nature is now praying ... Tomorrow we will wish for rain ... the corn is dry and saying, Tomatoes are ripening fast and canning jars are gathering! Fall is coming and work is done ... so now we think it's snowing! Soon new seed catalogues will be here ... it's all too fast ... we're knowing!

Solice *By Ralph Laughlin*

Tears of mourning for those gone water the seeds of memory and bring forth serene-scented blossoms of remembrance.

Inspired by poem of Virginia Sabin

The World *By Bonnie Wheeler*

I care about the world. Feel connected as never before. Everyone sailing on the same sea. Helpless to row the right way. Praying the one who created us. Will light the way.

“Watcha need? Just ask...”

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(AND SOMETIMES CHUCK)

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WITH THE QUARANTINE RESTRICTIONS IN PLACE, we miss celebrating together for People Plus staff birthdays, so we all snuck over and sang happy birthday for Betsy from her front yard. We don't overlap at work anymore so it was the first time we had laid eyes on Betsy White in two months!

People Plus videos 'starring' around the world

Our online videos, which serve to inform, educate and entertain, are not only connecting with the members of People Plus here in the Brunswick area, but their presence is grabbing attention around the world.

Just as an example, the video about identifying trees by their bark prompted a request from the Northampton Senior Center in Massachusetts to seek permission to share our visual treasures with their members. It was gladly granted.

Nancy Yesu, Program Coordinator at the Northampton Senior Center, said their facility is facing the same issues as People Plus in the current situation. "Normally, we see about 200-250 seniors come through the doors every day for a variety of programs/exercise. Because our physical building is closed, we are primarily serving the needs of seniors

(through) food deliveries and we're also offering online programming, including virtual fitness classes and tech assistance for seniors who are needing help with getting up to speed with their phones/iPads/computers."

"We are pleased to be able to show the great videos you have provided," Yesu continued. The reach of our videos in other countries is both gratifying and impressive, and many thanks to all those people producing such fantastic offerings. Views have been reported in the following countries: United States, Canada, United Kingdom, France, Italy, South Africa and Germany.

Furthermore, People Plus was referenced in an email blast from My Senior Center, which is the provider of the database we use for our membership and transportation programs, about our daily Community Updates.

Safely welcoming members back

As People Plus begins to resume in-person activities at the Center, we are committed to the health and safety of our members and staff. People Plus will be following recommended guidelines as established by the Maine CDC, the office of Gov. Janet Mills, and the Maine Department of Economic and Community Development.

To protect members and staff, we will practice good cleaning protocols and recommend frequent hand washing as part of good hygiene. We require the following of strict social distancing guidelines of six feet whenever possible and wearing face masks at the Center (available at the Center). If you are exhibiting any symptoms of Covid-19 (fever, coughing, sneezing, loss of sense of taste or smell) or have been exposed to the virus, please do not attend programs at the Center and consider quarantining for 14 days.

We look forward to welcoming you safely back to the Center. Here is what's happening in more detail:

June 8 start date!

Beginning on June 8, we are offering several classes outside. Classes will include Loosen Up, Chair Yoga, Tai Chi, and Qigong. Please check the calendar on page 5 for classes and times.

— Classes will take place outside in the parking lot, weather permitting (no class if it's raining). Please note that since we will be using part of parking lot, you may need to park in the street.

— Chairs will be provided by People Plus and cleaned before and after use.

— Limit of 10 people per class, members only.

— Pre-registration required, no drop-ins. Call the Center to sign up.

— Face masks required for all participants and will be provided at the Center if needed.

— Classes will be limited to a half-hour to accommodate masks and cleaning between classes.

— Payment via punch card only to limit contact. Call the Center beginning June 1 if you need to purchase a punch card. \$50 for 11 classes (\$5/class plus one free class). Cards can be purchased the week of June 1 or at first class.

— Please arrive no more than 10 minutes early and maintain social distancing of six feet while checking in and waiting (we will notify you when you can sit down).

— Check in with Sarah outside for payment. Be prepared to answer questions (have you had a fever, have you traveled, etc.)

— Bring your own water.

— Bring your own props (none will be provided). Suzanne suggests resistance bands or a substitute such as a bathrobe belt.

— No access to building during class.

NEW Gentle Barre class



Barre fitness is a *hybrid workout class* - combining ballet-inspired moves with elements of *Pilates*, dance, yoga and strength training. Most classes incorporate a ballet barre (we will use chair backs) and use classic dance moves such as pliés, alongside static stretches. Barre also focuses on high reps of small range movements. Come try it out!

Need a trim?

Haircuts with Margarita! are back beginning on Friday, June 12, 9 am-12 pm. Please see the requirements below:

— Haircuts are limited in number and are BY APPOINTMENT ONLY.

— Members only, \$10 donation.

— Face masks required.

— Only one person at a time will be allowed in the building for a cut.

— Members will remain in their car until their appointment time (please don't arrive more than 10 minutes early).

— Members will enter and exit from Cafe door and must immediately wash their hands upon entrance.

— A new gown will be provided for each guest.

— Time will be allotted between each appointment for cleaning of equipment and area.

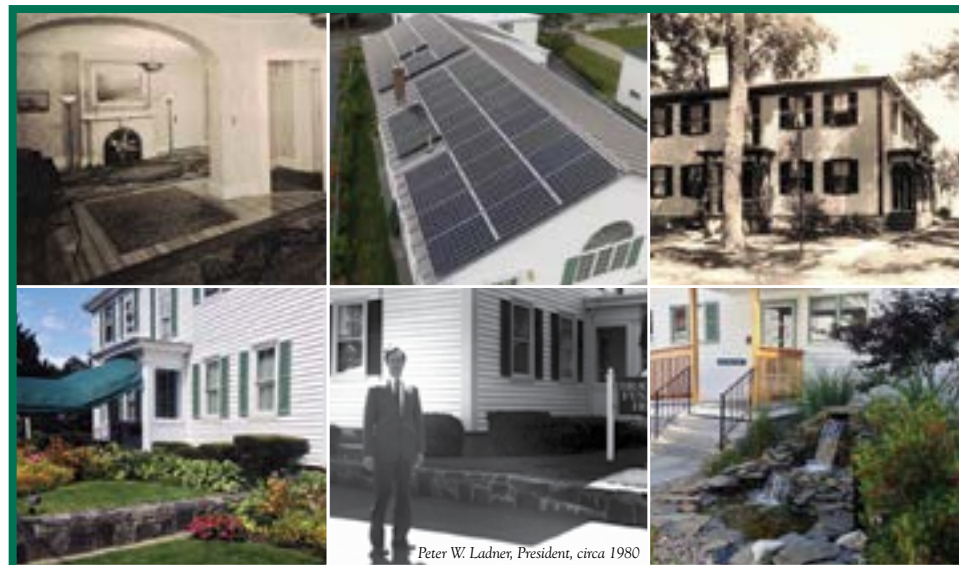


Still on Zoom!

Zumba and yoga classes will resume via LIVE Zoom, beginning June 8. Please call the Center to pre-register and supply your email to receive the class Zoom link. See the calendar on page 5 for class times.

The weekly Outing Club will begin to resume some activities as well as bike rides, in addition to meeting via Zoom. Please contact the Center if you would like to be connected to this club.

Kaffeestunde! German Language club meets via Zoom. Please contact the Center if you would like to be connected to this club.



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Sun	Mon	Tue	Wed	Thu	Fri
	1	2	3 9:00 Outing Club 10:00 Meals on Wheels	4	5 10:30 Meals on Wheels
7 9:00 Grace Reformed Baptist Church	8 9:00 Loosen Up - Outside 9:45 Loosen Up - Outside 10:30 Zumba Live via Zoom	9 9:00 Chair Yoga - Outside 10:30 Yoga Live via Zoom 3:00pm German Club via Zoom	10 9:00 Loosen Up - Outside 9:00 Outing Club 9:45 Loosen Up - Outside 10:00 Meals on Wheels 10:30 Tai Chi - Outside 12:00pm Gentle Barre - Outside	11 9:00 Chair Yoga - Outside 11:00 Yoga Live via Zoom 2:00pm Apple Club via Zoom	12 9:00 Hair Cuts with Margarita 9:00 Loosen Up - Outside 9:45 Loosen Up - Outside 10:30 Meals on Wheels 10:30 Qigong - Outside
14 9:00 Grace Reformed Baptist Church	15 9:00 Loosen Up - Outside 9:45 Loosen Up - Outside 10:30 Zumba Live via Zoom	16 9:00 Chair Yoga - Outside 10:30 Yoga Live via Zoom	17 9:00 Loosen Up - Outside 9:00 Outing Club 9:45 Loosen Up - Outside 10:00 Meals on Wheels 10:30 Tai Chi - Outside 12:00pm Gentle Barre - Outside	18 9:00 Chair Yoga - Outside 11:00 Yoga Live via Zoom	19 9:00 Hair Cuts with Margarita 9:00 Loosen Up - Outside 9:45 Loosen Up - Outside 10:30 Meals on Wheels 10:30 Qigong - Outside
21 9:00 Grace Reformed Baptist Church Happy Father's Day!	22 9:00 Loosen Up - Outside 9:45 Loosen Up - Outside 10:30 Zumba Live via Zoom	23 9:00 Chair Yoga - Outside 10:30 Yoga Live via Zoom	24 9:00 Loosen Up - Outside 9:00 Outing Club 9:45 Loosen Up - Outside 10:00 Meals on Wheels 10:30 Tai Chi - Outside 12:00pm Gentle Barre - Outside	25 9:00 Chair Yoga - Outside 11:00 Yoga Live via Zoom	26 9:00 Hair Cuts with Margarita 9:00 Loosen Up - Outside 9:45 Loosen Up - Outside 10:30 Meals on Wheels 10:30 Qigong - Outside
28 9:00 Grace Reformed Baptist Church	29 9:00 Loosen Up - Outside 9:45 Loosen Up - Outside 10:30 Zumba Live via Zoom	30 9:00 Chair Yoga - Outside 10:30 Yoga Live via Zoom			

SERVING OUR COMMUNITY IN NEW WAYS

It is our mission to stay connected with all our senior members and the community.



We'll pick it up!

The VTN (Volunteer Transportation Network) shifted focus to keep homebound seniors well supplied. Our volunteer drivers are grocery shopping and getting prescriptions for area residents and members alike! Deliveries are made right to your front steps! FMI contact 729-0757 or driver@peopleplusmaine.org!

Got masks?

Do you need a face mask? Volunteers are making and donating masks for People Plus. Contact the Center if you need a mask and we can arrange for you to get one (call 729-0757 or email reception@peopleplusmaine.org).

Online, all the time!

Members love staying in touch with friends, so many People Plus clubs/classes are now offered online. Our board & committees are also meeting via Zoom. Online videos/meetings:

- Chair Yoga
- Gentle Barre
- Loosen Up
- Meditation
- Qigong
- Tai Chi
- Yoga
- Zumba
- Art Class
- Language Clubs
- Outing Club

Want a friendly phone call?

People Plus staff and area volunteers are calling local seniors on a regular basis to have a chat! Would you like a call? Know a senior who would? Contact 729-0757 or reception@peopleplusmaine.org for more information!



Register now for a class or club!

Contact Sarah at reception@peopleplusmaine.org or call the Center at 729-0757 to register for outside exercise classes and zoom classes and clubs. You will receive a link and password via email for zoom classes.

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Heartfelt thanks for sticking with us ... miss you!

After it was evident that Music in April, People Plus' biggest fundraiser of the year, would have to be postponed because of the coronavirus pandemic, it was rescheduled and became Music in June. But alas, with health and safety concerns still at the forefront, this major event has been officially canceled for 2020.

It wasn't the only tough decision as the result of Covid-19, as the Center's July picnic at Thomas Point Beach also will not take place this year, and the timing for the Brunswick Area Teen Center's Scoop-a-Thon fundraiser at Gelato Fiasco is under review.

"It is so difficult to cancel Music in April. It is such a wonderful community event and we raise nearly \$65,000 a year from it," said People Plus Executive Director Stacy Frizzle-Edgerton. "So that is going to be a real blow to our budget."

Music in April features dining, live music, silent and live auctions, as well as some unscheduled surprises. 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 offers many volunteer opportunities.

Staff at People Plus are currently strategizing on ways to help replace the funding generated from Music in April and two ideas that have surfaced involve the auctioning off of items to the public and possibly holding a raffle. Things like restaurant gift cards, golf course gift cards, and beach house rentals, just to name a few, are what might be offered. We will keep you posted with further developments.

The canceling of Music in April also is unfortunate in the fact that the event's new venue, the St. John's Community Center, will have to wait another year to host it. In the meantime, Frizzle-Edgerton and

everyone else at People Plus would like to thank Rousseau Management Inc. and all of our sponsors for being patient and sticking with us through these tough times. Without their support we would not have been able to keep the doors open during the pandemic. Our staff has been working diligently behind the scenes keeping seniors safe in their homes with food and medicine deliveries, face masks, daily phone calls and transportation rides. Our sponsors made that happen! Please frequent their businesses and thank them if you see them. See you all at Music in April in 2021.



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AWAITING MEMBERS ARRIVAL back at People Plus is a brand-new parking lot with all the trimmings. According to Ryan Barnes, Town Engineer of Brunswick, the newly completed 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 was removed and replaced with loam and seed to help protect the trees in the future. The People Plus parking lot was last constructed nearly 20 years ago.



Impacts of isolation: Pandemic takes a toll on solo seniors

(Editor's note: The following story first appeared in The Forecaster newspaper on May 1.)
 By Alex Lear, The Forecaster
 TOPSHAM — Although she has lived alone for about 10 years, Merrilyn Tombrinck experiences a deeper kind of solitude these days, forced to stay home most of the time due to the coronavirus pandemic.

"I stay in the bed a lot longer than I would normally, if I were younger," the 80-year-old Topsham resident said. "If it's cloudy and rainy or snowing, I just say, 'ah, no reason to get up, I think I'll just snooze for a little while.' I get depressed, and lonely, and frustrated."

Tombrinck is not alone. Fear, confusion and loneliness are impacts seniors can experience from prolonged isolation, according to Stacy Frizzle-Edgerton, Executive Director of People Plus, the Brunswick-based organization that works to keep older adults active and engaged.

Tombrinck does see her grandson, who puts her trash out each week, and talks regularly by phone with her niece. But the silence the rest of the time can be tough, particularly after she recently had to have her 14-year-old dog put down. "Even though she didn't talk, it was another body in the house with me."

"I turn the TV on, and I don't always sit and watch it, but it kind of fills the void a little bit," Tombrinck said. "It's a bad habit, I think, but at least I hear voices."

One new voice she's heard has come from People Plus. She is one of about 60 seniors who benefit from the organization's new "Friendly Phone Call" program.

"I tell people, 'I live alone, so when I get out and talk to people, I get diarrhea of the mouth,'" said Tombrinck. "When you don't talk all day, and then you talk to somebody, you just can't stop."

"Somebody said to me, 'you have such a good sense of humor.' I said, 'I have to. It's gotten me through life.'"

People Plus has about 1,000 members who are seniors, of which 75 percent are female, according to Frizzle. The organization estimates that about 30 percent live alone, 20 percent are caregivers for a spouse, and the rest are couples.

Census.gov estimates of the nearly 36,000 people who resided in Sagadahoc County last year, just over 22 percent were 65 and older. In Cumberland County, which the website



estimated had 295,000 residents last year, the senior population was 18.4 percent.

People Plus initially reached out to about 400 seniors about being part of the phone call program. "They're thrilled, they're flattered to be asked," Frizzle said. "They're happy to be checked in on."

Frizzle said the isolation she sees leads to depression, which then leads to bad health, lack of nutrition and personal hygiene. "The seniors, over the last five or six weeks, (are) becoming increasingly frustrated, increasingly worried and nervous about how long this is going to go."

But having someone to talk to regularly, to ask questions about the latest developments with the pandemic "has been really useful," Frizzle said. "Our role at People Plus has been to always stave off isolation. These calls ... are sort of replacing the energy that a person might get from coming to the People Plus Center, and having interactions, classes, and clubs and social time."

The University of New England's Center for Excellence in Aging and Health in Portland, founded by Dr. Tom Meuser, offers an outlet to that energy as well. The Legacy Scholars, a group of 430 people 55 and older, discuss research on aging through online Zoom video sessions.

Meuser, a geriatric psychologist and professor of social work at UNE, pointed out that a person's social network tends to narrow following retirement, partly because their

emotional energy is put into "fewer but stronger social bonds."

"You have a natural process of restriction of social network butting heads with an imposed process from this virus and the required social distancing," Meuser said. "Active engaged people who never thought of themselves as older now feel targeted by the disease, (and) the isolation limits their ability to do things that matter to them."

His said his greatest concern for seniors comprises the "isolation, loneliness and despair that can materialize if you are not having sufficient social contacts with others, and if you don't see hope for the future."

Meuser, who with others calls Legacy members just to check in, said he has noticed "spikes" in moods and anxieties. One isolated woman said she hadn't showered or changed clothes in four days.

"Part of the conversation was self care, and I challenged her," Meuser said. "Somebody else from the outside can say 'look, this is what's happening,' and I think for her it was a wake-up call."

He pointed, though, to the inner strength of older adults, who've lived through world wars and civil tumult and seen things ultimately get better.

"If you've made it to the seventh or eighth or ninth decade of life, you have built up a tremendous resource of life experience and ingrained resilience," Meuser said. "That gives me a lot of comfort in the present crisis, and with respect to future uncertainty."

Dartha Vance, a 70-year-old who's lived on her own since her husband died 10 years ago, and whose children live in Spain and Texas, can attest to that resilience. She's been looking forward to returning to work as a hairdresser and seeing her clients-turned-friends, who've been calling to check on her.

She participates in a dog-walking group around her Cumberland neighborhood. "We meet just about every day, and stay six feet apart," Vance said.

The virus doesn't scare her much; she's more concerned about her son, a doctor who works in a Level 1 trauma unit.

Tombrinck, meanwhile, has used her time in isolation to pen her life history for her children.

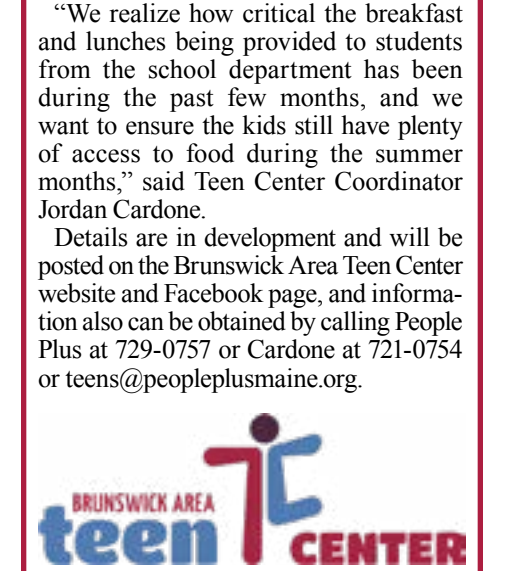
"I'm finding that I look back at my life a lot," Tombrinck said. "It's a really good time for me, and I would imagine for many others in my age group, to reflect."

Still dishing up food for our teens!

Summer food planning is under way! The Brunswick Area Teen Center program is gearing up to distribute take-out lunches to members when the Brunswick school department food drop off program ends on June 14.

"We realize how critical the breakfast and lunches being provided to students from the school department has been during the past few months, and we want to ensure the kids still have plenty of access to food during the summer months," said Teen Center Coordinator Jordan Cardone.

Details are in development and will be posted on the Brunswick Area Teen Center website and Facebook page, and information also can be obtained by calling People Plus at 729-0757 or Cardone at 721-0754 or teens@peopleplusmaine.org.



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*Benefits subject to change

Member Moment

"Member Moment" 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 Suzanne Neveux, a longtime member and class instructor 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 Suzanne Neveux

My name is Suzanne Neveux and I live in Brunswick. My first memories of growing up are from Old Orchard Beach, Maine, where I lived with my parents. And my maternal grandparents lived just two streets away.

I spent a lot of time with my grandparents, since both of my parents worked. Their home was a block away from the beach, so there were many hours spent playing in the sand and avoiding the ice cold water. My grammy taught me to knit when I was four and I still spend many hours happily knitting.

Then we — my parents and I — moved to Arlington, Virginia, into a multi-generational neighborhood. There were plenty of kids around my age to play with, as well as older kids who babysat and wonderful elder couples, who would host afternoon snack time with milk and cookies. One of my favorite memories is the luscious honey suckle; in Virginia the blossoms are so large you can sip large droplets of nectar.

I became involved with People Plus about 20 years ago. I ran into Betsy while each of us was out walking. I mentioned to her that I was looking for a space to teach Tai Chi and she suggested that I check out the 55 Plus Center. This was when it was up on Noble Street in two buildings, with the hall being in the old St. Charles Church. It was a wonderful space and the staff was so welcoming and helpful. It took no time to recognize that this was an organization I wanted to be a part of.

I value People Plus because it is a non-profit community center. There are so many programs and outreach activities that enhance the quality of life for such a variety of people.

I have valued and participated in volunteer activities for a long time. In fact,



INSTRUCTOR SUZANNE NEVEUX, recording an exercise video for home viewing during the coronavirus pandemic.

as soon as I graduated from college and had started working full time, I began to carve out time to do volunteer work. I am honored to be a part of the action at the Center. And I love the camaraderie of the members, they really look out for each other.

As far as a favorite activity or program at People Plus, that is a difficult choice to make. No one exercise class is a favorite, as each one has an element of unique specialness that I really enjoy — the laughter in Loosen Up!, the focus and purposefulness of Tai Chi, and the quiet gentle movements of Qigong. And in the three class types I currently teach, there is a unique population of attendees

— people I so miss seeing right now (I hope everyone is doing as well as possible in this challenging time).

The one thing I would like to share with people is that I love the seasons and each one is my favorite when we are in it. Although the change in our winters with less snow and more nasty cold rain and ice doesn't please me.

Right now it's fresh dirt and baby plants time. Every morning I go out and check my gardens — four for flowers and ferns and hostas; three small raised beds for veggies — and see who made it through the winter. Such a hopeful and happy time of year.

People behind the masks from page 1

I worked with a pattern I got online.

Q. Do you know how many you have made?

A. Nearly 175.

Q. Are others, besides People Plus, receiving your masks?

A. Oh yes! Family, friends, neighbors, clients and friends of clients, and a doctor's office. I get calls for 10-20 masks at a time for people to distribute to people they know and care about.

...

Q. Your name and town of residence:

A. Irene Bouchard of Brunswick.

Q. Your age:

A. 80

Q. Why did you feel the need to start making the face masks?

A. I felt a need to help my neighbors here at Signature Pines to stay safe. I continued to get requests from family and friends as well, here and in surrounding states. My long years of sewing skills and my passion to see how now given me the opportunity to do something worthwhile for our community.

Q. Did you develop your own design or pattern, or obtain it somewhere else?

A. I found the ideas from the internet, but did not follow a particular pattern.

Q. Do you know how many you have made?

A. I believe I have made over 300-plus in all.

Q. Are others, besides People Plus,

receiving your masks?

A. I donated to Thornton Oaks, Sunnybrook, the homeless shelter, Mid Coast Hospital, Brunswick Police Station, Walgreens, Hannaford, the Skolfield House, and, of course, my entire community of Signature Pines friends. They were so very generous in donating the funds that I needed to purchase the supplies.

...

Q. Your name:

A. Lonie Laffely Ellis.

Q. Why did you feel the need to start making the face masks?

A. Initially, I made them for personal use. Then made some for family, friends, neighbors, and small business owners.

Q. Did you develop your own design or pattern, or obtain it somewhere else?

A. I combined different patterns found on Pinterest to create a mask I found comfortable to wear.

Q. Do you know how many you have made?

A. So far, 220-plus.

Q. Are others, besides People Plus, receiving your masks?

A. Yes, I will continue to make what I can. Do you or someone you know need a face mask? Contact the People Plus Center by calling 729-0757 and leave a message. And we can deliver!

Also, you can pick one up at Mid Coast Hospital's Parkview Campus, located at 329 Maine Street—South Entrance, in Brunswick, between 8 am and 4 pm, Monday-Friday.

Member George Tetu creates a village

Keeping busy while staying-in-place, People Plus member George Tetu has been working on his latest stained-glass creation, a three-dimensional glass village — an emporium for his oldest great-grandson, Sawyer.

George, who is 91, was born, raised, and continues to live in Brunswick in the house he built for his family.

In explaining the start of George's deep-dive into his hobby, his daughter Lynn Tetu-Yuodsnukis said, "In the late '80s, my sister and two of my brothers took a stained-glass Adult Ed course. My sister soon found out that she couldn't keep up with the hobby, her toddler, and her job. She gave everything to dad. He taught himself how to do it by watching others and trial and error."

She continued, "He made quite a few 2D pieces for hanging in windows, at first. After seeing a three-dimensional birdhouse ornament in a store, he decided to try it. After seeing a picture of an old-fashioned general store in a book, he decided to try to make it. He draws the pattern on graph paper to scale before cutting the pieces. It's amazing to see him put it together, because the cut pieces need to fit perfectly even when soldered together. There are now 35 houses."

The photos show Sawyer's Emporium — which is number 36.

"Dad has made stores for each of his seven grandchildren. He has also made historical buildings of Brunswick: the old Town Hall, the Joshua Chamberlain House, Bowdoin College President Sills' House, Growstown School, the fire station 80 years ago, and the original post office," said Lynn.

The houses have been displayed at the Pejepscot Historical Society and People Plus.



Support continues in Annual Fund campaign

Before we give you the numbers, the staff and board of directors would like to offer a 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. Your generous support allows us to provide the kinds of programs and activities that enrich the lives of hundreds of people.

According to Office Manager Betsy White, as of May 26, the funding total for People Plus amounts to \$54,156, with an additional amount of \$3,043 in membership donations.

On the same date, the Teen Center campaign total was \$31,355, which includes donations received from the Back to School letters.

It should also be noted that the Center received nearly \$1,400 during the recent Giving Tuesday funding campaign. It was a new record amount earmarked for People Plus.

The annual campaign runs until the end of June. Donations can be made through the mail (PO Box 766, Brunswick, ME) or right online at peopleplusmaine.org. Again, thank you to everyone for your continued support.

PEOPLE PLUS MEMBERSHIP APPLICATION Date _____
 PO Box 766 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757 • www.peopleplusmaine.org

Name (1) _____ Phone _____ Birthdate _____ Female Male
 Email _____ Emergency Contact _____ (name) (phone) (relationship)

Name (2) _____ Phone _____ Birthdate _____ Female Male
 Email _____ Emergency Contact _____ (name) (phone) (relationship)

Mailing Address _____ City _____ State _____ ZIP _____
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 Other towns New Member Renewal: \$35 per person
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 (*donations above membership dues are tax deductible)
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June 2020

Elder Abuse Awareness Month



Each year, an estimated 5 million older adults are abused, neglected, or exploited. Older Americans lose an estimated \$2.6 billion or more annually due to elder financial abuse and exploitation, funds that could be used to pay for basic needs such as housing, food, and medical care.

Working together, we can build the social supports that can prevent this abuse and keep everyone safe as we age.

You may see signs of abuse or neglect when you visit an older person at home or in an eldercare facility. You may notice the person:

- Has trouble sleeping
Seems depressed or confused
Loses weight for no reason
Displays signs of trauma, like rocking back and forth
Acts agitated or violent

If you see signs of abuse, try talking with the person to find out what's going on. If you see something that looks like abuse, you can contact the Maine Office of Elder Services at 1-800-624-8404 (Voice) 711 (Maine Relay).

Calls may be made anonymously.



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Spectrum Generations wants to ensure those who are new to Medicare, or want to review their plans, have information needed to make an educated decision on what is best for them.



Visit www.spectrumgenerations.org to watch video!

NEW DATE!

We have changed the date for this year's 18th Annual Golf Fore a Cause to September 25, benefiting Spectrum Generations' programs and services.

For more information, or if you would like to golf in our tournament, please contact Sarah at sbrown@spectrumgenerations.org or 620.1677.



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New/renewing members for May

* indicates new membership
• indicates donation made with membership

Brunswick

- June Coffin *
Cathy Holt *
Laraine Lach
Debra Meinke
Elizabeth Scully

Harpwell

- Marcia Blue •
Kathleen Bowen *
Pamalee Labbe
William Labbe

Orr's Island

- Chris Corriveau *

Topsham

- Judith Ribeiro * •Lenducis doleni

The things I can hardly wait to do

When this is all over, and I'm sure you know what I'm talking about, here is what I'm going to do ...

Go for a long bike ride with all my cycling friends, who I've had to steer clear of.

Eat out at my favorite restaurants here in Maine, like Broadway Deli in Brunswick, Rock City Cafe in Rockland, Gilbert's Chowder House in Portland, The Contented Sole in New Harbor, Five Islands Lobster Co. in Georgetown, The Salty Owl in Owls Head, and so many more.

Walk the Breakwater in Rockland Harbor with my wife, Vicky; easily one of our most cherished places in the Pine Tree State.

Plan a weekend getaway in Quebec City. Walking around the flower-filled gardens raises one's spirits.

Stroll along Popham Beach in Phippsburg, dipping my toes in the water no matter how cold the temperature.

On my return to Brunswick, because I've been stuck working at home in Hallowell, it's straight to Wild Oats Bakery for some of their delicious chocolate chip cookies.

Bypass the supermarket aisle to check out the toilet paper inventory.

Stop using Zoom for a short time, or perhaps forever. It is serving a useful purpose during the pandemic, but I've never really been much of a screen-time person.

Make the scrambled eggs at the next monthly Women's Breakfast at People Plus. It's always fun chatting with the ladies who attend.

Continue our search for a puppy.

Take a journey up to Lubec, a community that will undoubtedly be crying out for the return of tourists, from here or away. Side trip to Campobello Island is also a must.

Visit my 87-year-old mother in my native state of Michigan, who has been mostly on her own during this whole ordeal.

Connect with the Easy Rider outing group here at the Center; maybe cycle with them again to Simpson's Point Landing in Brunswick. I like to refer to them as "my bike gang."

Check out a new exhibition titled "Pedaling to Progress: Bicycles from 1800s-1920s" at Owls Head Transportation Museum. I was all set to go to the grand opening when the coronavirus arrived.

Help and support my wife, Vicky, as she embarks on the "retirement" chapter of her life. Congratulations to her on a wonderful career as a registered nurse! I'm so proud of her.

Get back to nature in a big way with a day-long visit to Acadia National Park, the crown jewel of Maine.

See if my daughter, Sophie, has any time available in her hectic schedule to have a visit with her dear-old dad. I've missed seeing her, and social distancing with your offspring is just so weird.

Have a cone filled high with pistachio ice cream at my go-to place in Randolph.

Listen to more of Frank Connors' stories. While I don't

Simply put



Patrick Gabrion

believe every word he utters, it always makes my day whenever I get to visit with him.

Reschedule my postponed trip to Moab, Utah, to check out my sister's new digs in that trendy little city. Plus do some serious mountain biking, as it's one of the top destinations in the nation for such fun.

And last, but not least, give hugs and handshakes to anyone who wants one. My hope is that we will get to the point where those types of warm greetings are safe and healthy, and done without any hesitation or fear on anyone's part. Ordinarily, embracing isn't my style, but these have been extraordinary times, so one must give extra effort in such matters.

I know it sounds cliché, but I — like most others — do take things for granted way too easily, and you do miss what is taken away when normally it is a part of your everyday life. Hopefully, this is the lesson I can take away from the biggest challenge that I've ever faced in my lifetime, and do better in the future.

People Plus in the Media



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



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.

Advertisement for Brunswick Area Student Aid Fund. Includes photo of Mario Tonon and text: 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

Advertisement for The Highlands. Includes photo of an elderly couple and text: 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

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

Thank You!



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!





MID COAST HOSPITAL
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CHANS HOME HEALTH & HOSPICE
MID COAST-PARKVIEW HEALTH



LOOKING TO HARPSWELL IN THE DISTANCE, the Thursday Hikers explored Littlejohn Island in Yarmouth last month.

Get Active, Stay Active

Yes, there are many restrictions and limitations in place because of the Covid-19 pandemic, but getting out into nature is an important way to stay healthy during these tough times. So let's get active!

Virtually all of the Brunswick-Topsham Land Trust's 23 miles of trails and preserves remain open to the public and free every day. However, one area is closed to the general public: Cathance River Nature Preserve, but attempts are being made to remedy the situation and make it safe for hikers.

Here are some safety guidelines, according to BTLT:

- Do not use preserves, parks, or trails if you are exhibiting symptoms of Covid-19, or if you have recently been exposed to Covid-19.

- Be prepared for limited access to public restrooms (use a toilet before you leave home).

- Share the trail and warn other trail users of your presence and as you pass.

Tips on finding a place to visit safely:

- Go where no one else does. Don't go to the trails that you know are everyone's favorites. Try something that is a little out of the way, or lesser-known.

- Stay close to home. Even consider an exploration of the woods behind your own home.

- Have a plan B (and C). If your first destination has a busy parking lot, go to the next spot on your list.

- Go early or late in the day to avoid busy times, and try to keep your visit reasonably brief to be sure everyone gets a chance to visit with a lower density of visitors.

- Be sure to check BTLT's website and social media to be alerted of any changes and potential trail closures.

There are also numerous varied and interesting places to walk, picnic, play and enjoy the scenery in Harpswell.

Trails and preserves are open in Harpswell, according to the Harpswell Heritage Land Trust. Go online to hhlmaine.org for guidelines and instructions to keep everyone safe.

- Stay at least six feet away from other people at all times.

- Follow CDC's guidance on personal hygiene prior to visiting preserves, parks, or trails.

- Maintain distance between other cars in parking areas.

Books A La Carte

By now, you have probably read every book in your house at least once and are making a list of different books to read. Here are some suggestions:

FOR CAT LOVERS:

The Cat Who Came for Christmas by Cleveland Amory. A memoir by a New York City curmudgeon who adopts a street-wise stray cat. Chaos ensues, and then ... you have to read the book. Very humorous.

Comments: news@peopleplusmaine.org

FOR NEWCOMERS TO MAINE — BOOKS BY WELL-KNOWN MAINE WRITERS:
One Man's Meat by E.B. White. Short essays about life in Maine (1938-1943).

The Country of the Pointed Firs and Other Stories by Sarah Orne Jewett. Stories of Maine (1885-1925).

FOR JANE AUSTEN FANS:

Jane's Fame by Claire Harman. Jane's works were not well-known during her lifetime. How did she conquer the world?

Jane Austen — The World of Her Novels by Deirdre Le Faye. What was life like in Jane's times? Excellent illustrations.

FOR FANS OF THE ROOSEVELTS:

No Ordinary Time by Doris Kearns Goodwin. The lives of Franklin and Eleanor during World War II.

My Day — The best of Eleanor Roosevelt's newspaper columns (1936-1962). Much historical data of the times added in.



When you are contemplating a move...

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Gone but not forgotten – Memorial Donation in Memory of

<i>Ann Cort, March 25, 1928 – April 3, 2020</i>	<i>Brad Mitchell, October 8, 1939 – April 25, 2020</i>
<i>Grace Chick, April 2, 1921 – April 13, 2020</i>	<i>Martha Lentz, May 29, 1942 – May 3, 2020</i>
<i>Juliet Dionne, September 12, 1927 – April 24, 2020</i>	<i>Judy Warren, February 27, 1931 – May 3, 2020</i>
<i>Malcom Whidden, October 5, 1931 – April 24, 2020</i>	<i>John Chapman, April 10, 1940 – May 7, 2020</i>