



Plus!

People NEWS!

The center that builds community

People Plus
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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

Taking on the challenge

Teen Center celebrates 15 years of service; help us raise \$25,000

The Brunswick Area Teen Center at People Plus is celebrating its 15th anniversary this summer, so what better way to mark the occasion than with a challenge.

Following up on Priority Real Estate Group's Jim Howard and his generous challenge grant of \$5,000, which was matched by Bangor Savings and the Bill Dodge Auto Group, and \$1,000 from Riley Insurance, we are shooting for a goal of \$25,000. In addition, member donations currently stand at \$7,500.

"We are just so thankful to Jim Howard, Bangor Savings, Bill Dodge Auto, Riley Insurance, and our members for their generous contributions," said Executive Director Stacy Frizzle-Edgerton. "The goal has been raised. It's quite a challenge, but I'm sure people will rise to the occasion."

Along with the various programs and services the Teen Center provides, an important element to the challenge is having enough funds on hand to feed the kids over the summer. During the coronavirus pandemic — and while schools were technically in session — meals were obtained through the Brunswick School



IT WAS OPENING DAY for the Brunswick area "Feed the Teens" program on June 22! Teen Center coordinator Jordan Cardone and her assistant Melissa Gallison anticipate they will see dozens of teens as the word trickles out to the community that there is food to be had for free! All of the kids who stopped by the first day ate their food on-site. It's not too late to donate. Thank you in advance!

Department. With the end of that program, many of the teens' nutritional needs will have to be met by the Teen Center until school restarts, which will entail hundreds of meals.

"Adding the free food/nutrition program

years ago was an important part of our evolution as childhood hunger became widespread and prevalent in our own community," said Teen Center Coordinator Jordan Cardone. "I will always be proud of this program, the people who helped and those who continue to help make it a reality, and the work we collectively are doing as a community to meet the needs of our area youth, ranging from safe recreation to meeting basic needs."

The History ...

There was a center for teens back in 1944, when students formed The Teenagers' Canteen, according to a newspaper report. It was a success, having 250 members within three months of its founding. However, over time the Canteen eventually died out.

Between 2003-04, interest grew to re-establish a program for Brunswick's teens.

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WIN AN L.L. BEAN PADDLE BOARD!

Be a winner!

It's summer and a great time to enjoy the outdoors. One of the fun activities to do is go paddle boarding, and now you have the opportunity to win one, while also supporting People Plus. The Center is currently holding a raffle and you

could be the lucky winner. The contest is open to the public.

A paddle board is the perfect gift for children, grandchildren or yourself, and they are currently hard to find in stores due to the Covid-19 situation. And your purchase of raffle tickets means a lot to the Center, with the loss of \$60,000 due to the cancellation of Music in April.

Up for grabs is an L.L. Bean Bayside Cross Tough-Tec

Stand-Up Paddle Board, which is 11 feet in length. Also included in the package are two L.L. Bean Discovery personal flotation devices.

The value of paddle board is \$829 and the two PFDs are \$90 each, for total value of \$1,009.

Ticket details are as follows:

— Raffle tickets are \$20 each.
— To purchase, stop by People Plus (mask required,

please), M-F from 9 am to 1 pm (note: Center is closed 6/29-7/3), or give us a call at 729-0757, or visit our website, peopleplusmaine.org, click on the Give Now button, and click on "Write a Note" to indicate funds are for raffle tickets. Please include your contact information.

The winner will be drawn on July 17 during Stacy's community update video.

Welcome back!

Center slowly reopens with outdoor classes, haircuts

People Plus has got its "people" back. After shutting down the Center on Friday, March 16, because of restrictions due to the coronavirus pandemic, activity is slowly resuming at our Union Street facility.

Exercise classes, which are all taking place outdoors in the newly completed parking lot, are spearheading the return, along with Haircuts with Margarita. Loosen Up started things off on Monday, June 8. The building itself continues to be closed to members and the public.

"It's wonderful to see some of our members again," said Executive Director Stacy Frizzle-Edgerton. "Yes, it's on a limited basis, but to have the return of some programs is very good news."

Attending the first class back were five participants and instructor Béa Blakemore. It was a sunny morning, with a comforting breeze and the Loosen Up exercises were done to the accompaniment of birdsongs and much laughter.

Here's what people had to say after the half-hour session:

— "It was a fabulous time."

— "It's great to be with a group again and see each other."

— "It's nice to have some interaction with other people. It was wonderful to be back."

— "I enjoyed being able to talk with someone else."

Instructor Béa was her usual enthusiastic self and pleased with the turnout. "Not bad for first class back," she said. "People seemed to enjoy themselves. We will get better organized as we go."

Along with Loosen Up, the other outdoor in-person classes include Yoga, Chair Yoga, Tai Chi, Gentle Barre, and Qigong. Gentle Barre is a new offering. It is a hybrid workout class, combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. It is low-impact, full-body conditioning, and improves joint mobility, posture, flexibility, balance, strength, breath and mind-body awareness.

There are protocols for partaking in outdoor classes. They include the following: classes held weather permitting, by reservation only, limit of 10 people per class, face mask required during check-in, payment by punch card only, members only, no access to Center, bring your own water, check-in outside, maintain social distancing of six feet, and all classes will be a half-hour, with 15 minutes in between



for cleaning. Please check the calendar for class times.

We are still offering Zumba as a Zoom Live class. These classes are free and open to the public, but you must register to get your class link and password.

As mentioned previously, Haircuts with Margarita are happening again at the Center on Fridays from 9 am to 12 pm. Here's what you need to know: by appointment only, members only, \$10 donation, face mask required, members enter and exit from the front lobby door and must immediately wash their hands upon entrance, do not arrive more than 10 minutes before the appointment, and no waiting inside the Center.

"It was nice just to see our members back at the Center," said Programming Coordinator Jill Ellis. "After all, it's a place for people."

Please call the Center at 729-0757 to sign up for classes and haircuts, or if you have any questions.

"TAKING A BREAK!" People Plus will be closed for the weeks of June 29-July 3 and August 3-7 for some much needed R & R. Happy July 4th!



People Plus News

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

news@peopleplusmaine.org

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

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

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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



Let's keep dancing...

A lesson I have learned from this Covid-19 pandemic is to stop and smell the roses. To appreciate the small positive moments in life as we see that not even the tender moments can be taken for granted.

One of these such moments happened a few weeks ago during the Apple Club Zoom session. We have a regular group of about 12 people who join in every month, both at the Center and now via Zoom. That group includes George Hermans, a longtime People Plus member. And since we are now on Zoom, we had the great pleasure of being joined a couple of weeks ago by his lovely wife, Merry, as well.

It was only the first or second Apple Club since the pandemic began and we ended up mostly visiting and getting caught up as we had really missed each other! During this catch-up banter, it came to light that George and Merry were both about to celebrate their 92nd birthdays in June and that they have been married for 69 and half years!

How did they meet I asked them and we all sat listening enraptured as the two of them told the story.

"It was a blind date," George began. "And it was the last blind date I ever had!"

He went on to explain that the year was 1950 and he had been invited to go to a dance hall party that Saturday night with a friend but didn't want to go without a date. So his good pal, who lived in a tenant-style apartment building in the city, hollered up the stairwell into the heart of the building, "Who wants to go to a dance hall party tonight with my friend George?"

Well little, adorable Merry had just turned 23 and recently broken up with her boyfriend. She told us that she didn't want to sit home on a Saturday night, so she may as well go with the boys to the dance hall. So taking a chance, she stuck her head out of her apartment and called down the stairwell. "I'll go! Give me a minute to change!"

So she joined George for a blind date to go dancing and they spent the next 69 years dancing their way through

life, creating a family with many children, grandchildren and great-grandchildren. They always loved ballroom dancing and never stopped twirling together until Monday, June 22, when Merry passed away quietly surrounded by her family and, of course, her dear George. She had suffered a stroke over the weekend but waited until her family had gathered around her to say their goodbyes before leaving them all to dance on without her.

We will miss Merry so much at the Center. She's the other half of George and they were always together with smiles on their faces dressed in the most brightly colored, most festive attire any occasion would merit. Whether it was the Christmas party, the St. Patrick's Day celebration, Valentine's Day, or a luau, you could always count on the Hermans to wear a costume. And little, quiet Merry was the cutest, sweetest, lady who could always be found holding tightly to her big, husband of a man, George.

As we all know, George is NOT the quiet type, and is the first person to tell a good story, offer up a loud joke, raise his hand with a question at a lecture or offer to sing a Christmas carol in his deep booming bass voice. And all the while little Merry would perch next to him with a grin on her face and a look of love and contentment in her eyes.

They were clearly an extremely happy couple and I'm not sure how we will do it, but all of us are going to have to keep George knowing he is still just as loved as we all navigate these next few years without his Merry ...

When I took this job nearly nine years, they forgot to tell me that I would fall in love with the People Plus members and that some of them would leave us. Losing folks has been one of the most difficult parts of the work, but also incredibly rewarding. So it is with a glad heart that I will remember the lovely moment that George and Merry gave us during Apple Club as they shared their blind date.

And we will cherish the

From the Executive Director

Stacy Frizzle-Edgerton



tender moments as we miss sweet, little Merry, just as we miss Ed Cardali, Gloria Smith, Harriet Soulen, Judy Krok, Deane Lanphear, Edie Rentz, Hank Welzel, Ruth Foehring, and many, many others who we have lost just in my years at the Center. So hugs to all of you who also loved these folks and loved Merry. She will be missed.



Merry Hermans died on June 22, 2020, ten days after her 92nd birthday.

Born on June 12, 1928, to Dascomb and Ruth Rowe, Mary Ellen Rowe soon realized that her essential soul — joy, grace, sunshine, optimism — was better reflected as Merry, and at age 13, so she became.

Merry Hermans will be missed by many. She radiated intelligence, kindness, positive energy, and cheerfulness. She loved sunrises, waterfalls, poetry, singing, playing and watching tennis, bridge, and friendly competition in games of all kinds. Most of all she loved George, and George loved her. They were a great match and so looked forward to sharing their 70th anniversary on Sept. 12, 2020.

Merry is survived by George and their three children: Michael Hermans and wife Kathryn Hermans of Temple, Texas; Stephen Hermans and partner Suzanne Stone of Exeter, New Hampshire; Linda Hermans and husband Richard Goldman of Dresden, Maine, and their beloved former daughter-in-law Debra Perou of Exeter, New Hampshire. They have ten grandchildren and six great-grandchildren.

Obituary courtesy of the family.



Thank you for your service!

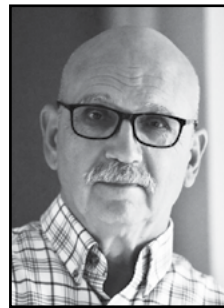
By Stacy Frizzle-Edgerton

Many people help make People Plus the success it achieves every single day. Among them are our devoted members of the board of directors, three of whom are leaving after several years of service. We thank you. They are:



Carol Aderman, a Freeport resident and graduate of Brunswick High

School, served six years on the board of People Plus. Two of those years were as the chair of the board. As the first female chair of the board of People Plus in more than 20 years, Carol helped guide the organization to financial health and community engagement. She has been instrumental in leading the development and fundraising committee during her six years of service. Carol's not afraid of anything or anyone and taught me to put myself in difficult situations despite my level of discomfort. She was an excellent role model.



Joseph Palma, a Harpswell resident, was a stock trader on Wall Street during 9/11. As he watched the World Trade Center towers fall, he vowed to spend the rest of his life helping others. He and his wife, Audrey, relocated to Maine and have run numerous yoga programs. Joe is a master-level photographer and a financial whiz. His combined interests in creativity,

physical health and well-being, and all things financial, enabled him to be the perfect board member for People Plus. He was able to engage in all areas of the organization and his three years on the board have been productive and impactful. We will miss him!



Richard Rizzo has served on the board of People Plus for six years as the liaison to the police department. He retires from his position of chief of police and his seat will be filled by another member of law enforcement. However, no one can fill Dick's shoes. As a quiet observer who doodles through all meetings, he has demonstrated an ability to get to the heart of any issue and deal with it in a straightforward and concise manner. The chief is an amazingly smart person who helped keep all of the members of our community and People Plus safe. And he always did it with a smile and a positive attitude.

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Write On Writers

Spared? *By Doris Weinberg*

I've always felt lucky that I have been spared disasters that others have had to face. Floods and earthquakes and even tornados have never come near my place.

The warnings would be given on the nightly news as to what some places could expect. Heavy rain. strong winds and destruction A house someone needed to protect.

I would see the photos of massive floods ruining all that families had. I could never figure out how they'd recover from that everything destroyed so bad!

Would I be strong enough to start over again? If all I had was lost? Would I even know where to start? Or have the desire, not counting the cost?

I've been so blessed that I've never been touched by a horror such as this. But it makes me realize we all should help or we would be remiss.

Right now, we are facing a worldwide threat and so far, I have been spared. But others have lost their health and home and I'm sure they are very scared.

I think it behooves every one of us to pitch in to those in need. It's unknown how long this threat will last, but it will take all of us to succeed.

So even though you are confined to home, there's much that we each can do. Pick up your phone or prepare a meal and remember "It could be you!"

Beautiful Gardens *By Nonie Moody*

One of the most peaceful and relaxing summer days is to schedule time meandering through special gardens, clearing your mind and soaking up the beautiful colors. Each garden is unique in style, design, arrangement of flowers and trees. Over the years, these gardens have come to mind and one in particular made it a yearly trip during different seasons.

Coastal Maine Botanical Garden, located in Boothbay, Maine. This beautiful garden was established by a group of Midcoast residents who are referred to as the founders. After 16 years of planning, the gardens opened in 2007 and now consists of 295 acres. We first visited during the summer, enjoying the walkways with pond and many Maine flowers. The second time was during the Christmas holidays. That visit was spectacular as we walked the winding pathways lit with the spirit of Christmas lights.

Winterthur Museum, Gardens and Library in Winterthur, Delaware. Developer Henry Francis du Pont (1880-1969) cultivated a 60-acre wild garden concept from the 1,000 acres of hills, woods, meadows, streams and forest. The garden woods were full of many hardy flowering azaleas the day we were there



along with spring wild flowers. We did not tour the 175-room house, where the library and museum are located.

Dow Gardens in Midland, Michigan. Established in 1899 as a home for Herbert H. and Grace A. Dow. We visited these beautiful gardens during a weekend with relatives. What I remember most was the three miles of hard surface pathways as we took a wheelchair for my sister. It was so accessible for everyone to enjoy the dazzling perennials and annuals of this 110-acre garden.

Longwood Gardens in Kennett Square, Pennsylvania. Pierre du Pont (1870-1954) purchased a small farm for the purpose of saving some old historic trees from being sold for lumber. Longwood Gardens is one you will never forget. So much to see, so much to learn and never enough time. There are 1,077 acres of beautiful garden design with Disney-style animals carved out of dense foliage. There is a children's area where I copied the idea of making my own birdhouses out of men's old worn out high-top work boots. There are woodlands, meadows, and fountains plus a 4.5-acre conservatory. A favorite place while living in Pennsylvania.

What I Like Most About America

By P.K. Allen

What I like most about America is the people who make her great, From her busy New York Harbor to her misty Golden Gate.

From Hawaii to Alaska, from Texas up to Maine, From Florida to the heartland with its amber waves of grain.

From her northern Canadian border states To the ones on her Gulf Coast, From the Atlantic to the Pacific live the people of whom I boast.

It's the people of this country of each color, race, and creed, Who help to build this nation by nurturing freedom's seed.

Yes, it's the people of this country of whom I praise and rave, Because they make this great nation "the land of the free and the home of the brave."

Together

By Bonnie Wheeler

We are better together Generations of wisdom Pass it on to all who will listen Time is short until we depart

The World

By Bonnie Wheeler

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

Thief of Peace

By Virginia Sabin

What is needed A pervading philanthropy To tether The world's destructive power Plagiarize, if needed The enabling volumes Of words, words, words To bring understanding And the power of peace Worldwide



Our Flag *By P.K. Allen*

It's red, white, and blue And flies for me and you Because of the honor, valor, and pride Of those who fought and died By making a courageous stand To ensure freedom across this land Will never tarnish, vary, or sway And preserve the American way

Haircut *By Charlotte Hart*

For various and sundry REASONS I've been in home for winter-spring SEASONS. July's here. We're in early SUMMER. I need a haircut. What a BUMMER! Can't get to Brunswick, Maine's People PLUS. To marvelous Ms. Day. That makes me FUSS. But wait. Here in Cumberland, MAINE In my in-law apartment — it's PLAIN! Maison de Sylvia (Petite MADEMOISELLE!) My mirror sings like a BELL. I smile. I'm in Haircut HEAVEN. Great-granddaughter Sylvia is just SEVEN! Her gloves, mask, and gown are in PLACE. I look good with a smile on my masked FACE.

With Pride and Honor

By P.K. Allen

I'm proud to be a citizen of the greatest nation on Earth, Born of thirteen separate colonies that united to show their worth.

With a Declaration of Independence, signed with an unwavering hand, That promised "Life, Liberty, and the Pursuit of Happiness" across this great vast land.

And the Constitution that soon followed, along with the Bill of Rights, Forged by courage and wisdom to guide us through our nights.

And our flag that we fly each day to wave in freedom's light With its stars and stripes forever giving hope to those in plight.

And our allegiance that we pledge "with liberty and justice for all," "One nation, under God and indivisible" that lets us stand so tall.

So it is with pride and honor that I sing our anthem loud. I'm glad to be an American, for THAT IS WHAT MAKES ME PROUD.

Finally, Sunshine

By Bonnie Wheeler

Take a walk outside Smell the lilacs Look at the flowering trees Wave to your neighbors Eat an ice cream cone For a moment, all is right with the world All we are promised is this moment

Wartime *By Doris Weinberg*

I was only 9 when Pearl Harbor was attacked and the president declared "The War!" I remember my parents' shocked faces, But I had no idea what their anxiety was for.

There was no television and the radio was our daily news source. It brought us constant updates as preparations began, of course.

Young men enlisted and the draft board was born. Dad was too old and we were glad when informed.

Because I was so young, I really was not affected. Being a child life went on for me, just as I expected.

I understood what blackout shades were, and my Dad used coupons for gas. And every night the front near my house, Air raid wardens would walk past.

We had an unfinished cellar where a coal bin was filled. And my Mom made us practice some emergency drills.

In a corner of the basement a little shelter she made. It had water and blankets, some canned food and first-aid.

I do remember collecting tin cans brought to school for a collection. They were used for the war effort, after passing some sort of inspection.

Things became rationed like sugar and gas, No more nylons for Mom. It was rayon, alas! When war ended in Europe, against Japan it went on, That finally stopped when we dropped the atom bomb.

A horror that was, but it shortened the war, And spared thousands of soldiers, everyone swore. When victory came, I was away at camp, Bells woke us up to gather around lamps.

We celebrated by putting lit candles on wood, We watched them float on the lake from the beach where we stood. My memory of that conflict was to end all wars, Unfortunately, since then, there has been too many more.

As I now face the end of my days, we could have peace in so many ways. If we would just learn to talk and not raise a gun, Peace would be achieved for everyone.

Keep moving forward with our lives

By Betty Bavor

July, named to honor Roman dictator Julius Caesar. One of his greatest contributions to history was the Julian calendar in 46 BC, which was the precursor to our Gregorian calendar we use today.

Six months of 2020 is history and our nation continues to endure the coronavirus pandemic. Our world looks completely different from the joyous New Year's celebration when people made resolutions, plans and dreams for the year ahead. Things continue to change minute by minute with disappointment, restrictions, guidelines. Schools closed as educators and parents adjust to lessons online at home with children.

Cancellation of spring sports, end of year events and graduation/commencement ceremonies taking place with unique creativity never believed possible. Graduates will never forget 2020, and will be honored by family, friends and their communities via technology, TV, their neighborhoods, beloved schools and colleges. The future is challenging for these graduates as they set their goals with resilience and determination.

In these difficult and uncertain times, we must keep ourselves moving forward. I count my blessing for being a member of People Plus whose staff has kept us connected, informed, and ever ready to help. Who would have believed we would see Stacy and Jonathan "tie the knot" to become Mr. and Mrs. Jonathan Edgerton. Stacy's daily video update from Mossy Ledge Farm inspires activity — cooking, gardening, nature exploration and just pure pleasure.

As we shelter at home, the exercise instructors come into our homes every day via video promoting healthy exercise. Frank entertains us with story time. To be sure we are OK, Sarah calls us to say hello, do you need a mask or help with anything? I had hoped to say hello to Sarah as she delivered masks to my house, but when I looked out on my porch there were my goodies — such a nice surprise! Patrick and Jenn published May People Plus News that's a keeper with pictures, articles and a centerfold titled "Corona Chronicles." The only thing missing was the monthly calendar. You have all done and continue to do a great job of nurturing members while working from home, keeping you and your family well and safe.

June brought some re-openings so desperately needed for the economy and the summer months. We have not won the war against Covid-19 and must pray for discovery and distribution of a safe and effective vaccine to eradicate this coronavirus — continue to follow CDC guidelines.

We have missed some traditional holiday celebrations and Fourth of July will most likely be another virtual event. No matter how we celebrate America's birthday, please have total respect for and value of human life plus dignity of every individual. Pray for wellness and peace. God Bless America.



729-0757



SERVING OUR COMMUNITY IN NEW WAYS

People

The center that builds community

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

We'll pick it up!

In addition to providing free rides for medical and other needs, the Volunteer Transportation Network has added a free delivery resource to keep home-bound seniors well supplied. Our volunteer drivers are grocery shopping and getting prescriptions for area residents and members alike! FMI 729-0757.

Want a 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 for more information!

Staying Connected!

Watch our community update videos, exercise videos, community guest videos and more at www.people-plusmaine.org or visit People Plus Maine on [vimeo.com](https://www.youtube.com), [youtube.com](https://www.youtube.com), or [facebook.com](https://www.facebook.com). You can also view programs on Brunswick TV3 & Harpswell TV14.

Got masks?

We have masks, generously made by members of the community and donated to the Center. Call 729-0757 for your free mask!



LOOSEN UP. The first class back at People Plus took place on Monday, June 8 in the Center's parking lot. Above: Instructor Bea Blakemore leads the class in gentle stretching and strengthening. Left: Programming Coordinator Jill Ellis checks in participants, making sure all safety protocols are observed.



Exercise Outside at the Center!

Outside classes include Loosen Up, Yoga, Chair Yoga, Tai Chi, and Qigong. Members only, limit of 10 participants per class, masks required, pre-registration required, payment via punch card (\$5/class). Please check our calendar for class days and times.

Outside Class Protocols:

- Classes will take place outside in the parking lot, weather permitting (no class if raining — we will call you if we cancel). 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/after use.
- Limit of 10 per class
- MEMBERS ONLY
- Pre-registration required, no drop-ins. Call the Center to sign up.
- Masks required for all participants during check-in (and can be provided at the Center if needed).
- Please bring your own water.
- Classes will be limited to 1/2 hour to accommodate masks and cleaning between classes.
- Payment via punch card only to limit contact. Two cards available: \$50 for 11 classes (\$5/class plus one free class) or \$25 for 5 classes.
- Please arrive no more than 10 minutes early and maintain 6-ft. social distancing 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).
- No access to building during class (restrooms are available).

Kaffeestunde!

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

Apple Club live via Zoom

Thu, July 9, 2 pm. Would you like to learn more about your iPhone or iPad and how apps can help enhance and organize your life! Join our Zoom conversation on Thursday, July 9 at 2 pm to share knowledge, ask questions and find answers to the wonderful world of ideoices! No experience necessary. Members Only. Pre-registration required (you will be emailed the class link).

Yoga moving outside in July!

Two chances to take the class.

Tuesdays, 10:30 - 11:15 with Ann Kimmage.

Thursdays, 11-11:45 with Leslie Ballin.

Bring your own mat and props. We'll provide extra mats for padding underneath. Members Only. Pre-registration required.



NEW Meditation Workshop

4 weeks, July 7-Aug 11, Tuesdays, 11:30-12 pm (no class 7/14 or 8/4). Have you wondered why people meditate? This beginning class will explain meditation and its benefits and teach you how to establish your own practice. In addition to learning meditation and breathing techniques, you will be introduced to practical skills for managing and reducing stress. Members only. Registration required. Cost is \$5/week (class is free to those taking yoga class right before).

Ann Kimmage is an experienced certified Yoga, Stress Management and Pilates instructor who has had an established 16-year meditation practice and has taught both meditation and stress management at Merrymeeting Adult Ed.

NEW Walking Club — FREE in July

Thursdays, 10:30 am, starts July 16. We will walk the wide paved perimeter path around Brunswick Landing airport (old base) to allow for social distancing. Great flat surface for all levels — walkers and canes are fine. Walk should be about a half-hour. We will meet at the entrance on Chamberlain Avenue. There is plenty of space to park. Please bring a mask. Led by Suzanne Neveux. Members only. Registration required.

Zumba class live FREE via Zoom

Mondays, 10:30 am. Instructor Bea Blakemore. Open to the public, pre-registration required. You will be emailed class link and password.



NEW Gentle Barre Outside — FREE in July

Wednesdays, 12 pm. Barre Fitness is a hybrid workout class combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Uses the back of chairs instead of a bar. It is low-impact full-body conditioning and will help with joint mobility, posture, flexibility, balance, strength, breath and mind body awareness. Try it for free for the month of July! Instructor is Bea Blakemore. Members only. Pre-registration required. Class limited to 10.

Hair Cuts with Margarita!

Fridays, 9 am-12 pm. Please see the requirements below:

- Haircuts are limited in number and are by APPOINTMENT ONLY.
- MEMBERS ONLY
- \$10 donation
- Masks required.
- Only one person will be allowed in the building at one time for a cut.
- Members will remain in their car until appointment time (please don't arrive more than 10 minutes early).
- Members will enter and exit from the front lobby door and must immediately wash their hands upon entrance.
- A new gown will be provided for each guest.
- Time will be allotted between appointments for cleaning of equipment and area.



Outing Club

Wednesdays, 9 am. Club meets at the Center for a ride or hike each week. The first Monday of the month the group meets for breakfast. Members only.



Sun	Mon	Tue	Wed	Thu	Fri
Center Closed June 27- July 3. Have a safe and happy July 4th Weekend!					
5 9:00 Grace Reformed Baptist Church	6 9:00 Loosen Up - Outside 9:45 Loosen Up - Outside 10:30 Zumba Live via Zoom	7 9:00 Chair Yoga - Outside 10:30 Yoga Outside 11:30 NEW - Meditation	8 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	9 9:00 Chair Yoga - Outside 11:00 Yoga Outside 2:00pm Apple Club via Zoom	10 9:00 Hair Cuts with Margarita 9:00 Loosen Up - Outside 9:45 Loosen Up - Outside 10:30 Qigong - Outside 10:30 Meals on Wheels
12 9:00 Grace Reformed Baptist Church	13 9:00 Loosen Up - Outside 9:45 Loosen Up - Outside 10:30 Zumba Live via Zoom	14 9:00 Chair Yoga - Outside 10:30 Yoga Outside 11:30 NEW - Meditation 3:00pm German Club via Zoom	15 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	16 9:00 Chair Yoga - Outside 10:30 Walking Club 11:00 Yoga Outside	17 9:00 Hair Cuts with Margarita 9:00 Loosen Up - Outside 9:45 Loosen Up - Outside 10:30 Qigong - Outside 10:30 Meals on Wheels
19 9:00 Grace Reformed Baptist Church	20 9:00 Loosen Up - Outside 9:45 Loosen Up - Outside 10:30 Zumba Live via Zoom	21 9:00 Chair Yoga - Outside 10:30 Yoga Outside 11:30 NEW - Meditation	22 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	23 9:00 Chair Yoga - Outside 10:30 Walking Club 11:00 Yoga Outside	24 9:00 Hair Cuts with Margarita 9:00 Loosen Up - Outside 9:45 Loosen Up - Outside 10:30 Qigong - Outside 10:30 Meals on Wheels
26 9:00 Grace Reformed Baptist Church	27 9:00 Loosen Up - Outside 9:45 Loosen Up - Outside 10:30 Zumba Live via Zoom	28 9:00 Chair Yoga - Outside 10:30 Yoga Outside 11:30 NEW - Meditation	29 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	30 9:00 Chair Yoga - Outside 10:30 Walking Club 11:00 Yoga Outside	31 9:00 Hair Cuts with Margarita 9:00 Loosen Up - Outside 9:45 Loosen Up - Outside 10:30 Qigong - Outside 10:30 Meals on Wheels

Supporting People Plus

The message is clear: please help us keep doing what we've been doing all along. The loss of key fundraisers and other revenue, due to the coronavirus pandemic, means the People Plus Center has had to "tighten its belt."

With that in mind, and with the launch of a new fiscal year, any and all donations are certainly welcomed.

"While we've always been responsible when it comes to fiscal matters at People Plus, not having Music in April and events like the Teen Center's Scoop-A-Thon have really done a number on our budget," said Executive Director Stacy Frizzle-Edgerton. "If people are able, we would appreciate their funding support."

While a few activities have now restarted at the Union Street facility, it was basically business as usual — and more — during the nearly

three-month closure because of health and safety concerns.

Classes and programs were and continue to be presented to our members by way of video and there have been Community Updates to keep people informed. Other services include our "Friendly Phone Call" program, the making and distribution of face masks, and the expanded VTN program, which has turned into a delivery resource for those home-bound seniors who might need groceries and medicine.

"We are actually still looking for more volunteer drivers to help people make appointments and continue with deliveries," said VTN Coordinator Lynne Smith.

If you would like to make a donation to People Plus, please call the Center at 729-0757, go online to peopleplusmaine.org. In advance, we thank you!

Can YOU help a Neighbor in NEED?



Join our team - Volunteer to drive or shop for a homebound senior!

729-0757 driver@peopleplusmaine.org

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

Strong roots Strong lives

Do senior living naturally.

Life amidst the new normal of COVID 19 is going strong for our small community at The McLellan. We have adopted The Blue Zone principles of living to 100! One of the nine principles is to, "move naturally." Gardening is a perfect natural movement. We now have organic meals straight from our gardens to our tables. Plant your roots with us, come gardening with us, come move naturally with us, come "Live better" with us here at The McLellan!

The McLellan
Live better.
Home Apartments Available

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

M	O	V	E	!
Visit a river or pond	Use a trail in Bath	Take a walk in your neighborhood	Use a trail in Georgetown	Use a trail in Harpswell
Use a trail in Brunswick	Try a mountain bike trail	Find 3 shells on a beach	Bike or roll on the Androscoggin Bike Path	Use a Land Trust trail
Ride your bike on a trail in Topsham	Take your dog (or a friend!) for a walk on a trail	Make up a healthy activity	Hike to the top of a mountain	Play in the ocean
Take a walk on a beach	Ride your bike on a trail in Bath	Use a trail in Phippsburg	Go for a canoe/kayak ride	While out, spot three different birds
Use a new Land Trust trail	Visit a new-to-you trail, beach, or park	Play a lawn game	Take a walk in the woods	Use a trail in Topsham

Welcome to the Southern Midcoast Get Active Summer Challenge 2020

Visit www.GetActiveSouthernMidcoast.org for local ideas!

HOW TO PLAY

Fill a row or the entire card, substitute an activity if needed. When you complete an activity **X** it off and write the date.

Once complete mail to:

Access Health
66 Baribeau Dr, Suite 7
Brunswick, ME 04011

You'll be entered in our monthly raffle, through September 30, 2020.

Your name and address: _____

SAFETY TIPS

COVID-19: www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/visitors.html

- Do not visit if you are sick or have been exposed to COVID-19
- Stay at least 6 feet away from other people at all times; have a face covering if needed
- Avoid busy parks & trails - have a plan B
- Wash your hands when you can, bring hand sanitizer, cover your cough
- Be prepared for limited access to restrooms
- Share the trail, warn others as you pass

HIKING: (Ticks, Heat, Thunder) www.nps.gov/subjects/trails/hiking-safety.htm

BIKING: (General & COVID-19) www.bikemaine.org

FISHING & BOATING: www.maine.gov/ifw/fishing-boating

PARTNERS

- Access Health
- Bath YMCA
- Brunswick-Topsham Land Trust
- Cathance River Education Alliance
- City of Bath
- Harpswell Heritage Land Trust
- Kennebec Estuary Land Trust
- Mid Coast Hospital
- Phippsburg Land Trust
- People Plus
- Six Rivers New England Mtn. Bike Assoc.
- Spectrum Generations
- Town of Brunswick
- Town of Harpswell
- Town of Topsham



Get Active
Southern Midcoast

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142 Neptune Drive, Brunswick
(207) 725-5801



24 Maurice Dr, Brunswick
(207) 725-4379



142 Neptune Dr, Brunswick
(207) 725-9444



29 Maurice Dr, Brunswick
(207) 725-7495

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Brunswick
(207) 406-7500

For life-threatening concerns and critical situations, call 9-1-1.



As we have been since the onset of COVID-19, **Mid Coast Hospital Walk-In Clinic** is here to provide high-quality care with safety measures in place.

- Conveniently located
- Emergency-trained providers
- Lower cost office visit rate
- Integrated with **Mid Coast Medical Group**
- Coordinated care with **Mid Coast Hospital**
- Telehealth consultations
- Check in online at midcoasthealth.com/walkin



WWW.MIDCOASTHEALTH.COM/WALKIN

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 O. Jeanne d’Arc Mayo, a person who has been deeply involved in People Plus. Don’t be surprised if you might be asked a few questions, after all, everyone has a story to tell. Thank you.

Getting to know O. Jeanne d’Arc Mayo

My name is O. Jeanne d’Arc Mayo and I grew up in Cambridge, Massachusetts, in a very close family with three sisters. There were four girls in four years, so we had built-in playmates.

It was a multi-generational household, as my maternal grandfather lived with us for 14 years. Also, many relatives and cousins on both sides lived close by, so everything — parties, gatherings, church, school — revolved around family.

I went to Cambridge High and Latin School, having completed my grade school at Notre Dame de Pieté, which was part of my church community. Early in life, I decided I would go to college even though I did not know what that entailed. My three sisters had decided on early marriages and family.

I went to Sargent College, which is part of Boston University. At that time it was located in Cambridge, so within walking distance from my home. Sargent was a small women’s college offering only two majors. I planned to study physical education, but found out about physical therapy, which then was only open to women. The die was cast, as I loved everything about it. So for me it was white stockings, shoes, starched uniforms with PT patches, and varied patient loads.

I graduated in 1954 with a BS degree in physical therapy. I took my first job in New York state. The time was reminiscent of today’s Covid-19 scare, as the country was dealing with Poliomyelitis or Infantile Paralysis — the last big polio epidemic in the U.S., prior to Jonas Salk’s work.

I had received a scholarship from the Infantile Paralysis Association for my senior semester, so felt I should honor that by working in the polio field. This caused great family concern health-wise, but also family-wise because all of us lived close to each other and this was a definite break.

NY State Rehabilitation Hospital in West Haverstraw — now called Helen Hayes Hospital — was converted to only serve polio patients. My first patient load was both bulbar and paralytic cases. It was my first time away from living at home and I was now in a nursing residence with other professionals. That was a new reality.

Part of my work was with iron lung



patients, from infants to teens to adults. It was overwhelming and scary, but an amazing learning time for me. Today’s pandemic does bring me back to that time in my life.

After a few years I had the opportunity to consider a new job. I moved to Georgia to work with the State Department of Georgia, involved in traveling clinics to deal with those suffering with polio in outlying, segregated communities. This meant spending three days in a specific area with a social worker, orthopedist, prosthetist, nurse, and physical therapist to update and teach exercise programs to families, assist with brace fittings, wheelchair needs and other potential problems.

I also had the chance to work at a local hospital, setting up the first physical therapy department. Due to the segregation practices at that time, I learned that my black patients had to be referred to a white physician to receive therapy. So painful then, as well as so much of what we see today continues to be painful.

After a while in the South, New England and

family were calling. Graduate school seemed like a good idea. So it was on to BU School of Education for a Ed.M in counseling and vocational guidance. While there, another surprise took place in my life. A college beau was also returning to MIT. There was a chance meeting, and two years later a wedding, followed by twin sons and a daughter. Life’s changes!

An even bigger surprise was moving to Maine, as my husband was joining the chemistry faculty at Bowdoin College. The initial plan was for just a few years. That was in 1962.

I applied for my PT license and was given No. 40. I was, and still am, fortunate to have been able to continue to practice all these years, originally for VNA of Bath before it became CHANS, for CHANS, consulting for nursing homes, starting and staffing the first Department of Physical Therapy at what was then Parkview Hospital. Then I established a private practice and eventually joined

Bowdoin for 25 years as the first woman on the athletic training staff as a physical therapist and athletic trainer.

I also enjoyed community involvement with the schools, library, churches, helping to establish and build MCHPP, Success by Six, Friends of Bowdoin Association, and, most definitely, People Plus.

In 2000, I joined the Master Gardener course through UMO. It meant returning 50 hours of community effort, so to fulfill this obligation two friends and I teamed up to create and manage a garden in a space that was then called Spanish Square. This was beside First Parish and across from the old St. Charles church, which was the first 55 Plus site (now People Plus). It was convenient to look in, join and begin yoga with lovely Ruth Vogel. Sig Knudsen, who was executive director then, invited me to join the board of 55 Plus as the community representative. At that time you went before the council to be vetted. Somehow my association has continued.

We were in need of funding, so an auction was planned. We hired help, which resulted in costing the organization instead of assisting the organization. A wonderful board member, Gloria Smith, and I decided we could do better, so we planned a dinner and silent auction.

Gloria retired and I enlisted Frank Connors, who shared a piece of his “cubby hole” office. Betsy White agreed to do the financials and our fundraiser continued. I enlisted a friend at Kaja Veilleux Auctions, Chris Toole to do the food part, and somehow we grew and grew.

Over the years, we moved to our present location. Our very necessary fundraiser became Music in April. Somehow we preserved, and then we had the good fortune to hire Stacy Frizzle-Edgerton, who added to our event with her energy, and Music in April continues to this day as our most important fundraiser.

I look at People Plus as our community social service department. It is open to all, accepting of all. It offers companionship, community, meals, exercise classes, transportation, educational programs, art classes, lectures, income tax assistance, and so much more. It truly is the “one-stop shop” with a most welcoming staff.

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:

CHURCHILL

Working with Winston by Cita Stelzer. The story of the women who worked as secretaries for Winston Churchill in the 1930s into the 1960s. They were actually more like personal assistants, traveling with him everywhere. Based on oral histories. Very rich in the history of the women, the Churchills and the times.

MILITARY HISTORY

Armor and Blood by Dennis E. Showalter. The story of the Battle of Kursk in 1943 in Russia. It is not well-known, but may have been the turning point of World War II. It involved over three million men and 8,000 tanks. The Russians defeated the Germans, and the Germans went into a defensive mode in the east for the remainder of the war.

MAINE CLASSIC

Spoonhandle by Ruth Moore.

A novel set in a small village in coastal Maine. Great character studies and fine dialogue involving several families in the late 1930s.

BOOKS

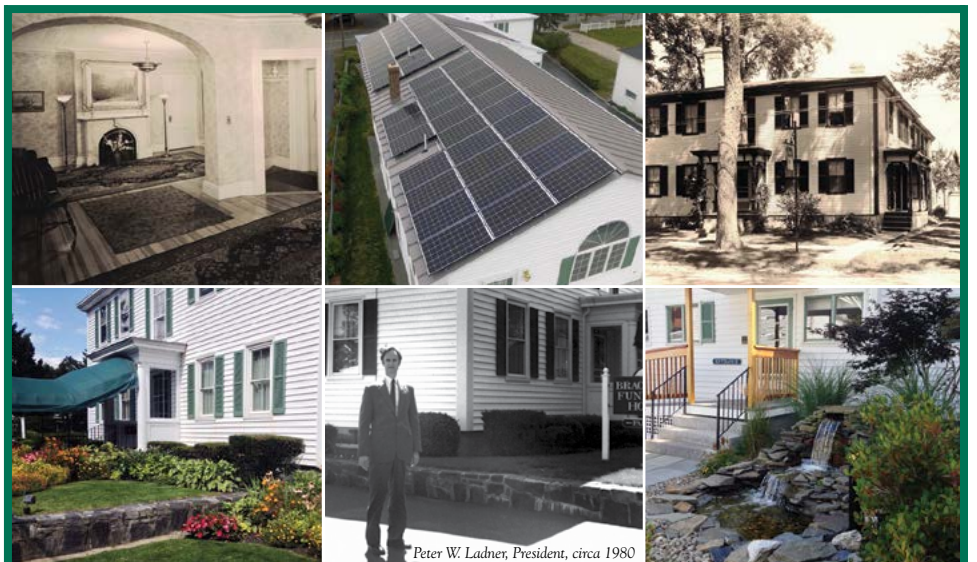
A Gentle Madness and Every Book Its Reader by Nicholas Basbanes.

All about books, book collectors, bibliophiles, book thieves, book dealers, libraries, etc. Very readable.

MYSTERY

The Stately Home Mystery by Catherine Aird.

A police procedural set in rural England, one of the series featuring Inspector Sloan and Constable Crosby. A body is found in a suit of armor in a mansion open to the public. Good characters, dialogue, humor, and a nice puzzle. One of the best in that series.



BRACKETT FUNERAL HOME

29 Federal Street, Brunswick, ME
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From Anita's Plate

Anita Nugent
(207) 504-6439



info@nutritionforeveryday.com

Salad in a jar

Most of my clients love to eat a salad, but most don't want to make them all the time. What if you could make three salads at once and have them fresh and ready to eat, waiting for you in the refrigerator? You will need three wide-mouth mason jars. Pour 1-3 Tb. of salad dressing in the bottom of the jar.

Add hard vegetables, like carrots, cucumber, peppers and cooked beets.

Add chickpeas, black beans or cooked quinoa.

Add chicken, egg or cheese.

Next come the softer vegetables, like tomatoes or diced strawberries.

Top with salad greens.

To serve, pour the contents of jar onto a plate, mix and enjoy!

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

Taking on the challenge cont. from page 1

The biggest hurdle was finding a place for them to gather. With much involvement by the community, the Teen Center finally opened in the basement of the then-55 Plus Center building on the corner of Noble and Maine streets. It is now located on the second floor of our Union Street facility.

As a previous article stated, after a number of years People Plus officially "absorbed, adopted, merged with" the Teen Center and it became, and continues to be, an official

program of People Plus.

"I think that one of our successes has been that we have given youth a voice in the community through our pictures and articles and Facebook page, progressively opening eyes (including ours) to the strengths and challenges of being a young adult and also of their needs," continued the Teen Center's Cardone. "The greatest progress I have seen over the years is the growth in community awareness and increasing support of our area youth and of the Teen Center program itself."

The growth in membership at the Teen Center has been tremendous. Cardone said the program started out being open only two days a week, then three, and is now four days as additional funds were raised. In 2014, the Teen Center had 1,763 visits to the program and in 2019 there were 3,572 visits. "And we are still growing," said Cardone. So please accept Jim's challenge and help out our teens. To donate, go online at peopleplusmaine.org, visit us on Facebook, or mail a check to People Plus, PO Box 766, Brunswick, ME 04011. Thank you!



WE WERE HONORED at the People Plus Center on Friday, June 19 with a visit from Sagadahoc Sheriff Joel Merry who brought the new Town of Brunswick chief of police for an introductory visit. Chief Scott Stewart is a "local" having grown up in Lisbon, and knows our community very well already. We look forward to getting to know him as he undertakes his duties to protect and serve our community of seniors and teens! Both officers were gracious enough to say the Pledge of Allegiance with Executive Director Stacy Frizzle-Edgerton in her community update video while at the Center.

People Plus 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 _____
 I do NOT need the People Plus monthly newspaper mailed to my house. Cash/Check (Payable to People Plus)

Yearly Membership Dues (Scholarships Available)

Brunswick (___ New Member ___ Renewal): \$30 per person
Other towns (___ New Member ___ Renewal): \$35 per person
 \$300 for **Lifetime Membership** (65 or over)

Membership Dues: \$ _____
Additional Donation*: \$ _____
(*donations above membership dues are tax deductible)
Total: \$ _____

OFFICE USE: Accounting Data Membership Card Sent

Become a "Friend of People Plus" with an additional gift of \$25 or more!

RECREATION / ENTERTAINMENT

- Eveningstar Cinema**, Discount bag of popcorn at evening shows (\$1 sml, \$1.50 medium)
149 Maine St, Brunswick, 729-5486
www.eveningstarcinema.com
- Maine State Music Theatre**, Senior discount (60+) on matinee tickets
22 Elm Street, Brunswick, 725-8769
www.msmt.org

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

RESTAURANT

- Arby's**, 10% off, excluding combos/coupons
Topsham Fair Mall, Topsham, 729-8244
www.arbys.com
- Big Top Deli**, 10% off, anytime
70 Maine St, Brunswick, 721-8900
www.bigtopdeli.com

- Fairground Café**, 10% off, anytime
Topsham Fair Mall, Topsham, 729-5366
- Wild Oats Bakery & Cafe**, 725-6287, 10% off on Mondays
149 Maine St, Brunswick, 725-6287
wildoatsbakery.com

*Benefits subject to change

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

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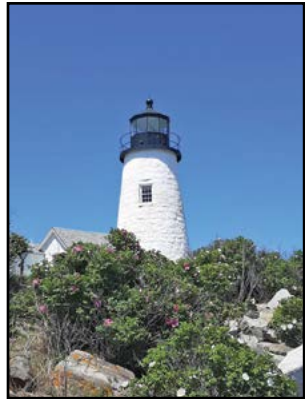
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Brunswick to Portland \$13-\$15/hr
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Frank's Field Trips: Look at the Lighthouses!

Editor's note: For several years, our friend Frank Connors led dozens of successful field trips in and around Maine. To commemorate Maine's 200 years as a state, we helped him publish a list of 200 Favorite Places in Maine. As we stand in the middle of a Covid-19 pandemic, and at the beginning of another wonderful Maine summer, we thought it would be fun to have him write of places in the state he loves, and perhaps entice us all, while gas is cheap, to get in our cars and go explore our great Pine Tree State. Enjoy, and stay safe!

Speaking Frankly
Frank Connors
(guest contributor)



With photos by Abbie C. Morin

Perhaps you've never been adrift at sea, being pounded relentlessly by wind and surf and wondering, in the frigid fright-filled darkness, where on the ocean you just might be! Just when you think things can never get worse, that unrelenting roar changes. . . . Is that water crashing on ledges that you hear? WAIT, is that a tiny eye of light you see?

I'm pretty much a canoe guy, myself. Most of my waterborne adventures have found me hugging shorelines, drifting on lakes, shooting mild rapids only by accident. But I have to tell you, folks, in my younger, stupider days, I have been seen pushing my lighter than water cedar craft into crashing surf, just to get a unique, seaside look at more than one coastal Maine lighthouse. These coast-wise, stone-towered beacons of light have always offered that much allure to me, how about you?

Maine has 64 of these beautiful little beacons, each with its own image, charm and look. If someone tries to tell you, "you've seen one lighthouse, you've seen them all," you should run to be away from that person, fast as you can. That is a person with no imagination!

Maine's southernmost lighthouse (Whaleback Light) perches precariously on a sea-washed reef off the mouth of the Piscataqua River (you can see it from Kittery if you know where to look), and our state's easternmost light — America's easternmost light — is that delightful, candy-striped red and white tower at the end of West Quoddy Head at the lip of Lubec Channel. The 62 lighthouses



in-between, each mark ledges, points and islands along our state's magnificent coast.

You know the story, "follow the shore, one step at a time, and these two lights are nearly 3,000 miles apart!"

My list of Favorite Maine Places includes no less than seven lighthouses. There's pretty little, postcard perfect Nubble Light, on a rock in front of York's Cape Neddick, and Rockland Breakwater, at the end of a nearly mile-long, arrow-straight granite walkway. Seguin Light sits on an island that splits the Kennebec River off Popham Beach, and Owls Head Light's beacon beckons atop a 100-plus-foot string of straight-up (seems like) stairs, steps and walkways. The last several, West Quoddy Light in Lubec, Pemaquid at Pemaquid Point, and Marshall Point Light, near Port Clyde, are easy to find, easy to access and well worth the effort.

If you go to South Portland's Liberty Ship Park (also on my list), while you're looking at the static shipyard exhibits, you'll realize you're within an easy walk of Spring Point Ledge Light, and Portland Breakwater (Bug) Light. Hang here long enough, enjoying the Portland Harbor views, I'll bet you money you see one of those great, yellow and red Casco ferries, and if you're lucky, one of those huge oil tankers that still push water into the harbor.

Finally, what true lighthouse looker would be this close to Cape Elizabeth and NOT go see Portland Head Light in Fort Williams Park, and then travel just a little further to Two Lights State Park, where you'll find Maine's only twin beacons. If you're really in-tune with my list, you'll

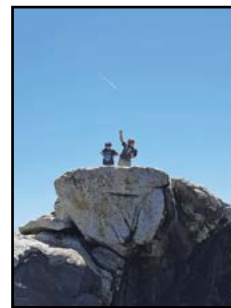
head to a ledge near Two Lights and grab a seafood snack at the exceptional Lobster Shack.

I have two primary sources of information when I'm called on to tour lighthouses. The Islandport Press "Guide to Lighthouses in Maine" is a 170-page guide that fits in any big pocket, and is available in any good bookstore, or lighthouse museum. Ask Gary at Gulf of Maine. The 2019 September issue of Downeast magazine was a collector's issue focused on all Maine lighthouses (they claim there are 65) and, of course, there were spectacular pictures of many. If you didn't save your issue, just call me, I'll "rent" you mine.

This Sept. 12 will mark another Open Lighthouse Day in Maine. The event is planned by the Maine Lighthouse Foundation (lighthousefoundation.org) and in an average year, two dozen or 25 lighthouses are open for public tours. This is certainly NOT an average year, but nothings been canceled YET! Maybe we should try for the Coastal Landing van?

I'll stick my neck out and say you can drive to maybe half of Maine's lighthouses. A four-wheel, all-wheel drive might be a good idea for several, since many lighthouses are located at the end of rough dirt roads you'll need luck and a guide to find. Other lights like Matinicus, Boon, Monhegan, Halfway Rock and Two Bush, are located on islands and ledges you won't find without a power boat.

But I'll add this, if you want a great project, go find one, and you'll soon be rewarded by breath-taking scenery, and a desire to go find another ...



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July 2020

18th Annual Golf Fore A Cause

What better way to take advantage of the end of summer than at one of Spectrum Generations' biggest fundraising events!

Our 18th Annual Golf Fore a Cause tournament, benefiting our programs and services including Meals on Wheels, will take place on **Friday, September 25**, at the Brunswick Golf Club.

The cost is \$150 /individual, \$500/team and includes 18 holes with cart, bagged lunch catered by Cohen on the Meadows, awards, and much more!

There are also various sponsorship levels available and offer a great way for businesses or individuals to generate positive publicity from their association with our tournament.

Please contact Sarah Brown at 620-1677 or email sbrown@spectrumgenerations.org or for more information.

Friday, September 25, 2020
12:00 p.m. tee-time
Brunswick Golf Club

Your gift of...

- \$50 feeds one person for one week.
- \$250 feeds one person for one month.
- \$500 feeds two people for one month.
- \$2,500 feeds one person for an entire year.



EVENT UPDATE



Due to COVID-19, we have had to **cancel** the Aging in Place Forum for this year. This event will return September 16, 2021!



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. Since many throughout the state of Maine are socially distancing themselves, we have created an online Medicare 101 training video that you can watch from the comfort of your own home.

Visit www.spectrumgenerations.org to watch video!



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

'What'd you say?' doesn't cut it anymore

What's happening to me? As I get older, I've found that parts of my body aren't as supple and resilient as during the days of my youth. If I overdo it while carrying out yard work or tweak a muscle riding a bicycle, my "healing response" is way below par. Mending myself just takes a lot longer.

Another portion of me that's been carrying a partial "out of order" sign over the past several years is my ability to hear properly. "Huh?" or "What did you say?" have become a regular part of my response repertoire.

It's hard to pinpoint why this is taking place. Could it be because of all the rock concerts I attended growing up or listening to such music on headphones with the

volume way up? Or because of the time I once worked in an automotive factory where the noise wasn't gentle on the ears? Or just the fact that I'm no longer a spring chicken? It's probably a combination of everything. And the fact that I suffer from tinnitus (ringing in ears) doesn't help either.

As my career as a journalist was coming to a close, phone conversations were becoming more difficult. Heaven forbid if I misquoted someone for a story I might be writing or just misheard details that were part of a presentation in the newspaper.

If I was on my own it wouldn't be such a big deal. But I live with this other person, and communication and talking

are pretty high up on her "important" list. Understandably, it's really frustrating for her when I've missed an entire discussion, or even more so when I've pretended to grasp every word she uttered. That's when I'm accused of having selective hearing.

What's worrying to my wife, Vicky, is not being able, for example, to hear possible calls for help if she's located somewhere else in the house. I would feel awful if such a thing was to happen, believe me.

But more than that, it's the little things I'm missing. The familiar asides, or light moments, that couples share as part of their mutual relationship. This is what drives my best friend really crazy. And who can blame her?

The other day we were out in the garden.

Simply put

Patrick Gabrion



It was a very pleasant morning; a cooling breeze, the birds were singing happily and all that good stuff. Vicky looked at me and said, "What a glorious day." My reply was something like "Is that concerning?" I completely missed the mark — and the remark — and blew the bonding blissfulness.

I write all this — and mostly in the present tense — knowing I have a solution to this particular dilemma. You see, I do possess hearing aids. It's just that I don't wear them very often, or forget to stick them into my ears. If I'm doing chores in the yard or going for a bike ride, I don't use them. But I have no excuses for the rest of the day; guilty as charged.

I have other male friends who have asked about the benefits of hearing aids, knowing they are probably in need of such devices themselves. I tell them what a difference it makes, but I'm not doing a very good job with my own advice. I'm talking the talk, but not walking the walk.

Just before bed a couple of weeks ago, which also happened to be the evening before her last day as a school nurse, Vicky said I would be her new "project" as she enters retirement. I was kind of surprised she said that as I was always under the impression that I'd been her "project" for the last 37 years.

Maybe part of her plan is to get her stubborn husband to hear what he's missing. But regardless, my "project" is quite obvious ... put those darn things in the side of your head and pay attention. She, and others, probably have something to say and deserve to be heard.

New/renewing members for June

Received as of June 22, 2020.

* indicates new membership

• indicates donation made with membership

Bailey Island

Sally Clifford

Bradford

Marilyn Moores

Brunswick

Wanda Barlag

Sharon Belanger •

Jane Biscoe

Mark Biscoe

Arleen Brother

Marlene Budd •

Alice Carroll

Stephen Cohen

(Lifetime membership)

Lillian Connors •

Carolyn Farkas-Noe

Charles Flynn •

Marilyn Flynn •

Richard Fortin •

Rollande Fortin •

Robert Galloupe •

Clarinda Gray

Marjory Himmer •

Ronald Himmer •

Dr. Sally Hoopie

Danny James

Judith Johanson •

John Kennedy

Sue Kennedy

Ann Kimmage

Dennis Kimmage

Mona Kinney

(Lifetime membership) •

Karen Madsen

Katharine Mann

Bill Mason

Jennifer Mason

Linda McCullough

William McCullough

Gail McDougall •

Elizabeth Newman •

Clifton Olds •

Susan Olds •

Pamela Perry

Lauralee Poutree

John Quinn III •

Monica Quinn •

George Quittmeyer

Jo Anne Quittmeyer

Barbara Raymond

Toni Rees

John Rich

(Lifetime membership) •

Harold Roberts

Carol Schneidewind

Priscilla Smith

Joan Springer

Edna Stoddard

Ruth Thibodeau

Wayne Thibodeau

Jean Turner

Sandra Vose

Frances Weatherbie •

Margaret Wentworth

Rupert B. White

Ruth White

Donald Whittemore •

Sally Whittemore •

Shirley Willis •

Dresden

Stephen E. Gross

Harpswell

Hannah Dring •

Calvin Hooker

Connie Hooker

Linda May Lawler •

Constance Parsons

Harry Parsons

Virginia Wright •

Orr's Island

Arnold Bennett •

Nancy Bennett •

Jean Richter *

Topsham

Charles Annable •

Monica Annable •

Elizabeth Bavor

Nancy Campbell •

Roger Campbell •

Kathleen Connors

Patricia Duncan *

Marjorie Hart

Al Levesque

Joye Levesque

Judith Michaud •

Carmella Pellerin

Alice Ponziani •

Ann Wilson



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— James Tierney, BHS Class of 1965

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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!



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MID COAST SENIOR HEALTH



CHANS HOME HEALTH & HOSPICE

MaineCF 'believes' in People Plus; issues \$10K grant

United Way also provides \$2,500 to Center



For its efforts in helping community members during the Covid-19 pandemic, People Plus has received a \$10,000 grant from the Maine Community Foundation.

"I'm happy to tell you that People Plus will be receiving a grant from the Maine Community Foundation. This grant is to support the work that you are doing in response to Covid-19," said Lelia DeAndrade, Vice President of Community Impact for MaineCF, in an email informing the Center of the news. "Thank you so much for all that you are doing for Maine people."

"This is so amazing," said People Plus Executive Director Stacy Frizzle-Edgerton. "We are grateful beyond measure for the foundation's trust and support of People Plus."

In another show of support, United Way of Mid Coast Maine also has provided additional funding to People Plus, with \$1,500 for the Senior Center and \$1,000 for the Teen Center. We thank you!

As background to its announcement, MaineCF said:

— Emergency grants are being awarded to community-based organizations that are helping those who are hit hardest by Covid-19.

— People Plus has been selected to receive a grant because we recognize that you are doing very important work in the community at a time of great need.

— This grant can be used for any expenses related to your work in response to Covid-19. That includes supplies and materials, staff support, and other operational expenses.

People Plus board members

and others had plenty to say when told of the \$10,000 grant.

"Thank you to the People Plus staff. You are indeed doing very important work," said Christine Munroe, Market Manager and Mortgage Loan Officer, Norway Savings Bank.

"Super news. A testimony to the reputation you (at People Plus) have created. Congratulations," said Stephen Loeb.

"Well deserved," said Michael Feldman. "A testament to the great and innovative work done by the staff (at People Plus) and very well deserved. Congratulations to all," said Thomas Farrell, Director of the Brunswick Parks and Recreation Department.

"Loud cheers! People Plus has done and is doing so much to support this community, especially during this stress-making pandemic," said David Knight.

"Fantastic! Congratulations to such a great executive director and staff," said Jeanne d'Arc Mayo.

"This is an incredible great job to everyone at People Plus for all the hard work they have been doing," said Carol Taylor.

The Maine Community Foundation, founded in 1983, works with donors and other partners to improve the quality of life for all Maine people. MaineCF is committed to equity, diversity, and inclusion, and ensuring Maine is a safe, welcoming, and accepting place for everyone.



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Brunswick Area Respite Care is a 501(c)3 Non Profit organization

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Gone but not forgotten – Memorial Donation in Memory of

Anita Owens, April 1, 1932 — May 5, 2020

Claire Roby Quinlan, June 22, 1921 — May 29, 2020

Merry Hermans, June 12, 1928 — June 22, 2020

Reginald Hannaford, Jan. 2, 1922 — June 13, 2020

Edith Oliver, Jan. 1, 1942 — June 15, 2020