



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



SWING IT TO THE LEFT, SWING IT TO THE RIGHT... Getting limber and strong are all the rage in Suzanne's 9 am Loosen Up class on Wednesdays and Fridays (and Bea's class on Mondays) at the People Plus Center! Come get in the swing of things with us!

Physically distanced, socially connected!

Center adds more programs, keeping members safe and connected

With the return of activity at People Plus in early June, members have shown a lot of enthusiasm as the Center staff strives to add more programs for what remains of the summer.

"Loads of people are coming for the exercise classes," said Executive Director Stacy Frizzle-Edgerton. "The members are enjoying being with others, while also being outdoors in the summer in Maine."

Yes, the building itself continues to be closed, so everything is pretty much taking place outside in the Center's recently renovated parking lot.

With the coronavirus pandemic persisting, Center staff have come up with a new slogan as we continue to navigate through these trying times. It's "Physically distanced, socially connected." Basically, it means let's remain safe and healthy from a distance, but also let's stay connected and engaged.

"The staff feels it really demonstrates what we're trying to do as we slowly develop a new normal," said Stacy.

So it's "Outside in August" for all of our

members, weather permitting. The following groups will be meeting in person: Write on Writers, Table Tennis, French Club, Walking Club, Connie Bailey's art class, as well as our two newest clubs — Friday "Lunch Bunch" and Social Solitaire.

And if it's physical activity you're looking for, the exercise classes include Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, and Gentle Barre.

As stated earlier, meetings are held in the People Plus parking lot. It's for members only, groups are limited in size, and registration and masks are required during check-in. For club times, please check either the online or newspaper calendar.

"August and September are such beautiful months of the year in Maine that it would be a shame not to be spending some time at the Center with your friends," said Programming Coordinator Jill Ellis.

"As we approach the fall and winter seasons, discussions are taking place about what will happen as far as programs and activities at the Center," said Stacy. "If we are able to move indoors, that will require a lot of preparation. The top priority for us at People Plus is to keep our members safe and healthy at all times."

Please call the Center at 729-0757 to sign up for classes and clubs, as well as Margarita's haircuts, or if you have any questions.

Robert Kerr of Bath paddles his way to victory

We have a winner! People Plus is pleased to announce that Robert Kerr of Bath has captured the paddle board raffle.

The three-week campaign was a great success. A total of 129 people purchased 244 tickets and \$4,880 was raised. The drawing was held live on Facebook on July 17.

Robert is now the owner of an L.L. Bean Bayside Cross Tough-Tec Stand-Up Paddle Board, which is 11 feet in length. Also included in the winning package were two L.L. Bean Discovery personal flotation devices.

The value of the paddle board is \$829 and the two PFDs are \$90 each, for total value of \$1,009. The items were generously donated by a People Plus member.

The money from the raffle will support People Plus programs such as our Volunteer



Transportation Network (VTN), which has been especially instrumental in helping our homebound seniors during the Covid-19 pandemic.

"It's been so fun and such a great project," said People Plus Executive Director Stacy Frizzle-Edgerton. "I cannot thank Sarah Deck enough for all of the work she did organizing and sending out tickets. And Betsy White was on top of all the accounting. They are the dynamic duo!"

Thank you to everyone who bought tickets, and thank you for supporting People Plus!



Davis Fund awards \$5,000 to People Plus

People Plus got some very good news the other day when the Center was notified that it had received \$5,000 from the Nathaniel Davis Family Fund.

"I'm so grateful, as we can continue to support our homebound elders with activities that keep them connected and safe and healthy in their homes while slowly emerging into additional community engagement and programs in person," said People Plus Executive Director Stacy Frizzle-Edgerton.

The Davis Fund derives its income from a

bequest made to the town of Brunswick by Samuel Gross Davis in memory of his father, Nathaniel Davis. Nathaniel Davis was born in 1791, "a substantial and useful citizen, the proprietor of a stationery store on Mason Street from 1825 until his death in 1866," according to fund literature.

It also states that the income from the bequest is used each year for the "pleasure of its inhabitants as the government of Brunswick of that year shall decide."



Fridays with friends!

NEW! What better way to start your weekend than with "Lunch Bunch" Fridays at noon at People Plus, beginning on Aug. 14. Grab a bunch of friends, bring your lunch and tray table to eat, then chat and enjoy the day while safely distancing. Members only, registration required. Masks required for check-in.

The People Plus Center will be CLOSED for deep cleaning and maintenance during the week of August 3-7.



PEOPLE PLUS IS THE PROUD AND GRATEFUL RECIPIENT of an outdoor glider swing from our longtime next-door neighbor Mr. Chanel Fortin. Born in 1928 in the house adjacent to the People Plus parking lot, Mr. Fortin has spent his entire life watching our building evolve. From a downtown schoolhouse to the school administration department and a nursery school, the building that now houses People Plus and the Teen Center has had a variety of inhabitants. Going on 92 this year, he can still be seen walking daily through town with his cane. He often rakes his own yard and shovels the snow. We often drop meals over to ensure he is well fed. He lets us know each time that his favorite is split pea soup. He's quite the fixture around the Center and said he will happily use the swing regardless of which side of the fence upon which it sits.

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:

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Check out past newspapers at www.peopleplusmaine.org



Lots going on at the Center every day!

It's about 6:30 on Wednesday night and I'm just leaving the Center after working with Betsy on the budget for this new fiscal year.

It's so hard to plan with what the next year is going to look like! We're pretty sure there's no Senior Health Expo as we know it, but we may do something, whether it's virtual, or not, we aren't sure. Music in April is a question, as is the Gelato Fiasco Teen Center Scoop-a-thon. All of our events are up in the air and that's where we really bring in the big bucks.

And who knows if we'll get together for monthly lunches or classes the way they used to be!

And so it's really hard to know how to make a budget. We've been very fortunate that the funding from the town of Brunswick this year stayed flat and we've had some Covid funding help through the PPP and grant programs. So we ended the year squeaking by, by the skin of our teeth, and at least we weren't tremendously in the red.

We are cutting back on spending everywhere in order to be fiscally responsible. When it comes to Betsy, she can squeeze a dime out of every nook and cranny if

needed.

However, on a happier note, things do seem to be looking up in terms of attendance at outdoor classes and programs! We've had a steady increase in participants in all of our programs so far and that's really made for a lovely place to come every day.

Lots of happy people are doing lots of healthy exercise with lots of their friends. Sarah is running in and out of the Center all morning handing out lots of masks, lots of food to go and lots of veggies donated from the Merrymeeting Gleaners.

And inside the Center, Lynne is working on lots of transportation services, lots of grocery shopping trips, lots of pharmaceutical deliveries, and lots of rides to the doctor. And she's super busy processing lots of membership renewals. Thanks to everybody for sending those in!

Jill is busy working on lots of new programming ideas, lots of procedures and protocols that have to be enforced, (we call her Mom these days) and lots of fresh and innovative ideas for engaging our seniors!

And up in the Teen Center, Jordan is

From the Executive Director

Stacy Frizzle-Edgerton



hosting lunch out every week for lots of teenagers and sending home lots of bags of food for them and their families.

Behind the scenes, Jenn and Patrick are working hard every month creating lots of newspapers to send home to you folks, as well as lots of other marketing communications like our full-page in The Times Record, and our big ad in The Cryer.

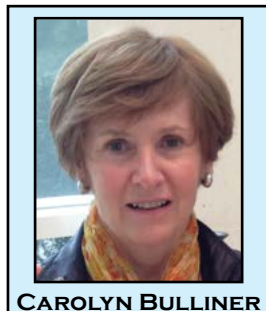
And I'm still busy trying to round up lots of donations, lots of grant applications, lots of community update videos, and lots of bugging my husband, Jonathan, for garden tours, stone wall updates and information on what's happening up at our farm.

So as you can see, despite an uncertain future, there's lots going on at the Center and we hope that you'll come down and see us at People Plus, the center that builds LOTS of community where there is lots to be done every day!

Renewing board members recognized



MITCHELL W. BROWN



CAROLYN BULLINER



DAVID R. FORKEY



CATHERINE JARRATT



STEPHEN F. LOEBBS

People Plus appreciates our board of trustees! This year these five community volunteers begin their next three-year term of service for the organization. Board members help establish policy, manage finances and oversee programming and leadership. We couldn't do it without them!

From Anita's Plate

Anita Nugent
(207) 504-6439



info@nutritionforeveryday.com

I recently listened to a webinar on avocados and wanted to share some of the interesting tips and ideas that I heard about. Here they are:

Interesting tips on avocados

- Store avocados on the counter until they are ripe and then put them in the refrigerator so they will last longer.
- Wash the outside before peeling.
- Leave the seed in if you plan on storing half of it.
- Combine avocado, cocoa powder and maple syrup in a blender for a "pudding."
- You can freeze them! Spread a bit of lemon juice on peeled and seeded avocados. Place in a plastic bag, making sure to get all of the air out of it.

- A third of an avocado contains nearly 20 vitamins, minerals and phytonutrients.
- Spread guacamole on your morning toast!
- Put chunks in a smoothie.
- They are a great source of healthy fat.
- Next time you make kabobs, add a chunk of avocado.
- Firm avocado can be pickled.
- Used mashed avocado, instead of mayo, to make egg salad.

I hope that the next time you have an avocado, you eat it a different way!

Avocado Lime Chicken Soup

Ingredients:

- 2 C. diced chicken, cooked
- 1 t. chili powder
- 1/2 t. ground cumin
- 6 C. low-sodium chicken broth
- 1 C. jarred salsa verde
- 2 Tb. fresh ginger, minced
- 2 garlic cloves
- 1 ripe, fresh avocado, halved, pitted, peeled and diced

- 2 scallions, sliced on a diagonal
- 1/4 C. cilantro leaves
- 2 Tb. lime juice

Instructions:

1. Add chicken, broth, salsa verde, ginger and garlic and cook in a large pot and simmer for one hour.
2. Stir in avocado, scallions, cilantro and lime juice.

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(AND SOMETIMES CHUCK)

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Write On Writers

A Pest

By Doris Weinberg

He was flying around near the ceiling.
And when near me, I brushed him away.
I was getting ready to read for a while,
after a very nice quiet day.

I could see he was a mosquito,
and quite a large one at that.
I rolled up a nearby newspaper
to try to give him a swat.

I attempted to get him at least three times,
But I just could not get near.
And then I suddenly could not find him,
Where did he disappear?

I gave up and went back to my book
and read for an hour or two.
And then feeling very tired,
it was time for bed, I knew.

After finishing my nightly routine,
I tiredly climbed into bed.
But as soon as the light went off,
he began buzzing around my head!

I gave a big sigh and turned on the light
to find out just where he was.
I could never ever fall asleep
listening to that buzz!

Once again, he disappeared.
So, I reached and turned off the light.
But I knew he would return again
And keep me up all night!

Sure enough, about 10 minutes later,
this nasty pest was back.
I should have kept the rolled-up paper
And tried to give him a whack!

I ended up doing the only thing
that would keep away that creep.
I pulled the sheet over my head
and finally fell asleep!



WE MISS YOU! Come join Write On Writers, outside and safely distanced, Mondays, 10:30-11:30 am starting August 10. See page 4 for outdoor activity protocols. Photo: August 2019

Smile Missing

By Betty Bavor

A smile is an upward curving of the mouth. It is an expression of pleasure, affection, amusement, recognition, joy and happiness. At a young age we recognize the importance of a smile, when a baby smiles hearing the voice of a parent or an isolated resident in a nursing home looks out the window to share a smile with family. I've been told it takes less muscles to smile than to frown; it is voluntary and silent.

Masks, on the other hand, hide the face, muffle speech and fog eye glasses. They are worn to disguise, amuse, frighten, cover, protect the face and now all of us. The time has come when everyone must adjust to wearing a mask for health and safety as we take aggressive action against the coronavirus pandemic. Creative mask makers have helped bring on a smile, designing unique works of art — too bad our smile can't be seen! This may be the time to use our words, "Your mask makes me smile."

I miss seeing the smiles on faces of friends, providers, people and family. A smile can make a day for someone. I miss giving a smile kept inside my mask. William Arthur Ward said it best, "A warm smile is the universal language of kindness."

Pray for an effective vaccine to eradicate this virus, forever.

Stay tuned! New WOW book on the way

WOW! ... a new Write On Writers book is in the final stages prior to being published. The title, *Write From the Heart*, features the works of 18 authors. It will include 193 pages, with 73 stories and 109 poems.

The People Plus group is dedicating the book to the state of Maine on its 200th anniversary of statehood and to all those Mainers throughout history who made our state such a great place to live, work, and raise their families.

They also are dedicating *Write From the Heart* to People Plus, which in 2021 will be celebrating 45 years of service to the Brunswick area community and to all the board members, staff, volunteers, and members, past and present, who gave their time and effort to make it such a great success.

Other publications by the Write On Writers of People Plus include:

- Poets and Storytellers
- Poets and Storytellers, volume II
- It's about Time
- Muses and Memories
- From Maine and Away
- Times and Seasons
- Journeys and Reflections
- Out of Our Minds

The original group of writers, which eventually became the Write On Writers, was formed at the 55 Plus Center in Brunswick in 1995. Its first leader was Jean Martz.

Did I Miss Something?

By Doris Weinberg

I've reached the age where I can look back many years
and decide if I achieved it all.
Was my life really full of all good things,
or were there mishaps? Can I recall?

If I line up my life into two separate columns,
will one be longer than the other?
And will I find something that I did not do
and do I really want to discover?

I was very fortunate to go to summer camp,
be a jack champion and even go to college.
My marriage was great. I traveled a bit
and life helped me gain more knowledge.

Everyone faces some bleak days.
Life can't be perfect all the time.
I had a health problem and lost some hearing,
but I adjusted and coped just fine.

My husband passed a few years back
and I've found that grief doesn't end.
But enjoying the memories and keeping busy
is what I recommend.

I now weigh too much and wear a mask when I sleep
both of which I find a pain.
But once again you learn to cope,
no use to always complain.

So as I look back, I accomplished quite a bit
and surely have no regrets.
I can't think of anything I missed or wanted,
but I know there's plenty of time yet.

Owed to Teachers in August

By Charlotte Hart

Jeanne was a poet of narratives,
Silly poems, serious poems, even an EPIC.
Jeanne lived in Maine for ninety fine years,
Sharing and friendly, but somewhat DECREPIT.

In 2036 the great state of Maine
Created a Maine's Got Talent contest. WHERE?
In every town, city, county and space
Open to every poet who'd DARE!

Our ninety year old decided to enter.
A sonnet? Descriptive? An ODE?
She would not insult Shakespeare, or John Keats
Some rambling rhymes appeared called "TO TEACHERS OWED."

Yes, Jeanne's topic was TEACHERS who DO work year-round,
And the words from her pen made great SENSE.
All kinds of contestants got polite applause.
Free verse, unintelligible words, words, words, words, no meaning
CONTENTS!

Evening went on. Big crowd clapped, clapped, clapped, clapped.
Then! Ninety-year-old Jeanne RECITED.
High praise for teachers the crowd understood.
They clapped loudly. They were DELIGHTED.

When did they stop clapping?
The answer's a myth. The answer is NEVER!
The story we hear "August Ode to Teachers"
Wild clapping went on forever and ever and EVER ...



Thank you teachers!

Peril

By W A Mogk

Writers face many dangers
that you may not suppose.
A careless or errant hand
spills whiteout on your toes.

If sitting for long hours,
blisters form on your butt.
You could get a nasty wound
from a horrible paper cut.

Lurking paper shredders
can beckon you to harm.
Dislodging bits of paper
could cost a hand or arm.

You might wear old glasses,
making it hard to focus.
Leaving you caught unaware
by a huge invasion of locusts.

They emit loud chomping sounds
interrupting your concentration.
Reminding you of the time
you ate at the train station.

So take pity on all the writers
facing hardships just for you.
Composing despite the hazards,
cold coffee and eye strain too!

Just a Picnic

By Doris Weinberg

My early years were spent on Long Island
Flushing was the place.
We lived in a row house — middle of the block,
with not very much space.

I was there from age four
until probably eight.
And I remember the good times,
between those dates.

My dad was kept busy during the week,
but the weekends were saved for us.
We'd head out in the car and not have to go far.
A picnic was made with very little fuss.

I can't remember the car we had
But I know we could take out the seats.
My dad would place them in the grass
And my mom would bring out the eats.

We'd be way out in the country
And just stop on the side of the road.
There would probably be a farm nearby
Lovely memories of those episodes.

Things have changed so much these days.
How complicated life has become.
Just a little family picnic somewhere,
I think it's rarely done.

If only today life could slow down a bit.
And without all the electronic toys.
Will people today be able to remember
Some of those simple joys?

It was only a "Side of the Road Picnic"
And I remember it all these years.
And it gives me such a warm feeling
That I hope never disappears.

Family

By Nonie Moody

August is reserved for family. This is the month that gives us warmer weather with beautiful white bubble gum clouds. Our family gets into the freshly cleaned car and the windshield sparkles with Rain-X. The car is packed for a week of travel, eating out, and seeing the sights we've seen many times before.

But the best part of the vacation are relatives. Upon arrival there are hugs, looking at one another, and seeing changes or perhaps none. There is a time of visiting before the next meal is discussed. So great to be home again enjoying the sights, smells, and beauty of the land.

A few days later our family reunion is scheduled and always the biggest event of the summer season. We gather early but eat at 1 pm. As each car drives up, there are guesses as to which family is inside. Then cheers of who has come to the reunion this year as they unload their prepared potluck to share.

These are the memories I have while attending my family reunion each August. The reunion has been held continually for 72 years, but this year's reunion has been canceled because of Covid-19. This is a small hiccup in order to keep family in good health. This too will pass.

Texting for Seniors

- BFF** best friend fell
- BTW** bring the wheelchair
- TTYL** talk to you louder
- BYOT** bring your own teeth
- LMDO** laughing my dentures out
- FWIW** forgot where I was
- IMHAO** is my hearing aid on?
- OMMR** on my massage recliner
- ROFLACGU** rolling on the floor
- laughing and can't get up**

Get outside in August at People Plus!!



"Physically distanced, socially connected"

We're outside ... COME JOIN THE FUN!



Outside activity protocols

- Members only.
- Registration required, call 729-0757.
- Weather permitting.
- Masks required during check-in (provided by the Center, if needed).
- 6-ft. distancing required.
- Class payment via punch card only. \$25 for 5 classes or \$50 for 11 classes (1 free class). Purchase punch card at Center.
- Bring water & "props," if needed
- Chairs provided & cleaned between sessions.
- Building access for restrooms only

Art Outside with Connie Bailey

Thursdays, 10:30 am. Art instructor Connie Bailey resumes her popular art class. Class meets outside and is for members only. Class size is limited and masks are required for check-in. Registration is required and payment is via punch card (\$5/class).

Zumba via Zoom

Mondays, 10:30 am. Instructor Bea Blakemore. Open to the public, registration required, class link & password will be sent.

Gentle Barre Outside

Wednesdays, 12 pm. Barre Fitness with instructor Bea Blakemore is a hybrid workout class combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. We will use 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. Members only, registration required, masks required for check-in.



LOOK AT ALL THESE PEOPLE HAVING A GREAT TIME at the Center! Everyone's wearing a mask and having fun and getting healthy and seeing friends. Come join the fun!

NEW Club: Friday "Lunch Bunch"

Fridays, 12 noon (begins Aug. 14). Grab a bunch of friends and bring your lunch and tray table to eat, chat and enjoy while safely distanced. Members only, registration required. Mask required for check-in.

NEW Club: Social Solitaire!

Thursdays, 9 am. Come play speed solitaire with friends while you're physically distanced and safe! Getting together has never been safer! Members only, bring own cards and tray table, registration and masks required!

CLUB CORNER

Kaffeestunde! via Zoom

Aug. 11, 3 pm. German Language club meets via Zoom to chat in German. Call the Center to be connected to this club.

Cafe en Francais Outside

Aug. 25, 3 pm. The French Conversation group will meet outside this month with appropriately distanced chairs. Members only, masks and registration required.

Write on Writers Outside

Mondays, 10:30 am (begins Aug. 10). Our writing group will meet outside this month on Mondays each week and sit socially distanced to share recent poems and stories. Members only, masks and registration required.

Outing club

Wednesdays, 9 am. Meets at the Center for a ride or hike each week (some walk, some ride so all are welcome). The first Wednesday of the month the group meets for breakfast outside at People Plus. Members only, masks and registration required.

Table Tennis

Tuesdays & Thursdays, 10 am. Table Tennis will meet inside to play twice a week. Singles play only, with social distancing maintained. Members only, masks and registration required.

Walking Club with Suzanne

Thursdays, 10:30 am. 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. Led by Suzanne Neveux. Members only, masks and registration required. We will meet at the entrance on Chamberlain Avenue. It's at the far corner of the St. John's cemetery on Pine Street. To get there from Route 123/Harpswell Road, turn onto Chamberlain Avenue next to Mr. Suds Laundromat and drive to the very end where it intersects with Pine Street. This is the back entrance to the Brunswick Landing aka the old Navy base. There is plenty of space to park.

Hair Cuts with Margarita!

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

- Haircuts are by APPOINTMENT ONLY.
- Open to the public (must provide contact information).
- \$10 donation.
- Masks required.
- Only one person will be allowed in the building at one time for a cut.
- Please remain in car until appt time.
- Enter from the main lobby entrance to check in.
- A new gown will be provided for each guest.



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HELP BIGS CARE FOR LITTLES

We all realize the importance of children having adult mentors. RE/MAX Riverside wants to help our Littles fight social isolation and gain confidence. This month if we receive 200 additional likes on our Facebook page we will donate \$500 to Big Brothers Big Sisters of Bath Brunswick. You can help by searching @REMAXRiversideMaine on Facebook and liking our page!



Sun	Mon	Tue	Wed	Thu	Fri
2 9:00 Grace Reformed Baptist Church	Center Closed Aug 3-7 for deep cleaning & maintenance				
9 9:00 Grace Reformed Baptist Church	10 9:00 Loosen Up Outside 10:30 Zumba via Zoom 10:30 Write on Writers Outside	11 9:00 Chair Yoga Outside 10:00 Table Tennis 10:30 Yoga Outside 3:00pm German Club via Zoom	12 9:00 Loosen Up Outside 9:00 Outing Club 10:00 Meals on Wheels 10:30 Tai Chi Outside 12:00pm Gentle Barre Outside	13 9:00 Social Solitaire Outside 10:00 Table Tennis 10:30 Walking Club 10:30 Art with Connie Outside	14 9:00 Hair Cuts w/ Margarita 9:00 Loosen Up Outside 10:30 Qigong Outside 10:30 Meals on Wheels 12:00pm Friday Lunch Bunch Outside
16 9:00 Grace Reformed Baptist Church	17 9:00 Loosen Up Outside 10:30 Zumba via Zoom 10:30 Write on Writers Outside	18 9:00 Chair Yoga Outside 10:00 Table Tennis 10:30 Yoga Outside	19 9:00 Loosen Up Outside 9:00 Outing Club 10:00 Meals on Wheels 10:30 Tai Chi Outside 12:00pm Gentle Barre Outside	20 9:00 Social Solitaire Outside 10:00 Table Tennis 10:30 Walking Club 10:30 Art with Connie Outside	21 9:00 Hair Cuts w/ Margarita 9:00 Loosen Up Outside 10:30 Qigong Outside 10:30 Meals on Wheels 12:00pm Friday Lunch Bunch Outside
23 9:00 Grace Reformed Baptist Church	24 9:00 Loosen Up Outside 10:30 Zumba via Zoom 10:30 Write on Writers Outside	25 9:00 Chair Yoga Outside 10:00 Table Tennis 10:30 Yoga Outside 3:00pm French Club Outside	26 9:00 Loosen Up Outside 9:00 Outing Club 10:00 Meals on Wheels 10:30 Tai Chi Outside 12:00pm Gentle Barre Outside	27 9:00 Social Solitaire Outside 10:00 Table Tennis 10:30 Walking Club 10:30 Art with Connie Outside	28 9:00 Hair Cuts w/ Margarita 9:00 Loosen Up Outside 10:30 Qigong Outside 10:30 Meals on Wheels 12:00pm Friday Lunch Bunch Outside
30 9:00 Grace Reformed Baptist Church	31 9:00 Loosen Up Outside 10:30 Zumba via Zoom 10:30 Write on Writers Outside	Check out our NEW clubs! • Social Solitaire • Friday Lunch Bunch		Programming notes for August: • No Thursday Yoga • No Thursday Chair Yoga • No Apple Club	
		Clubs starting up again this month: • Cafe en Francais (French club) outside • Write on Writers outside - new day & time • Table Tennis inside - masks required			



THANKS TO ART TREFFRY for pulling the winning paddleboard raffle ticket! A member of People Plus for nearly a decade, Art is also a beneficiary of the transportation network and gratefully receives rides from volunteer drivers.

Can YOU help a Neighbor in NEED?

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

FMI call 729-0757 or email driver@peopleplusmaine.org

Bicentennial List is better than ever!

The People Plus list of 200 Favorite Maine Places has been revised and expanded, "just in time for YOUR mid-summer vacation," according to Frank Connors, who compiled the original list in March to honor the state of Maine's 200th birthday. "We've added a half-dozen places to the list, we've included street and email addresses, even phone numbers to many of the sites," Connors said. "The goal was to make it more user-friendly. We published the list in March, telling folks to contact us with THEIR favorite places. The response has been fast and fun." Connors did acknowledge several places on the list are closed by the virus. He said, "it's always nice to check basic information before you get in the car." If you want to read or print your FREE copy of the list, go to the People Plus website and click on 200 Places.

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\$30,600 raised in Teen Center challenge

The challenge was made, taken on, and became a resounding success. Individuals, businesses, and organizations were asked for contributions to help feed the kids at the Brunswick Area Teen Center, and WOW did they ever respond.

The total amount raised: \$30,600. Led by an initial match offering of \$5,000 from Jim Howard of the Priority Real Estate Group, others quickly came forward to support the Teen Center, which is celebrating its 15th anniversary this year. Also making \$5,000 donations were Bill Dodge Auto Group, Bangor Savings Bank, and Kelley & Kelley Commercial Development.

In addition, \$1,000 was received from Riley Insurance and Scott and Julie Lemieux of Brunswick Ameriprise, along with hundreds of smaller amounts from People Plus members and the general public.

“Once again, the outpouring of support for the program and for the youth we serve has been remarkable,” said Jordan Cardone, Teen Center Coordinator. “It is much appreciated as we try to navigate our way through a very different feeling summer and head into what will inevitably be a very different feeling fall.”

Along with the various programs and services the Teen Center offers, an important component is to provide needed meals, thus the challenge was made in order to have enough funds on hand to feed the kids over the summer. At the start of the coronavirus pandemic in March — and while schools were technically in session — food was obtained through the Brunswick School Department. With the end of that program, many of the teens’ nutritional needs have had to be met by the Teen Center until school restarts, which entails hundreds of meals.

The growth in membership at the Teen Center has been tremendous. Cardone said when the program started out years ago it was only open 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.

“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,” said Cardone. “And we are still growing.”

“We are just so thankful to Jim Howard for starting the challenge. Also, a big thanks to Bangor Savings, Bill Dodge Auto, Kelley & Kelley, and everyone else for their generous contributions,” said Executive Director Stacy Frizzle-Edgerton. “It is our pleasure to provide such an important service for our area teens.”



Brunswick Area Teen Center

Navigating the waters together at the Teen Center

As I write this we are closing in on August. At the same time things feel at a standstill; it feels like summer goes too fast no matter what else is going on in our world.

In a usual summer for the Teen Center program, after a regularly quiet July and start to August, we would start to see an increase in kids showing up right before school begins, most notably the new ones who have just finished fifth grade and are now officially old enough to attend the program. They are young, excited and often a younger sibling of a current youth member. It is a reminder to us each year that September will be one of our busiest and most challenging months of the year.

The new kids need to be “trained” and the older kids complain about all the new young kids. Asked for paperwork is forgotten over and over, new personalities converge together and, when we

are lucky, form on-going friend groups and, at other times, clearly indicate to us who should not be near whom!

I believe it was only the end of September last year when we had to start a waiting list for kids to join because we were bursting at the seams. New shoes and sometimes new “outfits” or clothes also tend to appear; shoes and haircuts being the most notable!

This August/September we don’t know what to expect yet. What the teen program will look like will depend greatly on what schools will do in September, which is still an unknown.

In the meantime, we will spend some of August reconfiguring the Teen Center space and re-imagining our food program with the CDC guidelines recommending that there not be a buffet-style food service.

Speaking of food, in late July we tried our

Teen Center News

Jordan Cardone



first-ever Lunch Out with the teens. Melissa and I walked downtown with four teens where we treated them to lunch at Danny’s and Taco The Town, eating lunch on the Mall and then heading down to Wilbur’s afterward. It was fun for all and a nice change from hanging out. We hope to do more of these trips while we have a smaller summer group.

The kids were great about wearing masks and social distancing from others downtown and they weren’t alone. It was great to see so many people taking the respectful steps recommended to help keep the virus from spreading. Mainers seem to be doing a great job!

That’s it until next month.

Stay safe, stay sane and stay in touch with others!

Jordan and the gang



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We take your loved ones comfort and health to heart.

Mayo appeal letter brings in the dough

Wilson & McLaughlin offer \$5,000 challenge

As everyone knows, the coronavirus pandemic has led to unprecedented times in the last few months and it appears that the near future also holds new challenges. But through it all, People Plus has been — and will continue to be — there to support members of the surrounding communities.

With the Center suspending in-house activities in mid-March, staff and volunteers have spent hundreds of hours to keep our local, older-adult population safe and connected. Some of the many services have included the “Friendly Phone Call” program, grocery and pharmacy deliveries by way of VTN, mask making and distribution, exercise and informational videos, and the monthly People Plus newspaper.

The Union Street facility has slowly reopened with programs taking place outside, and the above mentioned services will be continuing. But all this comes at a cost, so

support for People Plus is critical. In June, People Plus member and former board trustee Jeanne Mayo issued an appeal letter (see text of letter on right). In part, it said:

“As a board member for over 20 years, I am so proud of what we have done during this challenging time of Covid-19,” wrote Mayo. “People Plus has stepped up to care for both members and non-members alike, keeping us safe in our homes. We are honored to serve our



LIFETIME MEMBERS Suzan Wilson & Dan McLaughlin share a smile and hope their donation will bring in \$5,000 in matching funds!

community through this pandemic.” “Because Music in April, our major annual fundraiser was canceled, our budget is short about \$60,000. Will you help us make up this loss?” continued Mayo.

Suzan Wilson and her husband, Dan McLaughlin, longtime supporters of our Volunteer Transportation Network, have been inspired by Mayo’s message. They have contributed \$5,000 as an incentive for others to donate. They will match up to \$5,000 in new or increased donations with their pledge.

“We’re so grateful for their assistance,” said Executive Director Stacy Frizzle-Edgerton, “They want the funding to go toward our Volunteer Transportation Network as we continue to deliver food, do grocery shopping, pharmaceutical trips and medical rides for nearly 600 homebound elders.”

A big thank you to Suzan and Dan.

To donate, go online at peopleplusmaine.org or mail a check to People Plus, PO Box 766, Brunswick, ME 04011. And we thank you for your continued support.

Jeanne Mayo’s Covid Appeal Letter

Dear Friend,

June 2020

I know you received a letter from me asking for your support in November and I’m so grateful if you donated then. I assure you the funds have been well used, and now I am back to ask for your support again.

As a board member for over 20 years, I am so proud of what we have done during this challenging time of Covid-19. People Plus has stepped up to care for both members and non-members alike, keeping us safe in our homes. We are honored to serve our community through this pandemic.

On March 16, People Plus suspended in-house programming and converted our focus to keeping the local, older-adult population safe. Our outreach included:

- over 2,000 friendly phone calls,
- 1,123 grocery/food pantry deliveries,
- 532 pharmacy deliveries,
- 703 mask deliveries,
- 462 exercise, entertainment and informational videos,
- 6,000 newspaper deliveries
- 8,403 videos enjoyed

All of this enabled you to stay home, stay safe and feel connected.

We look forward to slowly re-opening the Center this summer and will ease into it with outdoor exercise classes. We could not undertake this monumental endeavor without your continued support. Without your core partnership, our organization would not exist!

Because Music in April, our major annual fundraiser was canceled, our budget is short about \$60,000. Will you help us make up this loss? In partnership with People Plus, the Center that Builds Community...

I thank you,

O. Jeanne d’Arc Mayo
Board Trustee, 1999-2019

Books A La Carte

Books A La Carte members read books of their choice in any genre. Here are some summer reading suggestions:

HUMOR

Too Soon to Say Goodbye by Art Buchwald.

Buchwald is told that his kidneys have failed. He checks into Hospice to live out his final days, but his body rallies and he spends months there having a great time. The book tells the story of that stay and flashes back to tales of Buchwald’s fascinating life.

MYSTERIES

Josephine Tey is recognized as one of the best writers of the “Golden Age” of mysteries. Her output was quite small, but readers may have overlooked two of her lesser known works **Miss Pym Disposes** and **A Schilling for Candles**.

The Old Success by Martha Grimes.

A recent addition to the long series of Inspector Jury books, set in the Scilly Isles off Land’s End in England. The author continues to include a set of characters who appear in the Jury books — similar to Louise Penny. New readers of the series should go back a number of books to get familiar with the characters. Grimes spent more time on the mystery and less time on the set of characters in this book.

FICTION

Dear Life by Alice Munro.

Short stories by a Nobel Prize winner. Works show how strange and perilous ordinary life can be.

OLD FAVORITE

Plain Speaking by Merle Miller.

Truman’s life story in his own words. Based on recordings made in 1961-62. Truman spoke his mind in very plain words. Rich in historical detail. You may change your opinion of some very famous people.

Comments: news@peopleplusmaine.org

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- 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
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CANDY

- Wilbur's of Maine**, 10% off, anytime
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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)
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www.paulinesbloomers.com

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www.eveningstarcinema.com
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www.msmt.org

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www.thomaspointbeach.com

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www.arbys.com
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www.bigtopdeli.com
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*Benefits subject to change

Member Moment

"Member Moment" gives people who participate in programs & activities at the Center a chance to tell us a little bit about themselves. Today, we are featuring Mary Hepburn. 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 Mary Hepburn

My name is Mary Hepburn, age 76, and I live in Brunswick.

I grew up in Brunswick, where my father was a professor of physics at Bowdoin College for 35 years. My family consisted of my mother, Madeleine Caron, a Brunswick native, and my three sisters, Martha, Jill, and Laura. Each of us being born at two-year intervals.

We were, and still are, very close and we look back on our youth as idyllic, having so many diversions at our fingertips. We loved getting on our bikes and going on "bicycle picnics" and Simpson's Point was a favorite destination. We also took "penny rides," where we would strike out and flip a coin at every intersection, which would tell us whether to go right or left.

Playing marbles in the gravel of Harpswell Place, where we lived, was a ritual for many years and we were each very proud of our cloth bags that were filled with marbles.

In the fall, we were part of the "Knot Hole Gang" that would go from the Recreation Center as a group to the Bowdoin football games and I think back on how ignorant we were of the rules of the game, but we certainly loved the excitement of the crowd and seeing the antics of the rag-tag college band.

The campus provided many opportunities and the pool was given over to

faculty children every Friday evening — a special treat especially in the winter. When the indoor skating rink was built 1957, I became obsessed with figure skating, which I did through high school as an original member of the Skating Club of Brunswick. I left Brunswick after graduating from high school in 1962 and was away until 2018.

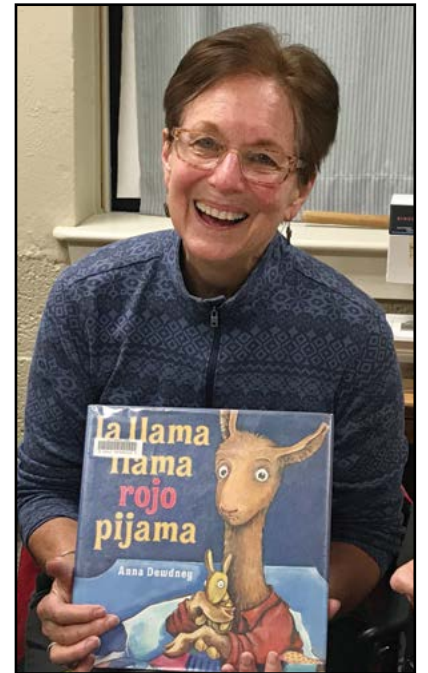
When I first came back to Brunswick in August of 2018, I lived in an apartment just two buildings away from People Plus. When I walked over to see what it was all about, I knew right away that People Plus would be a part of my new life here.

I signed up for Yoga, Zumba and Tai Chi classes, and also joined the French and German groups and the Easy Rider Bike Club. One of the first events that I attended was the monthly lunch, where I ran into an old neighbor, friend and classmate from elementary school through high school, Patsy (Gott) Bergeron. Later, I noticed that our high school yearbook was among the books on the shelves in the back room of People Plus. These connections certainly helped to make me feel at home.

I am grateful to have so many wonderful programs and opportunities at People Plus just a few steps from my home and, before the Covid-19 pandemic, I was at People Plus every day of the week. It has not only provided classes to keep me in good physical shape, but has been a wonderful social outlet as well where I have met many kindred



INSTRUMENTAL TO THE ACOUSTIC MUSIC CLUB. Earlier this year, Mary brought her talents and enthusiasm to this weekly musical gathering at People Plus.



MARY HELPED LAUNCH "CANTINA ESPANOL," the Spanish conversation club at People Plus.

spirits.

I commend Stacy Frizzle-Edgerton, the staff and the instructors for keeping the programs alive while so many organizations have shut down during the pandemic. The videos that were posted by Bea, Ann, Leslie and Suzanne were life savers for me this winter when I was pretty much confined to home every day.

As far as a favorite activity or program at People Plus, I can't say that I do have one. Each activity or program is nurturing in a different way and I appreciate all that People Plus has to offer. Oh, and Margarita's haircuts are another great benefit. She's the greatest!

Two things about my life that others might find interesting are that I like to let discoveries unfold as friendships and connections are made. And after retiring from 44 years of teaching in one school, I left without ever having taken a sick day.

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 Email _____ Emergency Contact _____ (name) (phone) (relationship)

Mailing Address _____ City _____ State _____ ZIP _____
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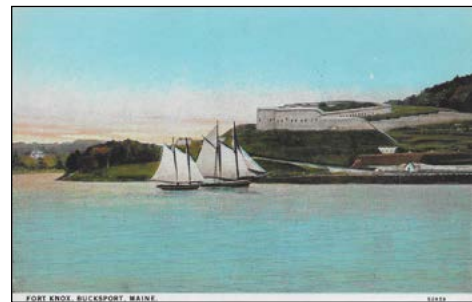
Tour Maine's fantastic forts with an old fart!

Editor's note: For many years, our friend Frank Connors led dozens of 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 the middle of another wonderful Maine summer, we thought it might be fun to have him write of places in the state that he loves, and by doing so, entice you to get in a car and go explore our Great Pine Tree State. Enjoy and stay safe!

Proof that I'll probably never grow up is in my fascination for Maine forts. Since I was a kid, a visit with my grandfather to any Maine fort was a red letter day for me. Now, I'm the hapless old grandfather, and I'm trying to make hopeless addicts out of MY grandboys!

Fort Popham, Fort Knox, Fort Edgecomb ... Forts Western, Gorges, William Henry ... I plan to hit them all again with my boys, before my "forting" days are over. When I finished my list of Favorite Maine places last March, no one should be surprised to find a page filled with forts, totaling nearly a dozen unique and interesting places.

Maine forts generally fall into a couple of categories; they tend to be old wooden block houses or great granite monstrosities. The fact that most (all?) were never fired upon in anger is another characteristic, but I hate to give up that fact. An ounce of prevention is worth a pound of cure, right?



Fort Knox has to be my favorite. Located in Prospect, just a cannon's shot off U.S. Route 1 and on a pretty point where the Penobscot River narrows and makes a turn away from Bucksport, its strategic value is obvious. It was an early, pork-barrel project commenced in 1844, during the Northeast Boundary Dispute with England. (Surely, you studied THAT in a high school history class.) It was modified, enlarged and never quite finished during the Civil War, (there was a real threat the Confederate Navy intended to invade Bangor, you know!) and there are unconfirmed reports that troops were quartered and trained there, at least briefly, during the First World War!

You need to know there is NO gold in Maine's Fort Knox. This great granite

edifice is named for one of Maine's most interesting and notable Revolutionary War generals, Henry Knox. Walk through its main gate, dally upon its expansive parade ground, and you'll be hooked. Wander into its corridors, powder magazines and troop quarters and you'll want to enlist. Our last field trip up there included a rocketing, thoroughly-modern elevator ride to the top of a tower of the Penobscot Narrows Bridge (\$5 cost is included in the admission price to the fort, I recommend it).



Little Fort Edgecomb is an octagonal, shingle-sheathed treasure located on a bluff over the Sheepscot River in Edgecomb. Dating from 1808, this indefensible wooden structure was built to protect the considerable shipping interests located at Wiscasset during the War of 1812. I guess it did, as there are no reports that Wiscasset was ever attacked. I called old Edgecomb the finest of Maine's five surviving wooden blockhouses. It's a Maine State Park, admission used to be on the honor system.

Fort Popham guards the mouth of the Kennebec River at Phippsburg. Commenced in 1861 and also never finished, this semi-circular fortress is another stone marvel. Its 30-foot-plus river-edge wall of Maine granite is a sight to behold. Its interior is a brick and granite combination that is a tribute to stone masons who worked before the mechanical age. My grandsons love to climb into Popham's gun ports (when Nini isn't looking) and look for seals or pirates.

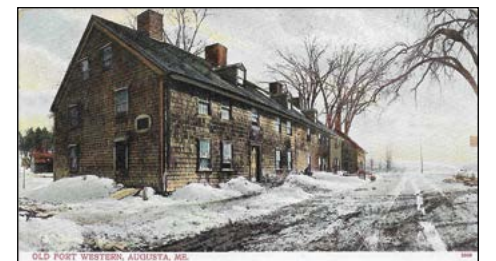


Speaking Frankly

Frank Connors
(guest contributor)



And then we have Portland's Fort Gorges! Construction started in 1858, this is another Civil War boondoggle that was never finished, and it was of no use when Portland WAS attacked (almost) by Confederate raiders. This gorgeous fort is city-owned, and such an under-utilized historic site. It's a canoe ride from Portland, but we enjoyed it more when accessed with brother Grant and his Whaler.



Old Fort Western in Augusta is believed to be the oldest wooden fort in New England. Surviving pieces of this ancient place date from the 1750s, when Pilgrims were using the Kennebec River as a gateway to the interior of Maine. Parts that are today recreated have been done very well; it's not hard to imagine Native American canoes lining the shore when you listen to docents of Fort Western describing crafts and life-

styles of the 18th century. That this venerable old station lies today near the heart of Maine's capital city only makes it that much more interesting.

You don't need to be a student of history to enjoy any or all of Maine's forts. Each is sited in its own unique location, each has its own story to tell. Go visit one, get a grandson to go along if you can. You'll see it's a great way to spend a day.

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August 2020

Spectrum Generations response to COVID-19



As COVID-19 began to emerge across the United States, and eventually into Maine, many across our state worried how they, and their loved ones would fare. Spectrum Generations closed to the public, but services – most notably Meals on Wheels – remained open.

To accommodate the diverse needs of Maine's older and disabled adults who were among the highest risk, services were expanded and modified; new volunteers were welcomed to support ongoing needs; community partners stepped in to provide additional financial assistance and offer a variety of supports.

Today, as Maine is cautiously returning to pre-pandemic levels, we are pleased to share statistics showing how we focused our efforts on meeting the needs of vulnerable and older Mainers.



1,747 people received **65,062 home delivered meals** through Meals on Wheels.



1,452 inquiries were addressed via the helpline.



1,097 people were new to Meals on Wheels.



43 people attended virtual education including Medicare 101 and health and wellness workshops.



765 lbs of pet food were distributed to Meals on Wheels recipients.



257 people received home care coordination and in-home care services.



262 volunteers assisted with Meals on Wheels, **183** of which were **new volunteers**.



154 people received **Medicare enrollment advice**.



Volunteers and staff helped with friendly **check-in calls** to consumers.



1,407 people received **Atypical Services** support (emergency response systems, respite, environmental modification, or assistive technology).



93 caregivers received support.

(Statistics reflect efforts during the period of March 15 - June 15, 2020)



Spectrum Generations is an Equal Opportunity Provider. Please let us know if you require special accommodations at least two weeks prior to the event.

PROUD TO PARTNER WITH PEOPLE PLUS

WE MISS SEEING YOU AT THE CENTER!!!

New and renewing members for July

Memberships received as of July 22, 2020.

* indicates new membership
• indicates donation made with membership

Bath

Barbara West •

Bowdoinham

Jeffrey Lauder

Brunswick

Jerry Bigelow •
Nan Bigelow •
Phyllis Blackstone *
Carol Bondy
Albert Boothby
Sarah Boothby
Stephen Carey *
Donna Chale
Luanne Downey
Patricia Felton
Gwenyth Gilson
Theresa Howell •
Louise Leavitt
Janet Macy *
Diane Monaco •
Tony Monaco •
Mollie Moore *
Robert Pinnette
Susan Pinnette
Monique Sondheim
Pilar Tirado
Mary Alice Treworgy •
Janet Watkinson

Durham

Donald Caton •

Topsham

Robert Bouchard •
Ann Henke *
Lois Langbein
Linda Mallard
Ann Marden
Bruce Nieman
Julie Silverman *

Hometown still the same ... it's just the lives that have changed

I grew up in Ithaca, Michigan. It's a rural farming community located very near the geographical center of the state's Lower Peninsula. The population has remained pretty constant over the years at just under 3,000.

The town is so small that there was just one stoplight in the whole place. I say "was" because even that's gone now, replaced by four-corner stop signs. Maybe the change was made to speed up the tractor traffic; you don't want to keep farmers from their fields for too long.

The land is flat as flat can be and the country roads are dead straight, most of them of the gravel variety. The surrounding vastness teems with corn, wheat, sugar beets, dry beans, soybeans and forages that become hay bales. This bountiful land stretches for miles and miles ... as far as the eye can see. I spent many an hour during my youth clearing rocks on my uncle's property to make way for such crops.

Not surprisingly, everybody knew everybody — and their business — in this tiny village. As a kid, you couldn't get away with anything. None of it was serious stuff; just mischievous moments that young people do when they're bored.

But knowing everyone also had its advantages. I cannot recall any homes being off limits or ever having trouble getting a ride home. And when I started my mowing career as a teenager, it really took off. Why? Because doing one elderly widow's lawn inevitably led to a near monopoly on all the rest within walking distance.

The only cluster of buildings was basically the downtown area. The tallest structure around was the town's water tower. All the shops offered their different goods, as this was way before big-box stores. Heck, the closest McDonald's was located 44 miles away. My maternal grandfather was the produce man at the local A&P, while to this day people still say my other grandfather ran the best bakery the town has ever seen.

Yes, Ithaca was where my parents also grew up. They were high school sweethearts. My dad was a star athlete — playing in four different sports — and he was the senior class president. He was "famous" for attempting to change the school colors. What a rebel!

Not taking anything away from my father, for many of my beliefs and traits are taken from his playbook, but my mom was the heart and soul of our family. She was the real "star" — keeping the household humming along while raising four kids. And holding down a full-time job at the county welfare office, long before it was in vogue for women to work outside the home.

It was a busy place at our house. After-school activities, such as sports, increasing with each passing year; appointments for this and that. Thinking back, it was probably just a big chore to figure out who was going to show up for dinner and when each night. But she managed to keep the "Gabrion ship" afloat; tackling problems and everything else that came along without ever complaining as far as I can recall.

Simply put

Patrick Gabrion



Ithaca is pretty much the same today. Of course, there are some fast-food joints now, and I'm guessing the kids aren't quite as enterprising as during my day. But that's OK. Circumstances have changed for my mom, too. While she still lives there, none of her four children do.

Because of health and safety concerns, she recently moved into an assisted-living facility. And her car keys were taken from her. All on the same day. No longer living independently and the loss of a certain amount of individuality. What a shock to the system.

All things considered, it was probably the right thing to do, and every decision made had her full endorsement. But none the less, it has been disheartening to witness, for all of us and especially for her. A wonderful woman, once in charge of all of us, who is now having to adjust to a very different kind of life.

To be honest, I would find it hard to live again in my hometown, but it was a great place to grow up, shaping the type of person I am today. I thank my parents for their guidance and love, and I particularly give a bow to my mom for leading the way.

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People *Plus!* **It is our mission to stay connected with all our senior members and the community.**

We answered the call ... here's how!



Our free, supplemental outreach during the pandemic crisis began March 16th. Since then we've provided:

- 892 grocery trips
- 211 food pantry pick ups
- 613 prescription/medical deliveries
- 12 Mother's Day flower deliveries
- 303 fresh vegetable deliveries
- 1,681 check-in calls
- 513 birthday calls
- 874 face masks
- 302 club meetings on Zoom
- 513 update, exercise & interest videos with over 10,000 views from 36 countries!




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Gone but not forgotten – Memorial Donation in Memory of

Elfried Nicholson
Feb. 27, 1924 – June 9, 2020

Denise Gagnon
Jan. 1, 1942 – June 14, 2020

Sharon Ward
Dec. 22, 1943 – June 27, 2020

Barbara Raymond
Oct. 16, 1935 – July 13, 2020