



Plus! People NEWS!

The center that builds community

People Plus
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Brunswick, ME
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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

Well deserved!

VTN drivers earn Volunteer of the Year honors

The Volunteer Transportation Network (VTN) has been a valuable service provided by People Plus for several years. But the importance of this vital program has greatly increased because of the coronavirus pandemic.

In order to keep people safe, VTN has gone from its initial mission of giving rides to appointments and other locations to now offering a shopping and delivery service to our homebound seniors, picking up food items, supplies, and even prescriptions and taking them to their doors.

In recognition for such a fantastic job, the drivers of the VTN program have been named Volunteers of the Year at People Plus.

With volunteers being the heart and soul of People Plus, it is customary for the Center to present Volunteer awards annually. Very little could be accomplished without these important people. While one person is usually recognized, this year it was important to highlight ALL of our volunteer drivers.

“The volume of calls has grown tremendously since the arrival of the pandemic,” said VTN Coordinator Lynne Smith. “Without these wonderful volunteer drivers, this program wouldn’t exist. Their generosity cannot be measured. They are unbelievable in what they do.”

Serving adult residents of Brunswick, Harpswell, Topsham, and the surrounding region, VTN’s numbers tell a remarkable story: in the last fiscal year, there have been nearly 3,000 provided rides, covering more than 31,000 miles.



Since mid-March, when stay-at-home orders started, nearly 900 deliveries have been made by VTN drivers. The program currently has 570 riders signed up and 92 drivers.

One of those drivers is Hugh Harpcastle of Harpswell. Talking about the VTN program, Hugh said, “It allows people to stay in their homes longer and safely. It also allows people to get around (to needed appointments). For me, I get to meet a lot of people that I otherwise would have never met. I get to know people and I enjoy that.”

Karon Salch of Brunswick is another volunteer driver. “After joining People Plus, I saw the opportunity for drivers and I said, ‘I can do this.’ Because of the pandemic, people are reaching out. Some are pretty isolated, so this is a way of checking in,” Karon said.

“The people I meet are amazing,” Karon continued. “There’s a great level of trust when you’re doing shopping for them. It’s very personal. It has kept me very busy and I’m enjoying it.”

“The VTN program does a lot of different things for me,” said volunteer driver Donor Dorr of Brunswick. “It organizes my retirement life and it allows me to interact with other people. We talk and share and I really enjoy that.”

All this also couldn’t be accomplished without our sponsors. They include Rusty Lantern Market, United Way of Mid Coast Maine, Spectrum Generations, Maine Community Foundation, Maine Women’s Giving Tree, Linda Cronkhite and the Suzan Wilson and Daniel McLaughlin family. Thank you so much.

“The VTN program is another way for all of us to stay connected. The help these drivers provide is just wonderful,” said People Plus



OUR FRONTLINE VOLUNTEERS have saved the day since Covid hit. The drivers immediately switched gears and began delivering food, masks, prescriptions and supplies. Many of our homebound elders would literally not have survived without this amazing bunch of folks. Donor Dorr (inset), our lead driver, has driven over 500 miles and completed 80 rides since starting in January. We are so grateful and love our drivers! Will you please become a driver too? **We need your help!**

Executive Director Stacy Frizzle-Edgerton. If you need help with the VTN program, contact Lynne by calling and leaving a message at People Plus (207-729-0757), email at driver@peopleplusmaine.org or visit our website at www.peopleplusmaine.org. More drivers are always needed. Again, get in touch with Lynne if you would like to be a part of this great team!



Health Expo still a go!

A Senior Health Expo this year? You bet! We’re just doing it a little differently.

Gain knowledge and make connections from home at the 2020 People Plus Senior Health Expo. Join us for an online and video tour of your communities’ best and brightest senior care providers. Get to know the folks who take care of you!

With 80 vendors last year at the Brunswick Rec Center, our Expo has turned into a community event garnering more than 600 attendees. With this year’s being online, we may reach even more!

If you are a company or nonprofit that serves the older adult population, contact Jill Ellis at programming@peopleplusmaine.org. FMI, check www.peopleplusmaine.org. You do not want to miss the show!

People Plus Monthly Raffles

And the August winner is ...



Thanks to Tim Keene for having the first winning raffle ticket and then donating the bike back to the Center for someone else to win!

Dana Bateman (left) was the lucky person and she couldn’t be happier! You may remember she gave a fascinating lecture on DNA at the People Plus Center last year. When Stacy thanked her for buying a raffle ticket she responded, “Our small community nonprofits need their community now more than ever!”

Thanks to Randee Reynolds, Vice President Community Health, Mid Coast-Parkview Health, for joining Stacy on August 21 to pull the raffle ticket. We raised \$720 to benefit homebound elders without access to transportation or food.

As seen on TV ... get YOUR golden ticket!

September raffle to feature special dinner

A piece of currency featuring Andrew Jackson on the front — yes, a \$20 bill — is a mere pittance for the chance to win an amazing Tuscan-inspired dinner for six people under the grapevine-covered pergola with the Gentleman Farmer in Maine! Begin your afternoon visit with appetizers and a tour of Mossy Ledge Farm — the home of Jonathan Edgerton and our very own Stacy Frizzle-Edgerton. Then sit back and relax while Jonathan fires up the hand-built stone pizza oven and Stacy attends to your every need.

Enjoy platters of roasted vegetables, antipasto-style salads, grilled eggplant, hand-tossed pizzas and Tuscan roast chicken, followed by Stacy’s not-really famous tiramisu. (Did you sample some at Italy fest? Well, she’s making more!)

Your friends will be lined up at the door



to compete for a place at this table if you hold the winning ticket. In fact, it would be smart to advise your five best pals to all buy a ticket which would greatly improve your chances of winning! (And then hope they invite you if they hold the golden ticket!)

All of our monthly raffle proceeds go to support

our members who struggle to care for themselves. These members no longer drive and risk poor nutrition, isolation and depression in addition to not having access to proper medical care. Will you help us care for them, get them rides, food and prescriptions — all while playing for a chance at a wonderful evening?!

We hope you will! It’s only \$20! The drawing will be held on September 18th.

To purchase a ticket, go to peopleplusmaine.org and follow the instructions. Or stop by the People Plus Center (mask required, please), M-F from 9-1 pm, or give us a call at 729-0757.

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



Spirited away, but not forgotten

Do any of you read ghost stories? I do and I love them. If there's a ghost story, I want to hear it or a ghost tour, I want to take it. I'm thrilled in old houses, and enjoyed the idea that there was a ghost of an older woman in my old farmhouse in Topsham, which was built in 1820. She was "seen" several times by guests staying in the house with us. She was a kind and lovely spirit in a long gray dress who never caused any trouble!

I'll admit I *might* have maybe a strange interest in the spirit world. It's not that I necessarily believe in ghosts, and I'm not super religious, but I like the idea that people hang around a little bit after they leave this world. It might be because both my parents died when I was young, so I've always imagined that they are still by my side.

And lately I've begun to realize that there are lots of People Plus folks who are hopefully also still by our side, hanging around the Center, checking in on the activities



PEOPLE PLUS WELCOMED THE NEW SUPERINTENDENT of Brunswick Schools, Phillip Potenziano, to the Center last month. He met with Executive Director Stacy Frizzle-Edgerton as part of his entry and learning plan to meet with local nonprofits and community stakeholders. The superintendent received a tour of the Center including the Brunswick Area Teen Center, a program of People Plus, which is a crucial program utilized by local students after school.

and joining in the fun ...

I hope this doesn't sound morbid because for me it's actually a really happy thought. I love the idea that our members are still around.

It's on my mind because we found out yesterday that Tom Michaud died. The husband of Judy Michaud, who is one of our 20-year volunteers, Tom was a regular figure at the Center with the Knights of Columbus. He played cribbage here five days a week for three years. So we got to know Tom and the guys really well.

He was a lovely person and always had a funny little quip or a compliment. I never got told so often that I looked really nice as when Tom was in the Center every day. He made you feel good about yourself in a really genuine way.

So I KNOW Tom is still hanging around, as are so many of our other lovely members that we have lost, like Harriet Soulen, Mary Hermans, Gloria Smith, Ed Cardali, Judy Krok, Bev Bevilacqua, Grace Chick, Wizzer Wheeler, Hank Welzel, Ron Roy, Edie Rentz, Deane Lanphear and so many others. I like to think they're here at the Center with us all the time — checking in and generally keeping an eye on things!

And we miss Tom and all the others so much — as we do all of you who aren't coming to the Center these days ...

So in the meantime it's still business as usual as we figure out what we will be doing here month-to-month. We know September is still outside and we are

From the Executive Director

Stacy V. Frizzle



leaning toward October outside activities as well. I think people are happy to be bundled up and outside. Can you picture yoga in a parka?? It'll be all the new rage.

And in other news, we are also working on the "Back to School" letter for the Teen Center, developing the fall Senior Health Expo as a virtual event, and looking at applying for fundraising opportunities to help fill in the gaps in our income.

And along those lines, we are excited about the Gentleman Farmer in Maine dinner up at our house! Did you see that Jonathan and I are going to host six people outside for dinner and a farm tour as the September raffle? For the cost of only a \$20 ticket, you could win dinner for yourself and five friends! Hopefully it will bring in lots of funding for our homebound members and neighbors. Better get your five besties lined up and ready! Thanks for buying a ticket!

So it is busy here as always. Hopefully we can all get back together soon. But until then, I'm warmed by the thought that our current members — as well as those we've lost — are never far from our hearts, minds and in spirit too at People Plus, the Center that Builds Community.

Protecting our people

Because of the pandemic, many steps and procedures have been put in place to ensure the health and safety of everyone at People Plus.

And one of those developments has been the building of a protective barrier for the front desk reception area by Stacy's husband, Jonathan Edgerton. As the Center works for when the time arrives when more activities resume inside the facility, this is one of those "Getting Ready" tasks that can be checked off the list.

"I love it and it feels better being a little protected," said Sarah.

According to Stacy, the wooden frame is solid cherry. "It was cut from boards milled from trees that were felled on our very own



land," she said.

A big thanks to Jonathan for his efforts and craftsmanship.

From Anita's Plate

Anita Nugent
(207) 504-6439



info@nutritionforeveryday.com

Exciting new program provides tips for healthy living

I am very excited to let you know that I am presenting a 16-week program called My Everyday Nutrition Program.

I wanted to put together a program that was meant for anyone who wanted to gather more knowledge about how to eat healthier, maintain their weight, lose weight or improve certain health conditions.

Once enrolled in the program, a participant will receive a weekly email for 16 weeks. Each video segment is between five and eight minutes long, and includes a 37-page notebook with handouts and recipes. Before enrolling in the program, you can view the first segment for free.

Topics for the program include:

- The big picture
- Problem solving
- The tool box
- How to get dinner on the tables in minutes

- Gut health
- Holidays, vacations, special occasions
- The new label law
- What are you thinking

This program has a novel and unique approach. There are no rules or foods that you cannot eat. It helps you develop a plan that gets results and works for you. Once you have completed the program, there is an option to have follow-up segments.

The cost of the program is \$160. Each follow-up segment is \$10. The first 10 enrollees will receive a gift from Fiore Artisan Olive Oils & Vinegars.

If you want to try something different, please contact me to take a look at the first segment. My email address is info@nutritionforeveryday.com or you can call (207) 504-6439.

Roasted Eggplant

1. Preheat the oven to 400 degrees F.
2. Slice the eggplant crosswise to make circles, about 1/2 inch thick. Cut off the leafy end only after you are done slicing, so that you'll have more to grab onto as you slice.
3. Arrange the eggplant slices on an extra large baking sheet in a single layer. Drizzle with olive oil.
4. Sprinkle with sea salt, garlic powder, and black pepper. Flip and repeat the olive oil, salt, garlic powder, and pepper.
5. Roast the eggplant slices in the oven for about 30-35 minutes, until soft and golden.

"Still here for you!"

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Pens & Paintbrushes

A Break in the Routine

By Doris Weinberg

The past few weeks have been boring and quiet without very much to do.
I wake in the morning with the whole day ahead and can't think of a chore to pursue.

I've straightened my drawers and thinned out my closet and my place is nice and neat.
But no one can come in because of the virus
So, who am I to greet?

This quarantine is wearing me down
I have lost count of how long it has been.
I would like to look at my calendar
and find something that has been written in!

But wait, there is something I see for the month
It's in the box for August 10th.
I've even written it in dark black ink
I used a marking pen!

Wow! The Writer's Group is meeting
that morning out in the parking lot!
I must call them right away
so I am sure to have a spot!

I have not seen any of the gang in so long
The last time I had to be firm indeed.
To get them all to write was not easy
I wonder if I still have to lead.

If no one steps up, I will do one more month
And then it's someone else's turn.
Someone I hope agrees today
or else we won't adjourn!

In any case, I will be happy to see
everyone shows up on time.
If not, I will be disappointed
and think I have wasted this rhyme!

His Dream *By Bonnie Wheeler*

Martin Luther King had a dream
His hope for equality and peace
Not violence and destroying cities
Or shooting each other in the streets
HIS DREAM FORGOTTEN — AMERICA WEEPING
PLEASE DON'T FORGET OUR HERO
Who gave his all to lead in the right direction

Solve It! *By W A Mogk*

The freshest and cleanest water on Earth
resides within the glaciers of Greenland.
Global warming melts them at alarming rates;
this vintage should not slip through our hands.

It's a shame that we let it all escape;
why not capture some in tanker ships?
Then sail to Africa or another dry place,
bestowing relief and building relationships.

Problems can be resolved using imagination.
The new generation must find solutions.
Step up to the plate and take the lead.
Let "Solve It!" be your resolution.

Really "Absurd!"

By Doris Weinberg

Autumn began this week and
the days are flying by fast.
And I know we all wish
the warm days would last.

But before we know it
the end of the year will be here.
There's a little custom
to which most of us adhere.

I don't like to think about it
It's really rather absurd.
New Year's brings "resolutions"
that for most of us is just a word.

A promise we know that this time
we'll really try to keep.
We said the same thing last year
but it didn't go very deep.

We say again, "we'll lose some weight"
Five pounds we could do with ease.
Just put less food on our plate
and losing would be a breeze.

This promise was probably kept for a week
Unfortunately, just more food I would sneak.
Like past years, nothing would change
Such an effort was never good long range.

So, with the New Year in sight
I used the word "absurd."
To make the same pledge
Is the silliest thing I've heard!

I guess it's ridiculous to make
a promise I won't stick with.
This year will be different
Because I am taking "the fifth!"



HOLDING ART CLASS OUTSIDE has given the art students lots of new and fun things to draw, including the Union Street Bakery across the street, our new picnic table, trees, window boxes & more. And they have a great time hanging out & chatting while they while away in the morning. If you're interested in learning how to draw, give us a call — there's still some room in the class on Thursdays at 10:30 am in the parking lot.

PEOPLE PLUS MEMBER MARSHA MOGK

will be displaying her artwork at the Topsham Public Library. The exhibit opens on Sept. 1 and runs through the month. Marsha's pseudonym for her artwork is Mya Sol. Proceeds from the sale of her art goes toward animal rescue.



Today

By Bonnie Wheeler

We are
Home alone
No fun
TV, books, housework
Blessed — yet depressed



Bicentennial — Quadricentennial *By Betty Bavor*

Have you ever thought what life was like 200 years ago, maybe 400 years ago? As we celebrate Maine's Bicentennial in spite of a pandemic, another noteworthy event is taking place in 2020 — a quadricentennial, the 1620 voyage of the Mayflower from Plymouth, England to the New World. Historians and planners of these events expected 2020 to be celebrations of a lifetime. COVID 19 changed everything, causing cancellations, postponements, creative technology, and looking at 2021 to highlight both anniversaries with noteworthy celebrations.

Northern New England Journey, the AAA member magazine, posted "Epic Journey" information. On Sept. 6, 1620, 102 Puritan passengers boarded the Mayflower at Plymouth, England and headed for the New World seeking religious freedom. After 66 days of sailing the Atlantic Ocean, the Mayflower docked first in Provincetown Bay and then sailed to Plymouth Harbor, Massachusetts on Dec. 18, 1620. The Mayflower Compact was signed on-board and was the first agreement for self-government to be created and enforced in America.

The Pilgrims formed an alliance with Native Americans of the local Wampanoag people and built their settlement nearby. The Wampanoags taught them to grow their own

food and after their first successful harvest, they celebrated with a three-day festival of Thanksgiving. This was the birth of the U.S. legal holiday Thanksgiving on the fourth Thursday of November to give thanks for divine goodness.

Mayflower II has been in a three-year restoration project and Plimouth Plantation, the 17th century English village, is gearing up for historic presentations about Plymouth Colony and native Wampanoag people. Four nations — the U.S., Wampanoag Nation, the United Kingdom, and the Netherlands are working together to promote culture, values of freedom, democracy, humanity, and global historic understanding. Decedents plan to share unique stories, and illuminate Thanksgiving 2020 Nov. 20-25 will feature concerts, festivals, a parade and a special ceremony. Many unique global events featuring the four nations are being researched and planned.

The Maine and Mayflower planning committees continue moving forward with their celebration plans. Today's technology is fortuitous and the internet is the best way to stay informed and updated with the latest developments and events for Maine's Bicentennial and Plymouth's Quadricentennial.

I wish us all well and hope memories, somehow, will be made. God Bless America.

Fall Images

By Nonie Moody

The fall season is fast upon us
With cooler mornings and evenings.
A warmer jacket will be selected
To take away the nippy feelings.

The last camping trip is scheduled
Before the seasonal gear is stowed.
The best campfire is smokeless and nice
And the hot dogs and s'mores flowed.

Looking for the first frost this season
Watching the temperature closely.
Making sure that nothing is wasted
Gathering garden vegetables daily.

Our door will need a new fall wreath
Colors of brown, orange and yellow.
Red for contrast and a pretty bow
And tucked in one side a small sparrow.

The meal preparation will take a shift
From outdoor hamburgers to hot soups.
One recipe is quickly chosen
Chicken rivel enough for a group.

The apple tree's limbs are hanging low
With Wolf River and Paula Reds.
Soon will be time for hot mulled cider
And the next season will bring the sleds.

Carter, the Mid-September Charmer

By Charlotte Hart

He made a September to remember.
Only one year old, he was joyful and BRIGHT
Carter charmed all with his smile,
Big "HI!" friendly laps climbing,
This boy filled us all with DELIGHT.

Did he eat well? Oh my, yes.
His menu? Blueberries! Any KIND.
Oh to take him up Province Mountain!
Acres of wild sun-warmed blues we would FIND.

On BIRTHDAY ONE, his menu was waffles.
Grandfather's homemade. Sizzling hot IRON!
Carter grinned with delight, savored each bite,
Did he eat the whole waffle? He was TRY-IN!

FOURTH of JULY. His first. Twenty two twenty.
Giant ball was the toy of the DAY.
Red, white, and blue. His outfit was too.
For our great holiday here to STAY.

A techie? Carter picks up his grandfather's cellphone,
Turns it off, then laughs you can BET!
Then says a loud "HI!" (Does not like "Goodbye")
Does he call me "Great Grandmother?" Not YET.

Carter loves spending time at the lake.
Great Grand Aunt lets him drive his white CAR.
He will run in the sand, splash water clear,
Chase his lively shadow, then smile from A-FAR!

Hugs and Smiles *By Gladys Szabo*

Hugs and smiles are extremely important in my life.
I share them with care not thinking twice.
Now smiles are hidden behind a mask,
How can I show I care, I ask?
Social distancing, so we cannot touch.
Personal touch can intend so much.
Expressing warm and caring feelings,
Many times may be very healing.
Please wear masks, distance and scrub,
So before very long, again we can hug!

Take Care

By Bonnie Wheeler

Take your temperature
Wear your masks
Stay away from people
They might cough or sneeze
And give you the killing disease
Bottom line — stay in bed
Rip Van Wrinkle had the right idea

Turning Back the Clock

By Doris Weinberg

There are times that I feel old and decrepit
and wish to regain my youth.
We all surely have moments like this
and have to face the truth.

We can't change the passage of time
and we're only as old as we feel.
Sometimes when our bodies just ache
these problems we learn to conceal.

For me there's a place that I can go
which reminds me of younger days.
I should have gone there the past few months,
when stress took over my ways.

I know I can't turn back the clock
and try to "rejuvenate."
But there's always something I can do
and I must participate.

Down by the ocean brings me such peace
The years just disappear.
The tension goes, the muscles relax
and my head begins to clear.

I don't know why I put it off
It's so much better than a pill.
The sound of the waves and smell of the salt
bring me a relaxing thrill.

Late in the day when the crowds have gone
I can stare right out at the sea.
Take a deep breath and close my eyes
and finally feel "just free!"

The seagulls come and I watch the clouds
and pick out funny shapes.
For me, I think I've found my youth
in this perfect seaside escape.

It's been a long time and I didn't listen
to what my body was telling me.
I'm only as old as I let myself be
and the ocean is my "key!"

So from now on when I want to be young
both in body and in mind.
I'll head to the shore and sit on the sand
And let myself unwind.



Get outside in September at People Plus!!



WHEN THE WEATHER CONDITIONS ARE JUST RIGHT, nothing is better than eating or chatting outside. When we discovered our picnic table at the People Plus Center was broken, we put out the call for help to either repair it or for a new one. Our plea was immediately answered by member Richard Nickerson and his son, Harold, who constructed a new table for us. Thank you so much!

“Lunch Bunch” On Us!

Come for a pizza party on September 18 at 12 noon. Enjoy pizza & canned drinks with your friends while maintaining appropriate physical distance for safety. Members only, registration & masks required. 25 people max. **Don't miss it!**



“Gentle Barre” Outside

Wednesdays, 12 pm. Barre Fitness is a hybrid class of ballet-inspired moves with Pilates, dance, yoga and strength training. Using chair backs as the bar. Low-impact, full-body conditioning, helps with joint mobility, posture, flexibility, balance, strength, and breathing. Led by Bea Blakemore. Members only, masks and registration required (729-0757)

Zumba Live via Zoom — FREE

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

Art with Connie Bailey Outside

Thursdays, 10:30 am. Art class with instructor Connie Bailey will meet outside in September. Please bring #2 pencil, sketch pad, TV tray to lean on (if you have one), and your own water. Class size is limited and masks are required. Registration is required and payment is via punch card (\$5/class). Member only.

Apple Club is moving Outside!

Wed Sept. 16, 1:30 pm. We're taking Apple Club outside for the month of September! Bring your device and your mask and join us at the Center as we chat in person for the first time since February! Members only, registration & masks required.

Exercise with us outside at the Center!

Outside classes include Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, and Gentle Barre. Members only, masks and registration required (729-0757), payment via punch card (\$5/class). Please check our calendar for class days and times.

Outside is “in” at People Plus!



“Physically distanced, socially connected”

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

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.



CLUB CORNER - FREE FOR MEMBERS

Friday “Lunch Bunch”

Fridays, 12 noon. Bring your lunch at noon on Fridays to eat, chat and connect while safely distanced. Members only, registration & masks required.

Kaffeestunde! via Zoom

Sept. 8, 3 pm. German conversation club via Zoom. Please contact the Center to be connected to this club.

Cafe en Francais Outside

Sept. 22, 3 pm. The French conversation club will meet outside, socially distanced. Members only, registration & masks required.

Table Tennis

Tuesdays and Thursdays, 10 am. Table Tennis will meet inside to play twice a week. Singles play only. Members only. Masks required. Registration required.

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, registration & masks required.

Walking Club with Suzanne

Thursdays, 10:30 am. Join this fun group for a 30 min walk at various local paths. Appropriate for all levels on wide, flat surfaces allowing for social distancing (walker/cane friendly). Call 729-0757 for location. Members only, registration & masks required. Led by Suzanne Neveux.

Write on Writers Outside

Mondays, 10:30 am. Our writing group meets outside, socially distanced, to share recent poems and stories. Members only, registration & masks required.

Civil War Book Club is back at the Center

2nd Monday of the month, 7 to 8:30 pm. Future topics include:

Sept. 14- Hampton Sides. Ghost Soldiers: The Epic Account of World War II's Greatest Rescue Mission.

Oct. 12- Jennifer L. Weber. Copperheads: The Rise and Fall of Lincoln's Opponents in the North..

Nov. 16- James McPherson. For Cause and Comrades: Why Men Fought in the Civil War.


Dec. 14- John R. McKivigan IV, Peter P. Hinks, and Heather L. Kaufman; Editors. Narrative of the Life of Frederick Douglass, an American Slave: Written by Himself

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Staying Connected! Watch our community update videos, exercise videos, community guest videos and more at www.peopleplus-maine.org or visit People Plus Maine on vimeo.com , youtube.com , or facebook.com . You can also view programs on Brunswick TV3 & Harpswell TV14.		1 9:00 Chair Yoga Outside 10:00 Table Tennis 10:30 Yoga Outside	2 9:00 Loosen Up Outside 9:00 Outing Club 10:00 Meals on Wheels 10:30 Tai Chi Outside 12:00pm Gentle Barre Outside	3 10:00 Table Tennis 10:30 Walking Club 10:30 Art with Connie Outside	4 9:00 Hair Cuts with Margarita 9:00 Loosen Up Outside 10:30 Qigong Outside 10:30 Meals on Wheels 12:00pm Lunch Bunch Outside
6 9:00 Grace Reformed Baptist Church	7 	8 9:00 Chair Yoga Outside 10:00 Table Tennis 10:30 Yoga Outside 3:00pm German Club via Zoom	9 9:00 Loosen Up Outside 9:00 Outing Club 10:00 Meals on Wheels 10:30 Tai Chi Outside 12:00pm Gentle Barre Outside	10 10:00 Table Tennis 10:30 Walking Club 10:30 Art with Connie Outside	11 9:00 Hair Cuts with Margarita 9:00 Loosen Up Outside 10:30 Qigong Outside 10:30 Meals on Wheels 12:00pm Lunch Bunch Outside
13 9:00 Grace Reformed Baptist Church	14 9:00 Loosen Up Outside 10:30 Zumba via Zoom 10:30 Write on Writers Outside 12:00pm Balance & Falls Clinic Outside with Reform PT 7:00pm Civil War Book Club	15 9:00 Chair Yoga Outside 10:00 Table Tennis 10:30 Yoga Outside	16 9:00 Loosen Up Outside 9:00 Outing Club 10:00 Meals on Wheels 10:30 Tai Chi Outside 12:00pm Gentle Barre Outside 1:30pm Apple Club Outside	17 10:00 Table Tennis 10:30 Walking Club 10:30 Art with Connie Outside	18 9:00 Hair Cuts with Margarita 9:00 Loosen Up Outside 10:30 Qigong Outside 10:30 Meals on Wheels 12:00pm Lunch Bunch Outside (this week = pizza party on us!)
20 9:00 Grace Reformed Baptist Church	21 9:00 Loosen Up Outside 10:30 Zumba via Zoom 10:30 Write on Writers Outside	22 9:00 Chair Yoga Outside 10:00 Table Tennis 10:30 Yoga Outside 3:00pm French Club Outside	23 9:00 Loosen Up Outside 9:00 Outing Club 10:00 Meals on Wheels 10:30 Tai Chi Outside 12:00pm Gentle Barre Outside	24 10:00 Table Tennis 10:30 Walking Club 10:30 Art with Connie Outside	25 9:00 Hair Cuts with Margarita 9:00 Loosen Up Outside 10:30 Qigong Outside 10:30 Meals on Wheels 12:00pm Lunch Bunch Outside
27 9:00 Grace Reformed Baptist Church	28 9:00 Loosen Up Outside 10:30 Zumba via Zoom 10:30 Write on Writers Outside	29 9:00 Chair Yoga Outside 10:00 Table Tennis 10:30 Yoga Outside	30 9:00 Loosen Up Outside 9:00 Outing Club 10:00 Meals on Wheels 10:30 Tai Chi Outside 12:00pm Gentle Barre Outside	Outside activity protocols: Members only, registration required (729-0757), weather permitting, masks required (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) purchase punch card at Center, bring water & "props," if needed, chairs provided & cleaned between sessions, building access for restrooms only.	



Balance & Falls Clinic returns

No one wants to fall, but it does happen. So it's best to know what can be done to prevent a fall and also what to do if a fall occurs.

Just in time for National Falls Prevention Month, Dr. Christina Levesque, PT, DPT, of Reform PT is returning to People Plus with her popular class — the Balance and Falls Clinic. The gathering will take place on Monday, Sept. 14, at 12 noon outside at the Center.

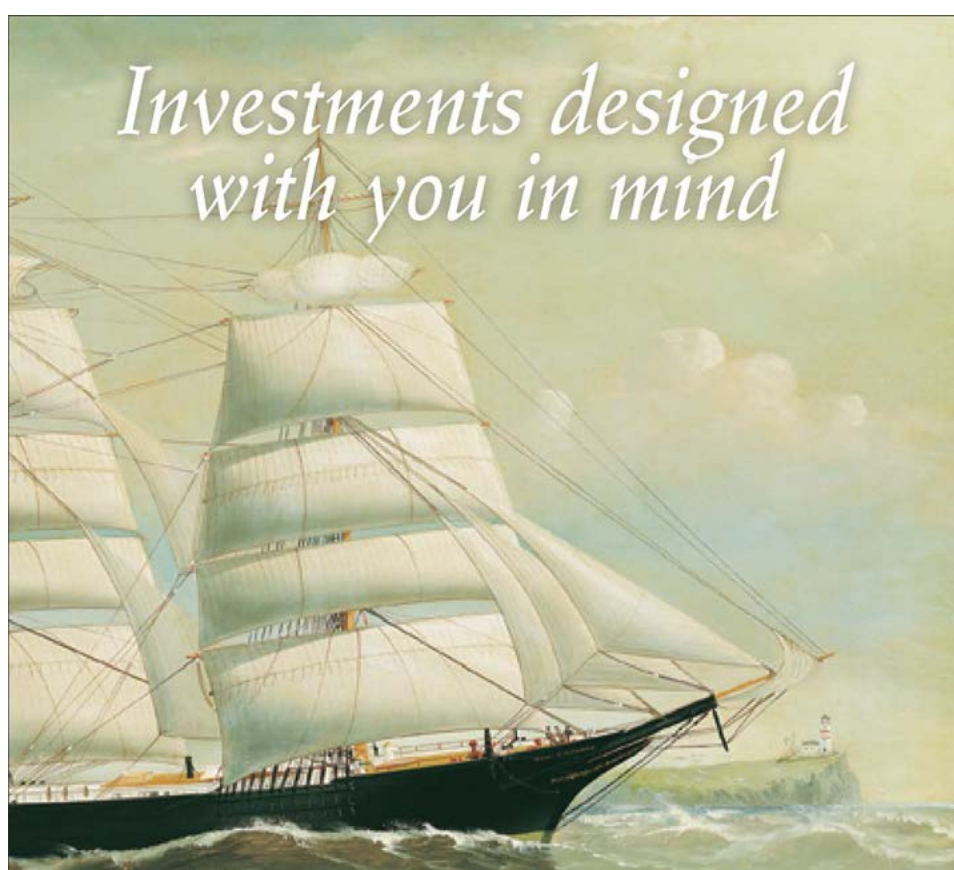
Christina will teach class participants what balance means, how to prevent a fall and how to properly handle a fall if one occurs. She also will

discuss the many benefits of physical therapy, as well as how the process of starting physical therapy works.

Class will meet outside in our parking lot, weather permitting. It is for members only, with registration and masks required.



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Art on display

A new art exhibit titled “Brunswick Perspectives: Our Past Informs Our Future” will be opening on Tuesday, Sept. 1 at Merrymeeting Plaza next to Pepper’s Landing in Brunswick. An opening reception is planned for Sept. 1, from 3-5 pm. The exhibit is sponsored by Brunswick Public Art and Merrymeeting Plaza.

Brunswick Perspectives: Our Past Informs Our Future

Opening Reception
September 1st
3 pm - 5 pm

Merrymeeting Plaza
next to Pepper’s Landing



Sponsored by Brunswick Public Art and Merrymeeting Plaza



VIOLET FRIZZLE, DAUGHTER OF OUR EXECUTIVE DIRECTOR STACY, was one of a dozen students selected to create historical Brunswick landmark art pieces. She “drew” Fort Andross as her location and spent about three weeks working on this enormous acrylic painting on canvas. Part of the historic landmark art show on Sept. 1, Violet’s artwork will be for sale along with all the other pieces on display near Pepper’s Landing at Merrymeeting Plaza in Brunswick.

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LOOKING FOR SOMETHING TO READ? Check out "The Little Library" at People Plus where you can find a treasure of words. Frank hefted it into place but the man who built the little gem is Fraser Ruwet. He is a 15-year member of the Teen Center Advisory Committee and spent six years on the People Plus Board of Trustees. A contractor by trade, Fraser is a philanthropist at heart.

Brunswick police participate in Project Lifesaver

Here's an FYI worth paying attention to. Since 2014, the Brunswick Police Department has participated in Project Lifesaver, a nonprofit that trains law enforcement personnel in using electronic tracking via a special bracelet to locate people with conditions and disorders like Alzheimer's, dementia, Down syndrome or autism, that may cause them to wander.

A lost person with a cognitive condition represents a critical emergency. They are often unaware of their situation. They may not call out for help and sometimes do not respond to people calling out to them.

Project Lifesaver consists of a bracelet with a personalized radio transmitter, which allows Brunswick police officers to locate the wearer in the event that they become lost, often with an average rescue time of less than 30 minutes. This program can help ease the concerns of caregivers who are trying to cope with wandering behaviors.

For information on this program, contact the Brunswick Police Department, 85 Pleasant St., Brunswick, ME 04011 or call (207) 725-5521.

Fall is the time to head for the hills, apples, leaves!

Editor's note: For many years, our friend Frank Connors led dozens of field trips, in and around Maine. To commemorate Maine's 200th birthday 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 confront the end of an otherwise marvelous Maine summer, we thought it might be fun to have him write of Maine places he loves, and by doing so, entice you to get in your car (socially distant, of course) and go explore our great Pine Tree State. Enjoy and be safe!

Speaking Frankly

Frank Connors (guest contributor)



"It doesn't ALWAYS have to be about Katahdin, you know." Jane throws those words at me pretty much every fall, pretty much every year, for as long as I can remember. I know she's right, of course, (she's always right) but I just can't help myself.

Fall rolls around and I start thinking of taking to the woods, throwing myself at a mountain, and we all know THE Mountain of Maine is Katahdin. "Why not take the grandboys and do Bradbury Mountain?" she asks with a straight face. I just shake my head and walk away, trying not to be overwhelmed with mental images of Chimney Pond and the Knife Edge. Again.

Jane and I have summited Katahdin; Miles and I as well. I did it once or twice with a scout troop (when I was a Boy Scout) and a couple of times with other friends. Miles and I had this grand scheme to do Knife Edge together, before HE decided I was too old. And just last week, when Jadon was in town, we had a great conversation about mountain climbing. Katahdin came up more than once.

But I can compromise.

I'd love to do Tumbledown again, maybe even Bigelow, Borestone, or Doubletop. But these peaks pretty much demand a night on the trail (or in the area), IF I want to treat my bones properly. But if I want Jane along, and I DO want Jane along, I have to think about Jockey Cap, or Kineo, Streaked Mountain, or Maiden's Cliff. They're all among the hundreds of peaks in Maine that are doable in a day. All offer their own vistas and rewards, and none of them should send me to an early grave.

Mountaineering in Maine can be as easy as "A,B,C," folks! Agamenticus in York, Battie in Camden or Cadillac in Acadia Park, get it? Ride right to the summit of these mountains in the

comfort of your car! It can't get any easier than that! Oops, almost forgot Quill Hill, over near Rangeley!

Fall in Maine is memorable for a dozen reasons. Maybe you don't want to put a peak behind you? Under you? We've been to Ricker's Orchard up in Turner, where you can pick your own bag of apples, get a fresh glass of cider (with a donut), and see halfway across New Hampshire. Drive the Route 4 loop around Auburn, Turner, Farmington and Augusta, you'll find a dozen places to pick up your own apples at a roadside vendor. If you just have a desire for the apples, cider and donuts and want to get home before lunch, run out to Rocky Ridge in Bowdoin. It really is about making the trip.

Leaves? You can get in your car, walk any field, top any ridge and be treated to

a vista fit for a king (or queen)!

Or you can come by my house and I'll give you a bushel of mine! The yellow, the crimsons, the russets and gold, they're all there waiting for you. And if they're on someone else's lawn, YOU don't have to rake them.

We're missing ALL our fall fairs this season, but it's never hard to drive a backroad in Maine and find a field filled with cows and sheep, or a horse or two. Given the virus, your chances at finding a random eatery may be lessened, so call ahead or pack a picnic.

Don't we all have memories of sitting on a blanket, surrounded by family, eating sandwiches from home? Winter is just too long not to spend one or five glorious days on a byway in Maine, taking in the sights, making the memories. Go get your own!



FRANK AND MILES CONNORS "CELEBRATE" topping Doubletop Mountain, elevation 3,488 feet, in Baxter State Park in the fall of 2018. Katahdin, seen in the distance, will have to wait until next season.

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Meet new PP board members Scott Stewart & Robin Copland!



Scott Stewart, the new police chief for the town of Brunswick, grew up in Lisbon and graduated from Lisbon High School. He was interested in law enforcement at an early age and was hired by the Scarborough Police Department at 18 years old as a Reserve Police Officer. At 19, he was hired as a Reserve Officer for the town of Sabattus. In 1992, Scott was hired full-time with the town of Lisbon Police Department and worked there until he left in 2015 to accept a Lieutenant position with the Sagadahoc County Sheriff's Office. In 2016, he was hired by the Cumberland County Sheriff's Office as Patrol Captain to oversee the patrol division that covered 14 towns.

Also in 2016, while still employed with the Cumberland County Sheriff's Office, Scott was asked to be the Interim Chief of Police in Lisbon after longtime Chief of Police David Brooks retired.

Scott holds a bachelor's degree in Public Administration from the University of Maine at Augusta and a master's degree in Criminal Justice from Boston University. Over the course of his career, Scott has worked in an undercover capacity, been a K-9 handler, Maine Criminal Justice Academy instructor, drug recognition expert, Taser instructor, Mace instructor, and Academy cadre.

"I have always regarded Brunswick PD as 'THE' place to work and I am absolutely thrilled to be a part of this group of men and women," said Scott. "Community policing is a concept that I embrace and I'm looking forward to building relationships with stakeholders and community members to make Brunswick a great place to live, work, and visit."



Robin Copland, who is a graduate of Mt. Ararat and lives in Topsham with his wife Lisa, is the founder and CEO of CoperAce, a consultancy focused on the leading edge of consumer commerce. "I've assembled a team of thinkers, doers, designers, and builders who believe there's a better way to 'retail.' We explore the impact of converging digital technology and physical environments and help companies discover

the best practices that ensure an aligned and holistic consumer experience."

Prior to CoperAce, Robin, who is 51, worked for Huge, Inc., ThoughtWorks, SAS Institute, and held various positions with retail brands.

In the past, he has served on several steering committees and advisory boards related to his occupation. Robin has a B.S. degree in business administration from the University of Vermont.

Along with his work and spending time with his family, Robin enjoys sculling, music, all things Land Rover, and he's an avid outdoor grill master. He is proud to support everything "local" in the state of Maine and sees People Plus as a way to connect more deeply to the community he grew up in.

BEING on BOARD

Editor's note: There are countless factors that play into the success of People Plus. There are the volunteers, the instructors, the generosity of individuals, groups, communities, and businesses, and there are the members themselves. Another key component of the Center is our board of trustees, who devote a great deal of time and attention to help make all this possible. "Being on Board" is a question-and-answer opportunity to get to know these wonderful people a little bit more and we thank them for participating.



Q. Your name, please?

A. David Forkey

Q. The community where you live?

A. Georgetown

Q. Professional occupation?

A. Senior HR Business Partner, International — L.L. Bean, Inc.

Q. How many years on the People Plus board and positions?

A. This is roughly my seventh year. I joined the Governance Committee, and was secretary for the board, prior to assuming the vice chair role and now, entering my second year as chair.

Q. Please tell us a little about yourself (i.e., growing up years, things you like to do in your spare time, etc.)?

A. I can't claim that I'm from Maine, having been born in Massachusetts. We were lucky to move to Brunswick when I was in the fourth grade, and lived on School Street across from what is now the Theatre Project (Pejepscot Historical Society at the time).

A great spot as a kid — easy to get to the Mall for skating in the winter, Edwards Field for ball games, and I attended Hawthorne School. We moved to Bath in sixth grade, and after graduating from Morse, I headed out to the Midwest and was in Oklahoma for seven years going to school, working and "growing up" in general. I headed back to Maine in 1985 and how lucky is that!

Aside from reading, I enjoy being outside. Whether in the mountains hiking or backpacking, the beach by the water — it's all good. We have a small camp in Waterford on Papoose Pond that is a super getaway, quiet and peaceful. Lots of time for kayaking and paddle boarding, along with just watching the day go by, birds, wildlife, etc. Lots of fun trails around the area to explore.

I have a 12-year-old daughter who is fun to do things with and watch growing and learning about life. Crazy times as well, with all the work to navigate the coronavirus together.

Q. Your view of People Plus and why you believe it's so important to serve on the board?

A. Paying attention to the two vulnerable populations that we focus on with seniors and teens is critically important and humbling. We have incredible leadership with Stacy as executive director — and a momentum that has been building for several years now under her leadership — along with a talented and dedicated staff that makes things happen!

And, that is so critical, and has been so evident in the past six months. Being able to maintain, even elevate the mission of the organization in the midst of a pandemic is phenomenal.

Being on the board to support these efforts is very fulfilling in being able to give back to the community as a whole while focusing on seniors and teens. The connections that are developed and maintained increases the physical and mental health of people in many ways, with some benefits intrinsic and not evident even.

Teen years are difficult to navigate for the most grounded, and to have a place and people to come to and rely on really can make a difference. I think if we make a difference in one life for the better, we've succeeded. And I think we do that many times over — impacting individuals and our communities as a result.

As a group, the board is an amazing melding of talents and experiences, focused and with purpose to celebrate and enhance the mission of People Plus. So much to learn from each other, and really appreciative of the spirit of cooperation and camaraderie that exists.

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IF YOU'VE BEEN TO THE PEOPLE PLUS CENTER in the last two months, you've probably seen us taking pictures outside! In this not so rare moment, Stacy is encouraging the morning exercise class to sing happy birthday to Frank Connors for a video...

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

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

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



THE THURSDAY HIKERS have provided us with another scenic photo. Here they are shown in August hiking at Otter Brook Preserve in Harpswell. The preserve runs alongside one of the largest freshwater streams in Harpswell. This freshwater marsh, stream, and pond system is a scarce resource in this coastal community. All-season trails meander through the forest and provide approximately 1.5 miles of pleasant walking, cross-country skiing and snowshoeing. Otter Brook Preserve has been protected from development by the Harpswell Heritage Land Trust, numerous local donors and the town of Harpswell.



Looking for treasures?

St. Paul's annual Attic Sale on Sept. 19

The annual St. Paul's Episcopal Attic Treasures Sale will be held on Saturday, Sept. 19, three months earlier than usual because of the Covid-19 pandemic. All items will be displayed outside on church grounds for safety reasons, with all the proceeds going to charity.

The Treasures booth is a popular part of the church's Christmas Fair, normally held on the first Saturday in December. Because of the pandemic, the church will offer different categories of items for sale on different dates.

"We decided to take advantage of September's good weather to have an outside event," said Jan DeBlieu, chairwoman of the fair. "The Treasures table is so popular, with so many different things, that it makes sense to spread all the items out in our garden area so people can easily see them and have plenty of room to browse."

Hours of the sale are from 9 am to 2 pm at the church, 27 Pleasant St., Brunswick. Masks are required. The rain date is Saturday, Sept. 26.

All proceeds from the sale will go directly to nonprofit organizations. "St. Paul's is unique in giving all our fair profits to help people in need," DeBlieu said. "And this year the need is greater than ever. In past years, proceeds from the fair have gone to support many organizations, including Mid Coast Hunger Prevention Program, Oasis Free Medical Clinic, Preble Street Resource Center, Asylum Seekers, The Gathering Place, and more."

Other popular St. Paul's Christmas Fair tables, including baked goods, the country store, fiber arts, the gourmet freezer, greenery and wreaths by order, knives, and the silent auction will be included at an event to be scheduled in late November or early December. If safety conditions do not permit an in-person event this winter, we will offer items for sale online. Watch for announcements to come.



Rebecca P.— Primary Care Patient & Mid Coast Hospital Employee

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Brunswick Area Teen Center

Inch by inch, we're getting ready for the kids

In August, we decided to try lunch out downtown once a week as we only had a handful of kids coming in. These lunches were fun for all of us and provided good learning experiences for the kids, requiring masks, distancing and awareness of others downtown doing the same. Thank you to Key Bank of Brunswick, Tony at The Big Top Deli and Jane Millet for treating us to lunch out. The kids got to try out downtown

eateries, some of which they have never been to before which was a huge treat for them.

We are inching our way toward the fall now and a 2020-21 school year the likes of which we have never before experienced. I would say the same for our fall reopening of the Teen Center program and space which has been empty since mid-March. (We have been outside and in the big hall this summer.)

We are planning for the unknown in many

ways. Like schools, we will be limiting the number of kids attending the program in order to minimize the risk to both them and staff. Things will be different, no more piling together on sofas or crowding around a video system. We will be spread out, but together!

The kids greatly miss their friends and are anxious to get out of the house and socialize and recreate and eat and talk, talk and talk some more and, most of all, we, and I am sure they, are missing the laughter and crazy moments that we often have witnessed among our members.

When, or shortly after school opens, we will be set up with a staff member doing temperature checks, hand sanitizing, insuring everyone is wearing a mask and signing kids in before anyone can go up to the teen space. The area is being transformed to allow for social distancing, we have covered our fabric furniture with easily wipeable vinyl covers, have hand sanitizing stations and will be limiting activities to hard-surface wipeable ones, are posting signs all around and have removed all the throw pillows that they love to throw.

We will still be serving food items since they come in very hungry after school, although our setup and offerings will be somewhat different. No more buffet-style open dishes, no more everyone pouring drinks out of a shared pitcher, etc. I'm thinking it will be more like "take-out," where you order from staff what you would like. We could put a tip cup out!

Ideas are still in progress and we constantly think of "one more thing ..." There are so many details to work out, but we're getting there.

Like teachers and schools, we have to weigh the great need after six months to be more in touch with our youth, to be able to check in with them and to support them

Teen Center News

Jordan Cardone



during this time of coronavirus while still keeping safe. Like many, we will inch our way there carefully and thoughtfully and hope for the best.

Keep those masks on and check back next month for updates on how we did with our opening!



WE HAD A FUN TRIP TO GELATO FIASCO last month with a bunch of teens and even got siblings grouped together for a photo! We've been enjoying our Thursday lunch out sessions sponsored by Key Bank, Jane Millett-RE/MAX and Big Top Deli!



Beware of scammers

As if the coronavirus pandemic isn't enough to deal with, it is also an opportunity for scammers to take advantage of other people. AARP Maine publishes alerts on its website www.aarp.org/me and some of the current warnings, related to the Covid-19 situation, include an unemployment scam, contacting tracing scam, and tech support scam.

Visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork or call the AARP Fraud Watch Helpline at 1-877-908-3360 and speak to trained staff or volunteers for help with a fraud encounter. This information was provided by AARP Maine.

Please help support our teens!

Even though we're not quite sure what things are going to look like, it's that time of year again with summer wrapping up and people focusing on autumn and the return of school.

And that means kids making their way to the Brunswick Area Teen Center here at People Plus to engage in countless activities, renew and make new friendships, receive mentoring and food — all in a place of safety and a fun atmosphere.

While our "Back to School" appeal letter is still in the works, we just want to take

this opportunity to seek your support in helping make all this possible for the teens. Your generous donations do make a difference.

"We are still figuring out what school will look like, but we know the kids will be here! And they'll be hungry! Thanks

to everyone who donates for this fantastic cause. Your dollars go a long way!" said People Plus Executive Director Stacy Frizzle-Edgerton.

To donate, please contact the Center at 207-729-0757 for more information. And we thank you!



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August 2019

YOU made it happen!

Thanks to the donations from people like YOU, 2019 saw more teen visits than ever at the Brunswick Area Teen Center! Your support allowed us to increase staff, increase fun activities and feed all those teens healthy, nutritious food!

Since last fall, we had over 3,625 visits (up nearly 1,000 from 2018) and 52 new members! Our average attendance was 22-27 kids per day, with over 30 teens some afternoons; and we continue to have new members join weekly! (And gosh, do they eat!!)

We have been overwhelmed with the number of families looking for a safe place for their teen to socialize with supervision AND get a meal. *The need for the program has never been so high!*

"We LOVE it here!" Top things kids like about coming to the Teen Center are food, friends and staff. *Increased staff has enabled us to add more physical activities like dodgeball, outdoor sports and creative games, as well as more craft projects and much needed adult mentoring.*

Since we receive no state or federal funding, YOUR generous donation along with the support of the Town of Brunswick, the United Way of Mid Coast Maine, and other foundations as well as that of area churches and dedicated volunteers, helped get us through our busiest year ever!

Since last fall, *3,625 meals, 7,250 snacks, and almost 10,000 drinks were consumed by our youth members.* Since the program and food are free of charge to area youth who need it most, *WE NEED YOUR HELP to continue with these vital services for the kids!*

We are extremely grateful for your support and want you to know that together, we are doing something that will have lifelong benefits for future generations!

Sincerely,


 Stacy V. Frizzle
 Executive Director


 Jordan Cardone
 Teen Center Coordinator

\$25 – Sponsor a teen member for a year!
 \$50 – Buy fresh food for the kids!
 \$100 – Support the staff for a week!
 Additional amount – *EVERY penny helps!!*
 Total (Payable to People Plus Teen Program; return your tax-deductible donation in the enclosed envelope.)







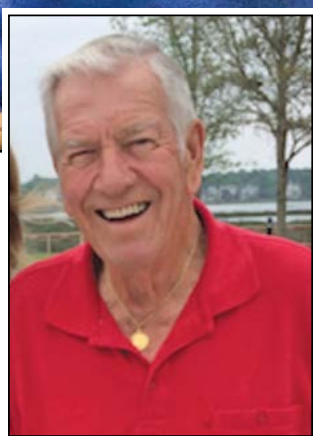





PO Box 766 / 35 Union Street, Brunswick, ME 04011 • 207-729-0757 • www.peopleplusmaine.org



ONE OF OUR FAVORITE MEMBERS, Tom Michaud passed away in late July. If you saw the Knights of Columbus cribbage players at the Center in the last few years between noon and 2 pm, five days a week, he was there. Tom was the husband of Judy Michaud, one of our front desk receptionist volunteers for the last 20 years, and he was always ready with some thing really nice to say or a joke. We miss our members so much and it's especially hard to lose them during this time when we are all so isolated. If you have a minute, we're sure Judy would love a phone call.



Guess Who?

With People Plus basically only conducting classes and programs outside, and with people being masked, we're not seeing as much of each other as we'd like to. The fact that it's sometimes hard to recognize our fellow members, we decided to create a fun and new monthly game called Guess Who?

And to complicate matters, we are using photos from participants' senior year of high school.

So who is the person looking at you now? Take as many guesses as you would like, and then satisfy your curiosity by finding the answer on page 15 in this newspaper. Good luck!

We are looking for more members to play along with Guess Who? Please send us your high school senior year photo to news@peopleplusmaine.org to join the fun.



Medical equipment loan helps everyone!

Do you have a temporary need of a little support? A wheelchair, crutches, a walker, shower and toileting devices? The People Plus Center maintains a "lending inventory" and it's ready when you are. "It started almost by accident," explained Frank Connors, the retired Center staffer who in the past usually hauled the surplus equipment up and down the stairs to a basement storage area, "We had members who'd used this equipment and no longer needed it, they offered it to us, we saw the need and the opportunity, and away it went!" Now, on a regular basis, members needing equipment to keep them safe and secure at home have a new source of access. "Everyone wins," Connors said. "We ask people to bring it in clean and in working condition," he added, "we take care of the rest." If you have a specific need, or equipment to loan to the program, call or come by the Center. You do not need to be a member to borrow equipment.



Safety Check-In program looking for participants!

Are You Signed Up Yet??

The Good Morning program is a free daily safety check-in program available to adults in Brunswick, Harpswell, and Freeport. Once registered, participants call in every morning to say they are OK. If a registered participant does not call in by 9:30 am, a volunteer will call the home. If there is no answer, the emergency plan will be enacted, which may include a wellness check by local police.

Giving peace of mind to participants and their families, the Good Morning program is ideal for those who live alone or have recently returned from the hospital or rehabilitation facility.

For more information, call People Plus at 729-0757 or Brunswick Police non-emergency number at 725-6621. To download an application, visit www.peopleplusmaine.org/good-morning-program.



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



Gone but not forgotten – Memorial Donation in Memory of

Charles White

August 30, 1935 –
August 9, 2020

**Mary Alice
Lyman**

September 19, 1932 –
August 4, 2020

**Thomas
Michaud**

December 26, 1937 –
July 26, 2020

Chloe Carmer

September 25, 1927 –
July 18, 2020

BRUNSWICK AREA Respite Care



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

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

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

Image credit CCO License



BRACKETT FUNERAL HOME

29 Federal Street, Brunswick, ME
(207) 725-5511 www.BrackettFH.com



Membership Benefits

The following businesses offer discounts for People Plus members.

AUTO SERVICE/SALES

- Autometrics**, 10% off labor
21 Bath Road, Brunswick, 729-0842
- Bill Dodge Auto Group**,
10% off parts and service
262 Bath Rd., Brunswick, 800-652-6118
118 Pleasant St, Brunswick, 729-6653
www.billdodgeautogroup.com
- Lee's Tire & Service**,
10% off parts (excludes tires)
35 Gurnet Road, Brunswick, 729-4131
27 Monument Place, Topsham, 729-1676
- Tire Warehouse**, 20% off labor
Topsham Fair Mall, Topsham, 725-7020
www.tirewarehouse.net

- Tucker Ford**, 10% off invoice, parts & service
262 Bath Road, Brunswick, 725-1228

BEAUTY/HAIR SALON

- Reflections (Salon)**, 10% off, Mon and Fri
12 Center St, Brunswick, 729-8028
www.reflectionsbylucie.com

CANDY

- Wilbur's of Maine**, 10% off, anytime
43 Maine St, Brunswick, 729-4462

MASSAGE/CHIROPRACTIC THERAPY

- Augat Chiropractic**,
Free consultation and cursory exam
9 Pleasant St, Brunswick, 725-7177
- Hearts & Hands Reiki**, 10% discount on first appointment. Mon-Fri, 10-6.
751-5339 or mspruce@live.com
- Massage on Maine**,
First visit \$60, always \$10 off for seniors
56 Maine St, Brunswick, 504-6913
http://massageonmaine.com/

DRY CLEANER

- J&J Cleaners**, 10% off pickups: Wednesdays (customers over 55)
Maine Street, Brunswick, 729-0176

FLORIST

- Pauline's Bloomers**, 10% off, anytime (within normal delivery range)
153 Park Row, Brunswick, 725-5952
www.paulinesbloomers.com

HEARING AND OPTICAL

- Berrie's Hearing and Optical Center**,
10% off a complete set of eye-wear, up to \$500 off costs of hearing aids
86 Maine St, Brunswick, 725-5111
www.berriesopticians.com

Maine Optometry

- \$30 off complete pair of glasses
82 Maine St, Brunswick, 729-8474
www.maineoptometry.com

LEGAL

- Attorney N. Seth Levy**,
Discounted legal services/documents including wills, living wills and estates
14 Maine St, Brunswick, 319-4431
www.sethlevylaw.com

RECREATION / ENTERTAINMENT

- Eveningstar Cinema**, Discount bag of popcorn at evening shows (\$1 sml, \$1.50 medium)
149 Maine St, Brunswick, 729-5486
www.eveningstarcinema.com

Maine State Music Theatre

- Senior discount (60+) on matinee tickets
22 Elm Street, Brunswick, 725-8769
www.msmt.org

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

RESTAURANT

- Arby's**, 10% off, excluding combos/coupons
Topsham Fair Mall, Topsham, 729-8244
www.arbys.com
- Big Top Deli**, 10% off, anytime
70 Maine St, Brunswick, 721-8900
www.bigtopdeli.com
- Fairground Café**, 10% off, anytime
Topsham Fair Mall, Topsham, 729-5366
- Wild Oats Bakery & Cafe**, 725-6287,
10% off on Mondays
149 Maine St, Brunswick, 725-6287
wildoatsbakery.com

*Benefits subject to change

Member Moment

"Member Moment" gives people who participate in programs and activities at People Plus a chance to tell us a little bit about themselves. Today, we are featuring Bonnie Wheeler. Don't be surprised if you might be asked a few questions some day, after all, everyone has a story to tell. Thank you.

Getting to know Bonnie Wheeler



My name is Bonnie Wheeler and this is my story.

It was a dark and stormy night and a tornado was dancing around when a doctor was called. It was on June 7, 1941. Everyone rushed to the cellar for shelter except the doctor, my mother, and me, Bonnie Sue, her newborn baby girl.

I was the fourth child of an Oklahoma farmer and his wife, Ruby Lee. As the years passed, I was joined by five more siblings. We were brought up to believe in hard work and to share with others.

After graduating from high school, I worked as a telephone operator in Texas. I married Gary and began the adventure of Navy life. We raised two sons and a daughter while living in San Diego and then in Brunswick, Maine, in 1967. I served as a VP-23

Navy Wives president, school superintendent at First Baptist Church, and scout leader. I also worked as a hair stylist.

At age 55, I joined the People Plus writers' group. I fell in love with the writers, and for the next 20 years I wrote hundreds of articles, plays, and poems. I also worked with Center Stage Players director Frank Wicks to write, direct, and act in many skits and programs for People Plus and the community.

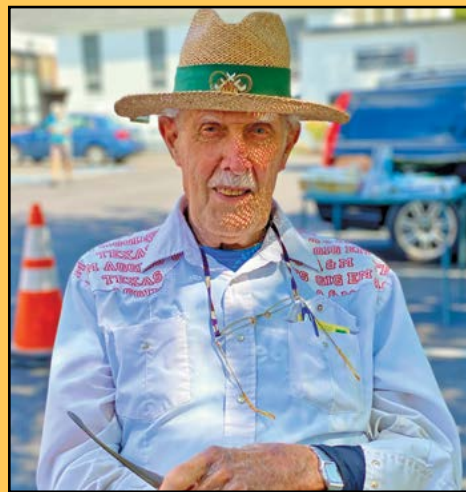
I was the facilitator for the Write On Writers group for many years, and our goal was not just to create a group for writers but rather a writers' family. The door is always open. We welcome new writers to share their experiences with us through their writings.

Over the years, we have always had a great relationship with the staff of People Plus and especially with Frank Connors, who was always there to help writers. We made one CD and have published seven books. We promoted these books at Author's Chats at People Plus. Many of us have published our own books.

I am blessed to be part of the writers' family. It was a good day when I walked through the door and today, at age 79, it is still a good day when I walk through the doors at People Plus.

We have created a family, and People Plus created a community family. We are all blessed.

Seen 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!

Are you a local business?
Call 729-0757 to discuss advertising your business with People Plus!

Senior Companion and Personal Care Services
1 to 24 hours

Yarmouth, Freeport, Cumberland, Falmouth
729-0991

AGING EXCELLENCE

SeniorsOnTheGo.com

NOW HIRING

Brunswick to Portland \$13-\$15/hr
Free Yoga, Free Massage!



co-located at People Plus
35 Union Street, Suite 1
Brunswick, ME
207-729-0475

www.spectrumgenerations.org

Central Maine Area Agency on Aging
Southern Midcoast Aging and Disability Resource Center

Monthly Update

September 2020



What's happening

We invite you to join us on Friday, September 25, for our annual **Golf Fore a Cause Fundraiser** benefiting our programs and services, including Meals on Wheels.

Normally held in June, this year's tournament has been moved to September 25, due to COVID-19. For the third year in a row, our tournament will be held 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 more!

Registration is now open! For more information, contact Sarah Brown at sbrown@spectrumgenerations.org or 207.620.1677.

National Falls Prevention FALLS FREE CHECKUP

YOU CAN PREVENT FALLS |

The coronavirus pandemic has changed a lot of things. One thing that's still the same? Falling is NOT a normal part of aging.

Healthy Living for ME is committed to empowering all older adults in Maine to age well and stay falls free. We are partnering with the National Council on Aging (NCOA) to mark **Falls Prevention Awareness Week on September 21-25, 2020.**

This is a perfect opportunity for older adults and caregivers to learn how to prevent falls and take steps to reduce their risk.

Join NCOA on September 23, at 6:30 p.m., via Facebook facebook.com/NCOAging, for a Falls Free Check-Up Chat with an occupational therapist, social worker, Gerontologist, and physical therapist, to learn how you or an older relative, friend, or neighbor can stay falls free.

The event will feature a brand-new online falls risk assessment tool available at no cost to individuals across the country. Visitors to ncoa.org/FallsFreeCheckUp can complete a short, 12-question survey that screens for the most common falls risk factors.

For more information about on the National Falls Free Check-Up Chat, please visit facebook.com/HLforME or call us at 1-800-620-6036.

Celebrating our supporters

In lieu of cancelling our 8th Annual Celebrity Chef Challenge, we have taken this opportunity to virtually celebrate our community by highlighting chefs, restaurants, and businesses that have previously supported this event!

Check out our Facebook page [@spectrumgenerations](https://facebook.com/spectrumgenerations) or spectrumgenerations.org/chef to see how we celebrated!



Merrymeeting Gleaners have been a great community partner, donating a number of boxes of produce to our annual event.



Volunteers inserted into Meals on Wheels bags.

Together

← we spread the word

Millions of Americans who don't usually have to file a tax return can still use the Non-Filers tool to receive their Economic Impact Statement. We helped spread the word by sending information out to over 1,550 of our Meals on Wheels consumers.

For more information visit www.irs.gov/coronavirus.



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

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



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



OUR VERY OWN STACY FRIZZLE-EDGERTON was presented with the Paul Harris Fellow pin via Zoom. The recognition is the Rotary Foundation's way of acknowledging and expressing its appreciation for an individual's contribution to the mission and core values of Rotary. It is named for Paul Harris, a Chicago lawyer who started Rotary International with three business associates in 1905. In remarks concerning Stacy, it was said, "While we haven't seen much of her these past few months, that's because she has committed her heart and soul to her role as executive director of People Plus. Stacy has tirelessly worked to care for our community's senior citizens. While People Plus was not physically open to clients, Stacy and her staff took the pulse of our community's seniors and immediately instituted remote programs, outside classes and senior check-in phone calls. Her email 'peek at the week' keeps the community informed of programs, presentations, member activities. Stacy is our community's treasure." This is Stacy's second Paul Harris Fellow.

THE ROTARY FOUNDATION OF ROTARY INTERNATIONAL



Stacy Victoria Simpson-Frizzle

is hereby named a

PAUL HARRIS FELLOW

in appreciation of tangible and significant assistance given for the furtherance of better understanding and friendly relations among peoples of the world.





LET THERE BE LIGHT! And now there is! The town of Brunswick has converted all of its buildings to energy saving LED lighting. The next time you're in the building, whenever that may be, I'm sure you'll be able to see the difference! And if you drive by at night the parking lot is extremely well illuminated! "The lighting in my office and the parking lot is so much brighter now! I feel safer in the evenings and I can see things that are in my office as well" said office manager Betsy White. It's another way that we've been sprucing up at the Center!

Parkinson's Treatment • Pre & Post-joint Replacement • Balance Related Issues

Complimentary pain screenings available daily!

439 Lewiston Road, Topsham 725-4400



45 Forest Falls Drive, Yarmouth 846-3300

IN NETWORK WITH: Medicare, MaineCare, Martin's Point, Anthem BC/BS, Humana, Tricare, AARP, United Healthcare, Aetna, Today's Options, the VA, and others!

Vertigo, TMJ, Arthritis, Lymphedema, Chronic Pain treatment and more!

WE MISS SEEING YOU AT THE CENTER!!!

New and renewing members for August

Memberships received as of Aug. 18, 2020.

* indicates new membership
• indicates donation made with membership

Bath

Brett Cowallis *
Lucy Derbyshire
Judy Ladson •

Brunswick

Elaine Archambault
Sarah Brayman * •
Bonnie Connolly
Joseph Connolly
Robert Cressey
Dana Hirth •
David Hirth •
Yoshiko Kilgore
Pat Livesay •
Joan McDuff *
Linda Muller *
Jean Mulligan •
Robert Mulligan •
George Potter
Alan Sockloff •
Carol Sockloff •
John Stoll
Jon Tobey
Kathleen Torrey
Art Treffry

Lisbon

Alene Staley *

Topsham

Donna Perrault



Answer: Betty Bavor

Continued from "Guess Who?" on page 7

Me and the Mrs. are really 'together' now!

We all have to make changes and adjustments throughout our lives — some small and some big. It's just part of the dance card that is handed to us right from an early age. Truth be told, it never really stops, and that's fine.

We are currently going through a period of transition at the Gabrion household with the retirement of my dear wife, Vicky, from her career as a registered nurse. While the road has been a little bumpy in spots, I am thrilled to be entering this new phase in our relationship.

Many people have this impression that being a school nurse is a pretty laidback and relatively easy job. Just give out Band-Aids, kids' required medications, or call mom or dad if the student needs to go home. Nothing could be further from the truth. And with the current situation in regards to the coronavirus pandemic, the pressure to provide proper care is only going to increase.

Even prior to Covid-19, Vicky's duties were stressful enough. While she loved her work and often said it was the best job she'd ever had, her timing for leaving after 22 years couldn't have been more perfect.

Presently, one of our main functions is just getting used to having each other around the house. With me, more or less, retiring first, I would only see my partner of 37 years in the evenings; thus having the day to myself. An "Oh boy, what do I want to do today?" kind of feeling. Now we're together for most of the day ...

every day.

My wife has always been a list maker. She's one of those people who has to have a list to keep track of all her lists. I incorrectly thought that this habit would disappear just like her job. So now we have the popular and inevitable "honey do" list. It's amazing how it never gets shorter.

Before being totally together, I often wondered if my circumstances would be like those of "Richard," a character on the British television program "Keeping Up Appearances." Without going into great details about the sitcom, one episode showed Richard retired and spending the entire time being bossed around by his wife, "Hyacinth." After a little while, he couldn't stand it any longer and started searching for a full-time job.

If all this sounds like I'm complaining, that's not the case at all. Life actually could not be better at the moment. In a weird way, it's nice getting to know — again — the person I fell in love with all those years ago in England.

We are having endless cups of tea together, having lunch together, going for swims and walks together during the day, running errands together, and gardening together. And yes, all those tasks on that long list are made much easier by doing them together.

Our flower gardens have never looked so awesome and we have four new raised beds full of vegetables. Vicky has time now to research the latest growing tips and

Simply put

Patrick Gabrion



get guidance from watching her fellow countryman Monty Don on "Gardeners' World." Projects are also slowly getting done on the house.

Another benefit, for me at least, is that Vicky is turning out wonderful meals and an array of tasty baked goods, such as cookies, puddings, scones, blueberry crisp, etc. But that also means more miles on my bicycle for obvious reasons.

The aspect I'm savoring the most with Vicky's restful pause in life is witnessing her becoming more relaxed, having the time to do things she wants to do, and having fun. I literally almost see the stress melting away with each passing day. Recently, she even commented that she thought her gray hair was turning brown.

Vicky would like to do some volunteering and possibly work part-time in the future, but with the pandemic we're in no hurry. Besides we are just starting to get the hang of this together routine and enjoying each other's company. Long may it last.

And just for the record, Vicky doesn't boss me around!

Books A La Carte

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

NONFICTION

Cross of Snow by Nicholas A. Basbanes. A new life of Longfellow. A very detailed, well written and researched account of the poet's life. Learn all you want to know about Longfellow's writing, family, friends, travel, etc.

Destiny of the Republic by Candice Millard. The story of the shooting of President James A. Garfield and an investigation of the bungling of his medical treatment which resulted in his death. Much detail of his life, which shows how he should be better recognized.

Comments: news@peopleplusmaine.org

A Hedonist in the Cellar by Jay McInerney. For wine lovers. A series of essays on wine written by a man who traveled all over the world to taste famous wines, discover new ones, and inform the wine drinking world.

FICTION

The Giver of Stars by Jojo Moyes. A novel based on a true story. An English woman marries an American and moves to a small town in Kentucky. Mostly set in the 1930s. Five women deliver books as part of Eleanor Roosevelt's new traveling library. The book tells the story of the women and the men in their lives.

Summer Hours at the Robbers Library by Sue Halpern. By the author of A Dog Walks into a Nursing Home. Great titles! In this one, Kit is a librarian in a small town in New Hampshire. A shoplifting teen is sentenced to community service at the library, setting off a series of events which changes Kit's life.

Lady Clementine by Marie Benedict. A historical novel about the wife of Winston Churchill, told from Clementine's viewpoint. Well researched, rich in detail, but contains quite a bit of dialogue created by the author.



A Place Where You Belong

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

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



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A GRACE MGMT COMMUNITY

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(207) 725-2650 • www.HighlandsRC.com



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

"Brunswick Area Student Aid Fund, along with a lot of hard work, allowed me to go to the University of Maine which then led to a legal career, ten years as Maine Attorney General and a position now as a teacher at both Columbia and Harvard Law Schools. BASAF changed my life and it will change the life of others."

— James Tierney, BHS Class of 1965

Visit www.studentaidfund.org
Donations may be sent to:



BRUNSWICK AREA
STUDENT AID FUND
P.O. Box 867, Brunswick, ME 04011

Owls Head Transportation Museum is now...

OPEN WED-SUN

*reservations
required
book online*

OWLSHEAD.ORG

Morning Session: 10am-12:30pm

Afternoon Session: 1:30-4pm



Live demonstrations coming September 2020!

With spacious facilities, the museum can welcome up to 45 visitors per session to six of its unique gallery spaces, featuring a variety of exhibits and displays.



117 Museum Street, Owls Head, ME 04854 (207) 594-4418

