



# Plus! People NEWS!

The center that builds community

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



**THANKS TO JONATHAN EDGERTON**, Stacy's husband, for helping us to measure and plot out the physically distanced exercise spots needed due to COVID-19. We are following all CDC recommended guidelines so physical distancing is super important! Jonathan also built the plexiglass desk barrier for Sarah!

## MOVING INDOORS!

Center takes steps to safely hold activities inside as weather turns cooler

With the resumption of activities and programs at People Plus since early June, there has been a plethora of smiling faces — despite masks, you can tell by the crinkling eyes — friends joyously seeing friends, and general merriment. A community place full of enthusiasm that we want to keep going.

But boy, with the sun arching lower on the horizon and the calendar advancing quickly, it's getting colder outside — especially in the mornings. So, even though we Mainers are a tough lot, the process of slowly moving things indoors at the Center is underway.

Just like the coronavirus pandemic's arrival in the spring found us scratching our heads to figure out how to go forward, the same sort of scenario is before us as we head toward late autumn and winter. So please be patient! But one thing is certain: Everything is being done with the health and safety of our members, visitors, and staff in mind.

With the current situation persisting, People Plus will continue to apply our new slogan "Physically distanced — Socially connected" as we navigate through these trying times. As a reminder, it means let's

*continued on page 4*

### People Plus Building Protocols

- Enter through the lobby entrance from the parking lot. Respect those in line and maintain a six-foot distance. You might need to wait outside for a bit.
- Masks are required in order to enter the Center. We will give you a mask if you forgot one.
- You will be greeted at the Center door and asked several health questions:
  - Do you have a cough or sore throat?
  - Do you have a fever or feel feverish?
  - Do you have shortness of breath?
  - Do you have a loss of taste or smell?
  - Have you been around anyone exhibiting these symptoms within the past 14 days?
  - Are you living with anyone who is sick or quarantined?
  - Have you been out of state in the last 14 days (except to "safe" states or where a negative test result has been received in accordance with state of Maine quarantine requirements)?
- **Do not come to the Center if you answer yes to any of these questions!**
- We will take your temperature with a forehead scanner. You will be asked to use hand sanitizer.
- Upon entering the lobby check in with Sarah (who will be behind a protective plastic screen at the front desk). She will confirm you are on the registration list (registration is required for all activities).
- You will be asked to sign a COVID-19 Authorization/Waiver on your first visit.
- Once Sarah checks you in, proceed to your activity. Use the markings on the floor to maintain social distancing.
- Enter the hall or activity room and head directly to a chair. Chairs are safely distanced in pre-measured spots. At each chair is a plastic bin for shoes, jacket, other personal items. Remain in your seat area with your mask on.
- After class, retrieve your belongings and exit through the door in the room you are in (which leads directly to the parking lot). Do not go to the lobby.
- Rest rooms are available for use.
- Maintain six-foot distancing at all times.
- To watch an instructional video about entering the Center and see the space, visit our Vimeo page.
- Chairs and bins will be cleaned between classes along with door handles, touchscreens, and other high-touch surfaces.
- Our HVAC system has been upgraded with a new HEPA filtration system and increased mixture of outside air.

## Register now for free Health Expo 'At Home'

No pandemic is going to put a halt to one of People Plus' biggest and most highly attended events. No way! In fact, this year's annual healthy-living showcase is more important than ever. It's just being done a little differently.

Exhibitor registration is now open and free for the 2020 People Plus Senior Health Expo "At Home," made possible by our lead Partner Plus sponsors Coastal



Landing Retirement Community & Mid Coast-Parkview Health, as well as Partners Spectrum Generations & The Times Record and Event sponsors Bill Dodge Auto Group & Brackett Funeral Home. A premier event in our community connecting businesses and services with older adults, the Expo will kick off on Tuesday,

*continued on page 12*



## Please support our teens!

As the Teen Center celebrates its 15th anniversary, we find ourselves in the middle of a global pandemic. The kids are experiencing more upheaval in their lives than ever before and the Teen Center is dedicated to remaining a place of safety, structure, and fun for them during these difficult times.

So even though we don't know exactly how the school year will play out, we do know that we will have teens and they will be hungry! They will want to play and eat and hang around with each other as much as we will let them!

The Back to School letter is the annual

appeal to raise funds to help keep the kids safe and feed them a healthy, nutritious meal every day we see them. For many of the kids, it's the last meal they have each night.

"Despite the uncertainty of the situation as we move forward, we know we will have kids who need our support, love, and food," said People Plus Executive Director Stacy Frizzle-Edgerton.

We hope that you will please join us in coming together with hundreds of small donations that equal one big one in the end. Thank you in advance for donating to the Brunswick Area Teen Center program. Every dollar helps!

### PEOPLE PLUS MONTHLY RAFFLES

## George Hermans captures special dinner

This is very special, indeed. Member George Hermans has won the September raffle for the Tuscan-inspired dinner for six people at Mossy Ledge Farm.

George purchased five tickets in honor of his late wife of 60 years, Merry, who passed away in June. He said he's bringing his children to the meal, along with a photo of Merry to have at the table with them.

Thank you to everyone who bought a ticket for People Plus' monthly raffle. A total of 141 tickets were sold, bringing in nearly \$3,000 to support homebound elders.

George and his guests will begin their visit with appetizers and a tour of Mossy Ledge Farm — the home of Jonathan Edgerton and our very own Stacy Frizzle-Edgerton. Then they will sit back and relax while Jonathan fires up the hand-built stone pizza oven and Stacy attends to their every need.

The planned menu will include platters of roasted vegetables, anti-pasto-style salads, grilled eggplant, hand-tossed pizzas and Tuscan roast chicken, followed by Stacy's legendary tiramisu.

Thanks to @thegentlemanfarmerinmaine for donating the special evening at their farm in Bowdoin!



## Don't sit out 'Rocktober' drawing

There's nothing like relaxing outside and enjoying the autumn season. And People Plus' October raffle — to benefit our homebound elders — has just the right items to enhance your experience.

Our "Rocktober" event features an Outdoor Yacht Club Rocking Chair Set. This beautiful Trex combination could so easily be yours! The package includes a three-piece set with two chairs (grey) and one table (white), donated by Lowe's of Brunswick. But wait there's more to this prize: Frank Connors' book and an *Off Their Rockers* music CD (total value \$600). Just imagine sitting down to read and listen to some tunes.

Tickets are just \$20 each, so buy a chair full. Drawing will be on October 23 at 12 noon.

Backed by a 20-year warranty, these charming rockers are made with solid HDPE lumber that won't rot, crack or splinter. They're easy to maintain since they resist weather, food and beverage stains, environmental stresses, and never require painting or staining. And they are made in the U.S.



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.

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

**Don't miss the special "Members Only" November raffle, preview on page 7!**

### 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](mailto:news@peopleplusmaine.org)

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

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Peter W. Laine, President, circa 1980

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## It's busy, busy, busy, as we prepare to move indoors

I feel like September flew by at the People Plus Center. It's my favorite month in the state of Maine, and we were packed with outdoor activities, full exercise classes, festive clubs meeting outside and a pizza party attended by nearly 30 people!

It's gratifying and rejuvenating to see the members and to watch them enjoy coming together. Social isolation can be such a challenging hurdle as we age. Having social interaction staves off depression, improves personal hygiene, and releases endorphins in the brain that make us feel happy, feel needed and be healthier.

However, the colder Maine weather is sneaking up on us as it always does and it's been a bit chilly in the mornings for exercise class. We had a good dozen or so bundled in their coats the other morning for Suzanne's Loosen Up class. I love our diehard "Main-ahs." A little brisk weather is not gonna keep them from seeing their friends and taking Suzanne's class! But a few inches of snow might.

So it's time to have a plan in place to move it all inside. Jill has worked her tail off making sure we are following protocols and Sarah is prepared with lots of antibacterial antiseptic wipes, bottles of disinfecting sprays, and we're hoping to get indoor fogging systems that we can set off and decontaminate an entire room!

Jonathan came over to the Center and he and Jill laid out the large hall in the activity room with 9 feet between each exercise station. So now we can comfortably have exercise classes with a maximum of 10 people. It really helps to be married to a civil engineer when you're trying to figure out the best way to lay out an exercise room during a pandemic!

We will have our sanitizing and check-in protocols in place, everyone can stay 6 feet apart in the foyer in the lobby and the hallway. We've got a new swanky laser thermometer and antibacterial wall stations.

And according to Dr. Nirav Shah of the Maine CDC, you don't need to wear gloves at the grocery store or wipe down your groceries anymore, so that actually makes us feel a whole lot better.

It's all about the ventilation system, so we'll have fans blowing out the windows in the hall. And we will need to leave all the doors and windows open even as it gets a little chillier. We can crank the heat though and we advise that people dress in layers for exercise. Always better to be too warm! We will offer two Loosen Up classes on Wednesdays and Fridays.

Check the calendar for the fall schedule. We've also been partnering and working with the YMCA, Maine Pines, and the recreation department with the town of Brunswick to make sure we are on the same page as some of these more established exercise facilities.

And I asked everybody at a recent lunch if they were interested in coming back for a Women's Breakfast, a Men's Breakfast and maybe another Lunch Bunch in October, and there was a resounding and unanimous vote of approval! It won't be like breakfast was at this time a year ago with long tables full of people crammed in together enjoying full of bacon and eggs, but it'll still be a social gathering with chairs set up and spaced out outside.

For October I'm planning on hot cider and coffee with fresh hot donuts from Rocky Ridge Orchard. We will have to put a cap at about 20 people so let us know if you're interested in coming to see your besties and celebrate fall at its finest! The women's "Coffee Break" will be the first Thursday at 10 am, the men's will be the second Thursday at 10 am.

"Lunch Bunch" will stay on Fridays at noon. Bring your own lunch and visit with friends and we will buy lunch on the third Friday! Give the Center a call for more details!

### From the Executive Director

Stacy Frizzle-Edgerton



And let us know how it goes if you come to the Center. We're always looking for good constructive feedback to make your experience as safe and fun as possible. And please bear with us. We've never had to offer indoor programming at a senior center during a pandemic before and like everyone, we are still trying to figure out how to do this. There's going to be a learning curve and things are never going to make everyone happy all the time. But together we can get through this.

It was such a wonderful raffle this month as well. Thanks to everyone who bought a ticket for the chance to come have dinner up at the farm with Jonathan and me. It was an honor that we sold 141 tickets! That's nearly \$3,000 to help our homebound elders stay safe in their homes while we provide them transportation, do their grocery shopping and bring them their prescriptions. Such a sweet thing that George Hermans won. He bought the tickets in honor of his late, lovely wife of 60 years, Merry, and so he will bring her picture to dinner and we will toast our charming girl.

He's also going to bring his children for the dinner to celebrate their October birthdays. It could not have been a nicer little tribute to Merry.

So give us a call and sign up for something this month at the Center! Whether it's breakfast, a club, an exercise class or apple picking with Frank, I'm sure there's something going on that you'll find fun and interesting down at People Plus, the center that builds community!

### From Anita's Plate

Anita Nugent  
(207) 504-6439

[info@nutritionforeveryday.com](mailto:info@nutritionforeveryday.com)



There are a lot of people interested in decreasing food waste, as a total of 30 to 40 percent of the food we grow is never used. Consumers, farmers, restaurants, colleges, hospitals, and grocery stores are among those who are finding creative ways to address the problem.

Here are some ideas, strategies, and

## Helpful tips for decreasing food waste

innovations that are helping to reduce the amount of food that is wasted:

— "Best by," "Sell by," and "Use by" markers can help the consumer know whether or not a product in their home needs to be thrown away or is fine to consume. "Best by" indicates when a product will be best in flavor or quality. Manufacturers who want to ensure proper turnover of their products use "Sell by." "Use by" indicates the last date recommended for consumption.

— The website [savethefood.com](http://savethefood.com) is very useful, designed to help decrease food waste. It guides you through the number of people you are preparing a meal for and offers food choices to come up with a meal plan. There is a shopping list that includes not only the

foods to purchase but also the amount. In addition, you will find a waste less guide, remix meals ideas, and recipes.

— "Always fresh and sometimes normal" is how Misfits Market describes their produce. Consumers can order online to have boxes of food sent to their doorstep for a very reasonable price.

— Hungry Harvest is similar to Misfits Market, but is not available in our area. — Modified atmosphere packaging is designed to essentially decrease foods exposure to oxygen to help lessen spoilage.

These tips and resources may help you to reduce your food waste. We all know that we hate to throw away food!

### Pens & Prose

## WOW! New book coming out!

Just in time for holiday giving — but actually good for any occasion — the new Write On Writers' book, *Write From the Heart*, is coming out. Featuring the works of 18 dedicated authors, its 193 pages include countless stories and poems for hours and hours of reading.

Inside, you will find an introduction by U.S. Senator Angus King, a brief history of Maine, along with state symbols and facts. There are also historical notes on People Plus and Write On Writers.

In fact, 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; Writing for fun*
- *Poets and Storytellers; Writing for fun, volume II*
- *It's about Time; Poems & Stories read by the authors*
- *Muses and Memories; An Anthology of Prose and Poetry*
- *From Maine and Away; An Anthology of Prose and Poetry*
- *Times and Seasons, Writings from the Heart of Maine*
- *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.



#### Flutter Madness By W A Mogk

Fluttering wildly in the stiff autumn breeze, a solitary leaf refuses to disengage its grip. Its hold so tenuous, that it stifles a sneeze, ere it's torn loose and begins an unwanted trip.

Fierce winds twist and turn the obstinate cleaver, he's rattled and shaken, yet his grip persists. That he can hold on, he becomes a believer, then gusts land their blows, like a mad pugilist.

Buffeted all about, he gets knocked silly, his time aloft might be coming to an end. He tries to hang on, and the spirit is willing, but his strength fails — letting go, he descends.

Now, the world is spinning, without up or down, erratically he falls, as gravity calls the tune. Tumbling through space, his leafy heart pounds, afraid of the outcome as terra firma looms.

The ordeal finally ends; he rests upon the ground, trying to catch a breath, he feels numb and woozy. It seems a bad dream, as he sits there and recounts, he's glad the trip is over, it sure was a doozy!

#### Heavenly Peace By Charlotte Hart

In early evening a MOURNING DOVE  
Cries in the flower garden with LASTING LOVE.  
Evening shadows slowly FALL  
Soft, soothing song — A FAREWELL CALL.  
Dark night sky. Wide OPEN DOOR.  
Our beautiful dove would SING NO MORE.  
Billions and trillions of LIGHTS ON HIGH  
Burst through the soaring GREAT BLACK SKY.

#### He Was There By Bonnie Wheeler

The night was dark and stormy and a tornado was blowing above  
A baby was born in 1941 named Bonnie Sue  
HE was there

Her dad lost the family farm during the Depression  
Family left homeless  
HE was there

She married and lived a military life  
Often alone with three children  
HE was there

She buried her folks, six siblings, a son-in-law, a grandbaby, and many friends  
To comfort  
HE was there

In her senior years  
Her steps slow down  
HE IS here

One day they will meet at Heaven's door  
HE will say  
I was always there

I will say  
I know  
Thank you



#### The Year Maine Burned

By Sally Hartikka

Smoke covered the sky, a blanket Of woody, pine-tinged scent That drifted from a large brushfire. The odor sometimes came and went But was mostly always present.

My mother helped the Red Cross; Brewed coffee, really strong; Made sandwiches and doughnuts To feed the weary, dirty throng. Firemen found the days so long!

This was the year Maine burned, Nineteen forty-seven the date When forest fires burned throughout Our parched, tinder dry, Pine Tree State. And winds blew, would not abate.

From Wells and its surrounding towns To Bar Harbor's millionaires' row Devastation could be seen. Houses burning, night skies aglow And weary men struggling below.

Bowdoin, near Richmond, the fire close by, The one where mother's doughnuts fed The toiling firemen from neighboring towns Who struggled to create a beach head While inhabitants watched the fire with dread.

For two weeks or more, our scenic state bled, Her forests, her meadows, her houses wiped out. Thousands homeless, humans and creatures. All brought on by a months-long drought. The end finally coming when rain spread throughout.

#### I Wonder ... By Betty Bavor

Tradition is an essential and important process within families. Each generation passes on customs, cultural facts, unique foods, music, dance and ethnic beliefs at holiday celebrations. Is this an obligation, a responsibility or promise?

Our ancestors courageously immigrated from many countries hoping for a better life. As they developed communities in the New World, they clung together keeping their native language and traditions alive. Could this be considered isolation during these early days?

I wonder what their reaction would be to today's world, where people are constantly moving from one country to another. Nationalities are blending and creating families honoring multiple customs. Today's immigration issues are challenging around the world. I wonder what the future holds for all the Earth's population.

It is sad the pandemic has interrupted many historical celebrations and opportunities to experience traditions. We are living in demanding, disorienting, and difficult times. New approaches with technology are keeping us connected and I wonder if the younger generation will form new traditions which will reflect what really matters in their lives.

God Bless America

#### Seniors Arise! By Elizabeth B. Bates

We are getting old and worthless  
I am told ...  
Although in whispers it is hidden ...  
to me ... it is not forgiven!

There is much I cannot do ... very much  
it is true! But nothing that's important  
to anyone of you!

So forgive us all our whines ... go out  
and have a good time!

#### Dirty By Sally Hartikka

Playing in dirt can be good, clean fun ...  
When a small kid is the dirty one.  
Squeezing mud between all your fingers  
Is a memory that forever lingers.

Finding a worm is a special attraction,  
Its wiggly body a real distraction.  
It's easy to erase all the harm that's been done:  
A warm day, a hose, and some time in the sun.

Eating chocolate pudding's a big smile producer;  
Eating it the first time a real stress reducer.  
Kids giggle and teehee with delight every time  
As they slather themselves in brown, slippery grime.

Let kids get dirty as much as they want ...  
And just stand aside and act nonchalant.  
Getting clean is a matter of water  
Judiciously aimed at your son or daughter.

#### Quotes and Sayings By Bonnie Wheeler

Mother's advice when I left home

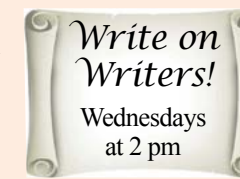
You know right from wrong, and remember whose child you are.

What I Learned Later

We either get busy living or we get busy dying.  
Today something good is going to happen to me or something good is going to happen through me.

Be god's pencil, write encouragement.  
Friends will become the keepers of your heart.  
Always give wise thoughtfulness.

To live your dream, you have to wake up.  
A life well lived never ends.  
Speak truth in love.  
Sometimes silence speaks love.



#### Xmas By Russ Kinne

Christmas is always a HUGE event in a young child's life, especially for the gifts they receive. Smart parents will ask, sometimes surreptitiously, what their child would like. After weeding out the impossibles, and the not-really-expected, like sport cars, sexy motorboats, a fur coat, pearl necklace, aircraft or even a spaceship, they had a list of things they know their children would like; this makes shopping easier and the whole holiday much more pleasant.

When I was 8 or 9 years old, there wasn't anything I was absolutely drooling over, but of course I would eat most everything

I could get my hands on, and look around for more. Bacon was always high on my list of faves. Great flavor, great texture, could be either crisp and breakable or softer and chewy, depending on how you cooked it. Easy to prepare too. Marvelous food!

So I asked for a pound of bacon for an Xmas present! — and I got it. But right after being unwrapped it went back into the fridge promptly, to wait for morning.

Someone asked me what I intended to do with a whole pound of bacon, and I promptly answered "Eat it of course! All at once, at one sitting." Predictably, they all tried to discourage me, saying no one could eat that much bacon all at once, you'll make yourself

sick (Ha!!), and so forth. There were no health-related issues mentioned, since cholesterol hadn't even been invented yet.

By breakfast time I had yielded a little, and only cooked and ate half a pound. The second half went down at the next day's breakfast; two memorable breakfasts in a row! — that's something to cheer about. Almost as good a breakfast as scalloped oysters, and that's saying something.

In writing this, I got so hungry I went out and bought a pound of bacon, real pig bacon, as a welcome change from my usual turkey bacon. I ate half of it this morning. It was great!

I'm looking forward to tomorrow morning.

#### Written 1970 ... Addio

By Virginia Sabin

Then I wondered  
Do I have it in me  
To write another poem  
Or am I all through  
Dying is probably not a long shot  
At my age

Does it matter  
Half empty, half full?  
Or does empty create a vacuum  
To be filled  
In any measure  
At any age

I'm waiting to see  
Virginia Sabin 2015

#### Ten Foods Made With Apples

By Nonie Moody

1. The first apples off the tree are prepared for the canning jars as applesauce. We eat about ten quarts of applesauce with the grandchildren per year.
2. While the canning supplies are on the counter, the crock pot is set out for apple butter.
3. Sweet clear with a hint of red is the pure apple jelly.
4. Traditional apple pie is always welcomed.
5. Swedish apple pie is an easy tasty alternative to make.
6. Dried sliced apples put in plastic bags are a hit with the grandchildren.
7. Thirst-quenching apple cider is purchased from the grocery store.
8. Blond brownies made with apples are an excellent alternative to chocolate brownies.
9. My mother's Thanksgiving baked apples. Made with melted hot cinnamon candy drizzled over the apples and topped with a white marshmallow just before serving.
10. A big pot of apple dumplings as an evening supper served with brown sugar and milk, the best.

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# Autumnal October at People Plus!!



**THE CIVIL WAR BOOK CLUB** has been meeting outside during Covid and looks forward to getting back inside following physical distance and mask wearing protocols! This group, which enjoys discussing books from the Civil War and the battles and happenings that took place in the 1860s in America's history, is always looking for new members! They meet at the Center on the second Monday evening of every month at 7 pm!

## "Moving Inside" continued from page 1

remain safe and healthy from a distance, but also let's stay connected and engaged.

"We will just take it one step at a time as we plan the indoor schedule," said Executive Director Stacy Frizzle-Edgerton. "Flexibility is definitely the name of the game these days in terms of dealing with the pandemic, and being safe is the number one component. We will figure out things as we progress."

Most of the Center's exercise classes have been taking place outside in the parking lot with great success. Other groups getting together have included the Write On Writers, Connie Bailey's art class, the Friday Lunch Bunch, and more. Other activities have continued on Zoom and will continue to do so to keep as many people involved as possible.

For dates and times, please check the calendar of events in this newspaper or go online at [peopleplusmaine.org](http://peopleplusmaine.org).

With the help of Stacy's husband, Jonathan Edgerton, Programming Coordinator Jill Ellis, and many others, the indoor facilities at People Plus, as well as the upstairs space for

the Brunswick Area Teen Center, have been undergoing a transformation as we prepare to hold our offerings inside.

As an example, exercise stations with proper distancing have been marked off in the big activity hall. Other safety measures include the placement of many hand sanitizers and enclosing the reception desk with plexiglass.

"We are looking forward to getting people inside and out of the weather as soon as we have to. But we are also making every effort to ensure their safety," said Jill.

As the weather turns colder, we will begin to move our classes and clubs back inside the Center. Due to COVID-19, there will be some changes to how we do things. Please review our new building protocols on page 1.

We are very excited to welcome our members back inside to the Center! If you have any questions or concerns, please don't hesitate to bring them to the attention of the People Plus staff.



**JILL, LYNNE AND SARAH ARE READY** to greet you with hand sanitizer, disinfectant wipes and masks, if needed. We are following all of the CDC protocols here at the Center to keep everyone safe and healthy as they move indoors for exercise and clubs. We will also have windows open, fans blowing and our HVAC system recirculating fresh air continuously.

**Frank's Field Trips:**  
**Apples, donuts, cider ... oh, boy!**

**Tue, Oct. 13, 11 am:** It isn't "officially" autumn until Frank's Field Trip — an annual event — to Bowdoin's Rocky Ridge Orchard. Meet the Center's top guide at the orchard at 11 am (no car pool). Enjoy a cup of fresh-pressed cider and a homemade Rocky Ridge cider-sugared donut on "the Center." Pumpkins, sandwiches, homemade pickles, jams and other goodies are available at the Rocky Ridge store, waiting for you to order on your own. Members only, registration & masks required.

**Exercise with People Plus!**

Classes include: Loosen Up, Chair Yoga, Tai Chi, Qigong, Yoga, and Gentle Barre. Classes will move inside based on the weather and are limited to up to ten participants. Members only, registration & masks required, payment via punch card (\$5/class). Class times may have changed — check our calendar for details.

**Inside Class Protocols:**

- Members only.
- Registration required, no drop-ins.
- Class size limited.
- Masks required (provided by Center, if needed).
- Maintain social distancing.
- Payment via punch card only. Two cards available: \$25 for 5 classes or \$50 for 11 (includes one free class). Purchase punch card at the Center.
- Bring own water and "props," if needed.
- Chairs provided and cleaned between sessions. Please review new building protocols on page 1.

**FYI! "Why do leaves change color?" – Outside**

**Thu, Oct. 8, 1:30 pm.** An outside chat — weather permitting — with Barry Logan, Professor of Biology, Bowdoin College. Join us for this fun and informative talk about why some leaves change color and some don't. It is a free lecture with socially distanced space for 25 participants. Many of the plants around us are presently dazzling with autumn splendor as they get ready to shed their leaves. Other plants will carry on, maintaining their foliage through winter. In language accessible to all, we will discuss the biology behind the autumn display of leaf color, along with the stresses and coping mechanisms associated with evergreen-ness. Members only, registration and masks required.

**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.

**Call 729-0757 to register for classes & events**

**Club Corner – free for members**

**Outing Club**  
**Wednesdays, 9 am.** Meet at the Center to ride or hike (some walk, some ride so all are welcome). Members only, registration & masks required.

**Write on Writers**  
**Wednesdays, 2 pm.** Share poems and stories. Space limited, members only, registration & masks required.

**Apple Club**  
**Thu, Oct 1, 1 pm.** Bring your Apple device to share knowledge, ask questions and find answers. Members only, registration & masks required.

**Cantina Espanol**  
**Tue, Oct 6, 3 pm.** Spanish club meets to chat in Spanish. Members only, registration & masks required.

**Kaffeestunde!**  
**Tue, Oct. 13, 3 pm.** German club meets via Zoom to chat in German. Call the Center to be connected to this club.

**Café en Francais**  
**Tue, Oct 27, 3 pm.** French club meets to chat in French. Members only, registration & masks required.

**Good Eats – Good Friends!**

**Men's "Coffee Break" Outside**  
**Thu, Oct. 8, 10 am.** Join Frank for coffee, hot cider, and fresh Rocky Ridge donuts while socializing with the gents. Members only, limited space. Registration and masks required.

**Women's "Coffee Break" Outside**  
**Thu, Oct. 1, 10 am.** Enjoy coffee, hot cider, and fresh Rocky Ridge donuts while socializing with the ladies. Members only, limited space. Registration and masks required.

**Friday "Lunch Bunch" Outside**  
**Fridays, 12 noon.** Bring your lunch to eat, chat and connect while safely distanced. Members only, registration and masks required.

**"Lunch Bunch On Us" Outside**  
**Fri, Oct. 16, 12 noon.** Join us for lunch on us. It's a pizza party with drinks and homemade cookies served up at noon at the Center! Members only, registration & masks required. 25 people max. Don't miss it!

**Art with Connie Bailey**  
**Thursdays, 10 am.** Please bring #2 pencil, sketch pad, TV tray to lean on (if you have one), and your own water. Class size is limited. Members only, registration & masks required and payment is via punch card (\$5/class).

**Book Club?**  
 A new member is interested in starting a traditional book club at People Plus. Would you be interested? Contact Jill Ellis at [programming@peopleplusmaine.org](mailto:programming@peopleplusmaine.org) or 729-0757.

**Hair Cuts with Margarita!**

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

- Haircuts are limited in number and are by APPOINTMENT ONLY.
- Open to the public (you are required to provide contact information).
- \$10 donation.
- Masks required.
- Please remain in car until appointment time (please don't arrive more than 10 minutes early).
- Enter from the main lobby entrance to check in.
- A new gown will be provided for each guest.
- Time will be allotted between each appointment for cleaning of equipment and area.

Sun	Mon	Tue	Wed	Thu	Fri
<b>October Programming Notes:</b> New schedule starts October 5th				<b>1</b>	<b>2</b>
<ul style="list-style-type: none"> <li>• Loosen Up – Now two classes on Wednesday and Friday at 9 am and 10:15 am. Limit of up to 9 in each class.</li> <li>• Tai Chi and Qigong move to 11:30 am.</li> <li>• Yoga with Leslie is back – Thursday at 11:30 am.</li> </ul>				<b>10:00 Women's "Coffee Break" Outside</b> 10:00 Art with Connie 1:00pm Apple Club	9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:30 Qigong 12:00pm Lunch Bunch Outside
<b>4</b> 9:00 Grace Reformed Baptist Church	<b>5</b> 9:00 Loosen Up 10:30 Zumba via Zoom	<b>6</b> 9:00 Chair Yoga 10:30 Yoga 3:00pm Spanish Club	<b>7</b> 9:00 Outing Club 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Tai Chi 12:00pm Gentle Barre 2:00pm Write On Writers	<b>8</b> <b>10:00 Men's "Coffee Break" Outside</b> 10:00 Art with Connie 11:30 Yoga <b>1:30pm FYI! Why do leaves change color?</b>	<b>9</b> <b>CENTER CLOSED</b> <b>HAVE A SAFE AND HAPPY HOLIDAY WEEKEND!</b>
<b>11</b> 9:00 Grace Reformed Baptist Church	<b>12</b> <b>CENTER CLOSED</b> <b>HAVE A SAFE AND HAPPY HOLIDAY WEEKEND!</b>	<b>13</b> 9:00 Chair Yoga 10:30 Yoga <b>11:00 Frank's Field Trip: Apples, Cider and Donuts</b> 3:00pm German Club via Zoom	<b>14</b> 9:00 Outing Club 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Tai Chi 12:00pm Gentle Barre 2:00pm Write On Writers	<b>15</b> 10:00 Art with Connie 11:30 Yoga	<b>16</b> 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qigong <b>12:00pm Lunch Bunch "On Us" Outside</b>
<b>18</b> 9:00 Grace Reformed Baptist Church	<b>19</b> 9:00 Loosen Up 10:30 Zumba via Zoom	<b>20</b> 9:00 Chair Yoga 10:30 Yoga	<b>21</b> 9:00 Outing Club 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Tai Chi 12:00pm Gentle Barre 2:00pm Write On Writers	<b>22</b> 10:00 Art with Connie 11:30 Yoga	<b>23</b> 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qigong 12:00pm Lunch Bunch Outside
<b>25</b> 9:00 Grace Reformed Baptist Church	<b>26</b> 9:00 Loosen Up 10:30 Zumba via Zoom	<b>27</b> 9:00 Chair Yoga 10:30 Yoga 3:00pm French Club	<b>28</b> 9:00 Outing Club 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Tai Chi 12:00pm Gentle Barre 2:00pm Write On Writers	<b>29</b> 10:00 Art with Connie 11:30 Yoga	<b>30</b> 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qigong 12:00pm Lunch Bunch Outside

**YOUR VOTE MATTERS!**

Election Day is **Tuesday, November 3, 2020**. Maine allows any voter to request a ballot by mail. You can also vote in person. Maine offers early voting.

**Registration deadlines**  
 By mail: Received by Oct. 19  
 In person: Nov. 3

**Absentee ballot deadlines**  
 Request by Oct. 29  
 Return by mail: Received by Nov. 3  
 Return in person: Nov. 3 by 8 pm.

**Early voting**  
 Oct. 5-30, but dates and hours may vary based on where you live.

FMI check the official voting website at <https://www.maine.gov/sos/cec/elec/> or call your Town Clerk's office.

**Saturday, October 31st**  
**Happy Halloween!**

**STORM POLICY**

When Brunswick schools are closed due to weather, all People Plus programs, classes, and activities are canceled for the day. Check [www.peopleplusmaine.org](http://www.peopleplusmaine.org), or local media for closure information.

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# 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?**

A. Charles (Charlie) Evans

**Q. The community where I live?**

A. Topsham

**Q. Professional occupation?**

A. I am a physical therapist. I have a master's degree in physical therapy and am now, and have been for the last 13 years, working solely in the veterinary field. I use my physical therapy knowledge to treat canines. For that practice I am a Certified Canine Rehabilitation Practitioner (CCRP), a certification earned from the University of Tennessee College of Veterinary Medicine and College of Physical Therapy.

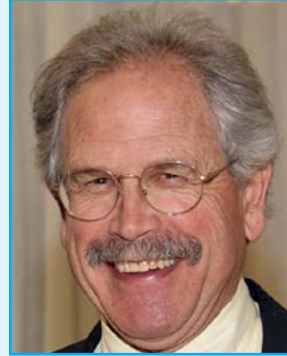
**Q. How many years on the People Plus board and positions?**

A. I have been on the board of trustees for five years and have served as the secretary for two years and have just completed my first year as the 1st vice chair of the board. I am also the chair of the Programming Committee, and a member of the Governance and Strategic Planning committees.

**Q. Please tell us a little about yourself.**

A. I was born in Washington, D.C. and I have four siblings. My father was a career naval officer, so we moved every two-to-three years. I have never lived abroad, but have spent almost all of my years on one coast or the other with the exception of four years of college in Ohio. The nearest thing to home for my family was a summer home on a beautiful lake in the southern part of New Hampshire. Whenever we were living on the East Coast, we would spend our entire summer at this wonderful spot.

My wife grew up in Vermont all the way through high school and we will often look at photographs of her early years and she can name off everyone in her first-grade class. When I think about my first-grade class I have to remember where I was then, oh yes, Bremerton, Washington. After graduating from high school in Westport, Connecticut, I attended Kenyon College to get my BS in zoology. I worked for a year and a half as a veterinary technician at a mixed, large and small veterinary



practice in Concord, New Hampshire, and then entered the U.S. Navy from 1968 to 1972. In January 1971, I met my wife, who was working as an admissions officer at UNH and we married in October of the same year. We lived in New Hampshire until 2014 when we moved to Topsham.

My career path was far from straight. I always knew that I wanted to work with animals, but my undergraduate grades were not up to admission to veterinary school. So I worked at UNH for the athletics grounds crew, which meant marking the playing fields, maintaining and marking the ice in the hockey arena, maintaining basketball courts and driving the Zamboni. From there I went into business for myself as a woodworker for 12 years until I burned out in that career. So I returned to my first love and worked for our local veterinarian for several years before deciding that there might be a career in performing physical therapy on animals. However, the specialty didn't exist at that time. That's when I went back to school to get my PT degree and then on to working, initially with people, and then

to working full-time with dogs.

I love reading and I am a member of the Highland Green band called *Off Their Rockers*, so music has been a consistent joy since high school. My wife and I walk almost every day and have hiked many of the land conservation areas in the Mid-coast. We love bird watching, biking, kayaking, and our wonderful friends.

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

A. People Plus is an amazing place. We have a fabulous director and staff, wonderful volunteers and great members. The services that People Plus provides are essential for the vitality and strength of our two vulnerable populations and to the overall well-being of our greater communities of Brunswick, Topsham, and Harpswell. The ability of the staff to, literally overnight, shift into lockdown during the pandemic and yet maintain our essential services and more has been nothing short of amazing.

It has been an honor to be on the board and able to assist these wonderful people in making the necessary changes to continue to serve our communities so well.

I have found the board to be a great experience in participating in the melding of many different talents and perspectives to assist and support a director and staff that care so deeply in our mission of supporting our seniors and teens. For me personally, it has been a great learning experience and has enriched my life dramatically.

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<b>Kathleen Boynton</b> Dec. 12, 1944 – Sept. 8, 2020 <b>Ruth Driscoll</b> May 12, 1927 – Aug. 26, 2020	<b>Gail Stetson Hollenbeck</b> Jan. 1, 1942 – June 11, 2020 <b>Sally Carignan</b> April 26, 1940 – Aug. 23, 2020	<b>Gerry Menard</b> July 5, 1926 – Aug. 22, 2020
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## November Raffle

For MEMBERS ONLY!! A homemade Thanksgiving dinner for up to four people prepared and delivered by the staff at People Plus. Feast on turkey, stuffing and gravy, mashed potatoes, green bean casserole, cranberry sauce, and two kinds of pie! One baked by Stacy and one by Jane Connors!  
\$10 raffle tickets or three tickets for \$20! Don't miss this opportunity to let us create your Thanksgiving feast!

## Staying Connected!

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



# The summer that wasn't, but wait until next year!

*Editor's note: For many years, our friend Frank Connors led dozens of field trips in and around Maine. Last spring we helped him publish a list of 200 favorite places in Maine, as part of our plan to celebrate Maine's 200th birthday! Now, as we stand in the middle of a pandemic, and look down the barrel of our next fall and winter, we gave him one last chance to entice you into your car (socially distant, of course) and go explore our great state of Maine. Enjoy and be safe!!*

## Speaking Frankly

Frank Connors (guest contributor)



Jane's drying her Hollyhock seeds, stewed big batches of tomatoes, packed the cabinet with jams, put the pool towels away in those big, plastic tubs, and turned the furnace on, "just to see if it works." I've finished most of my painting, I'm telling the neighbors the grass don't grow after a frost, we're washing windows and dropping storm sash, and last Friday morning, I almost got on the roof to help Albert sweep the chimney.

Our wood for this winter is all packed and stacked in the shed, and I'm crowning off the pile for "the winter after this," before I cover it against the foul weather we all know is coming. We've called and confirmed the plow guy, the oil man, the gas people. We're probably as ready as we can get.

Yesterday we were walking through our field, admiring the Purple Gentians, our blue and white Asters and the milk weed pods, now exploding with seeds and blowing in the gentle breeze. I noticed with just a little delight that the early frost has colored and dried much of the poison ivy. We watched several Monarch butterflies batting in the breezes, and try to encourage them to head south. Two eagles circle overhead against the deep blue sky, the sun feels warm on our faces, and I point to where at least two deer had bedded so they could eat acorns WITHOUT getting up.

We notice the crab apples are less plentiful than last season, and wonder to each other how there can be "so many darn acorns" two years in a row? "No wonder the chipmunks and squirrels are making us crazy," Jane says, then she pauses, smiles, and says,

"Aren't these the days we'll need to remember in January?"

It wasn't much of a "Bicentennial Summer" for our great state of Maine. Events were canceled wholesale, with some vague promises that "next year" things will be better, and we can celebrate next summer. Same for the Music Theatre, the state fairs, state parks, and restaurants? We can only hope.

Maybe you went online and studied my list of "200 Favorite Places in Maine?" What an amazing, thoughtful and comprehensive piece of work. Yeah, by now it WAS supposed to be yet another best-selling book. (Add THAT to the list of stuff that never happened in 2020, huh?) But dozens of you DID call or write your comments, many saying they had "mini" staycations, visiting one or three of the places, and still getting home before dark!

A dozen or more of you offered additional places they said I forgot! (EVERYONE thinks they can be a tour guide.) I had one guy tell me he had been to at least 120 of the places on my list, and another who compared MY list to the one in Downeast magazine and said my list was, "better!" THAT'S what I'm talking about!

We managed this past summer to revisit some two dozen or 30 of our favorite places. Sure, the tower at Penobscot Narrows was closed. Fryeburg Fair, that blue-ribbon classic, never opened. But Steve, we really did walk the "bar" between Bar Harbor and Bar Island, we did get kayaks overboard and tour the shore of Maine, one paddle at a time, and we did dozens of "mini-hikes" among

the rugged pine, ledges and spruce that mark our beautiful coast.

Yes, too many of the places sported "Closed by Covid-19" signs, and more than once, we didn't know they were closed until we got there! Have you ever been asked by a 9-year-old if I'd "Googled it?" We learned to focus on beaches, outdoor attractions that are the best of Maine, and more than once we DID walk around a closed sign and enjoyed the scenery at no cost.

Maybe it was August before I realized places like Harpswell's Cribstone Bridge, Linda's little cove on the New Meadows River, and Norman's pool, were so close, so wonderful, so inviting, and so open. We spent more time this summer visiting these little places, places not so much on the maps and lists, and we enjoyed them because we were always together, with family and selected friends. We packed picnics because places were closed, and as summer ended, we realized it's not so much the place, as it is the company we keep.

When the leaves start falling on this house, we'll enjoy the pictures and memories we did collect from the summer that wasn't, we'll keep the list of our "Places" online, maybe we will add (or subtract) a few new places, and maybe we'll get it into a guidebook before NEXT Memorial Day.

But through all that snowing and blowing that's coming, we'll plan for next summer, and count our blessing that we still live in one of the best places on Earth.



Café en Français



Seen at the Center



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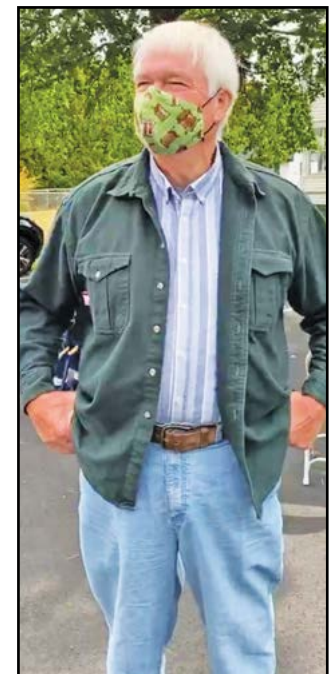
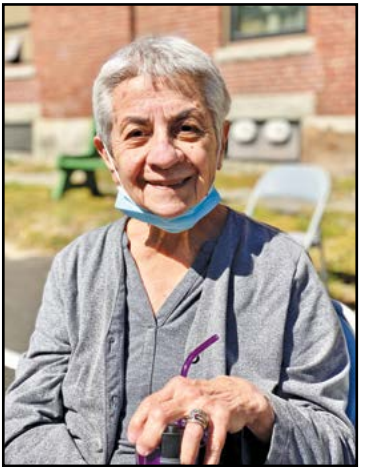
# “Summer Fun at the Center!”

We made the most out of the long, warm summer days of 2020 at the People Plus Center in downtown Brunswick. With a dozen exercise classes at nearly full capacity most days, as well as many of the clubs and parties outside, we haven't missed a minute to get together safely, stay healthy, and stay connected!

Enjoying pizza parties, birthday cakes, foreign language clubs, the writers reading all of their latest prose, a balance and falls clinic, yoga class, art class,

chair yoga, Loosen Up class, a ballet barre class, Tai Chi and Qigong; the members really made the most of the class schedule here at the Center this summer!

As we move inside with the colder weather, please know that we will do it to the best of our abilities putting all of the protocols and safety measures in place. We look forward to keeping everyone connected and healthy all winter!



Brunswick Area Teen Center

A tricky month, but with treats!



The topic of whether there will be Trick or Treating this Halloween is being discussed widely on social media as well as in newspaper articles. Another COVID-19 unknown! I read one very creative bit about hanging candy bars or bags from a tree outside and letting Halloweeners grab their own treat off the tree! I'm sure others are coming up with creative ideas as well and, of course, everyone is all set with masks this year!

Halloween is on a Saturday, so we won't be having kids coming into the Teen Center all dressed in costumes this year. I haven't ruled out sitting in the parking lot with treat bags though, weather depending.

It is mid-September as I write this and we have spent the past couple of weeks up in the teen space working hard to get ready for the kids returning on Sept. 28. Brunswick students have completed one week so far of "soft opening" of school, with one more to go before we open and by then they should all be well trained in hand hygiene, mask wearing, and social

distancing. Ha, ha, well we can only hope! In between ending the summer program and tackling the bigger space needs inside the Teen Center, we worked on our Back to School letter mailing which took about a week to complete. We had teens helping, Unitarian Universal church members, and also Teen Center advisory members, as well as staff, working on various parts of the mailing of more than 1,700 letters! It was different writing the letter this year, wanting to project what we "normally" do as well as acknowledge the changes we currently face.

The importance of the Teen Center program to kids will be accelerated this year as it may be one of the only chances they have of socializing out of the house or seeing their friends, getting some relief from being at home, and, of course, eating some of their favorite foods and having sympathetic listeners to check in with! If you were not one of the 1,700 people who got our letter but would like one, feel free to call the front desk at People Plus and we would love to mail or email you a letter!

Our only male Teen Center staff member (Hunter) finished his college degree over the summer and has started a real full-time job. We wish him the best but will miss him terribly! Melissa, another staff member, has switched from working at The Real School to Harriet Beecher Stowe School and will come in after school ends, and Kim and myself, well, we haven't changed jobs and we will be at the door ready and waiting.

We are feeling calm, then anxious, then realize we forgot a detail, then feel all set, wonder how it is going to feel (only 12 kids to start), realizing we really have no idea. It is mind boggling, but as I watch school buses passing by and see the leaves changing color, I know it is time! Time to start a new year and see where it takes us!

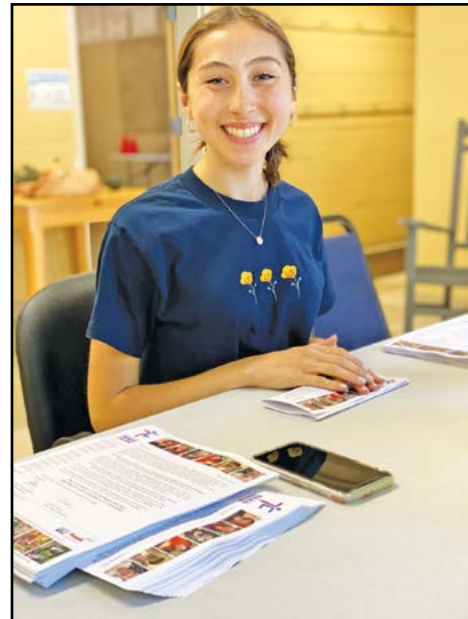
Until next month, Jordan and the gang

Teen Center News

Jordan Cardone



THANKS TO ALL OF THE PEOPLE PLUS STAFF AND VOLUNTEERS (above), along with Brunswick High School sophomore Chelsea Dodge (below), who worked to make this year's Back To School annual fund campaign exceed \$15,000 to celebrate the 15th anniversary of the Teen Center!



Guess Who?

With People Plus basically 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 14 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.



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.peopleplus-maine.org/good-morning-program](http://www.peopleplus-maine.org/good-morning-program).



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



IN ADDITION TO FREE RIDES AND SHOPPING, People Plus also provides free face masks which have been made and donated by community members. FMI call 729-0757.

Desperate for Drivers!

Can you help a neighbor in need?

In the last year, People Plus has coordinated over 30,000 miles of FREE rides for home-bound residents of Brunswick, Topsham and Harpswell. But we can't do it alone - we need your help with the driving and shopping! We ask that you become a driver today! It is a rewarding and selfless gift to help your neighbors in need. Thank you!!



Join our team - volunteer to drive TODAY!



Thanks go to our generous sponsors: Rusty Lantern Market, Suzan Wilson & Daniel McLaughlin Family, Linda Cronkhite, Maine Community Fund, Maine Women's Giving Tree, United Way of Mid Coast Maine and Spectrum Generations, who help keep the program growing!



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- James Tierney, BHS Class of 1965

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Service provided by Bath-Brunswick Respite Care. Call 729-8571 for more information.

# Membership Benefits

The following businesses offer discounts for People Plus members.

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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 Gurmet 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

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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.sethlevy.com

### RECREATION / ENTERTAINMENT

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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



WE'VE LOVED OUR WARM SUMMER DAYS for exercise outside. Join us as we move indoors to keep the momentum going and the energy healthy! All protocols will be followed to maintain safety guidelines. Ann's and Leslie's yoga classes on Tuesday and Thursday will be spaced 9 feet apart on the mats!

**People Plus SENIOR HEALTH Expo**  
CONNECTING COMMUNITIES

*"Register now for Expo" continued from page 1*

November 10. It will include optional videos from exhibitors and live Facebook events all day from our Lead Sponsors.





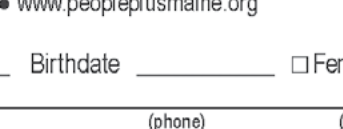
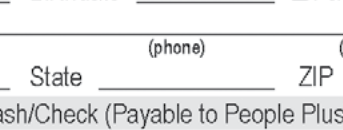
Despite COVID-19, People Plus is not taking a break this year. The event has been reimagined and will come to you by way of online and video. In these unprecedented times, the goal is to continue to connect seniors with critical services. People Plus is excited to introduce the Expo "At Home," where attendees will discover businesses and what they have to offer from the safety and comfort of their own homes.

Maine has the highest percentage of older adults in the nation, and the Mid-coast is where this population is growing the fastest. The People Plus Senior Health Expo brings together a variety of resources for this increasingly important segment of our community. The Expo provides an excellent opportunity to learn about products and services in the categories of medical services, fitness and health, technology, legal, community services, housing/respice care, and finance.

Last year's event at the Brunswick Recreation Center featured 80 vendors and was attended by more than 600 people.

The registration deadline for this year's "At Home" version is Friday, Oct. 9. The Expo is free to nonprofits and "by donation" for all other businesses. Visit [www.peopleplusmaine.org](http://www.peopleplusmaine.org) for more information, including registration forms and sponsorship opportunities or call the Center at 729-0757.

**It's not too late to join these wonderful 2020 sponsors!**

**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): <input type="checkbox"/> \$30 per person	Membership Dues: \$ _____
Other towns (___ New Member ___ Renewal): <input type="checkbox"/> \$35 per person	Additional Donation*: \$ _____
<input type="checkbox"/> \$300 for <b>Lifetime Membership</b> (65 or over)	(*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!

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## Scam Alert - Some of our phone numbers have been "spoofed"

Scammers are clever, and they've found ways to transmit false information about their phone numbers to hide their identities. Faking a phone number this way is called "spoofing" and when the purpose is to scam someone or cause harm, it is illegal.


Typically, scammers use spoofing to pose as a business (such as Spectrum Generations and Healthy Living for ME), bank, or government agency in order to trick people into giving up personal or financial information. They choose these types of numbers, that you may be familiar with, hoping that you may already know the business and trust it.

If you answer, scammers use scripts to try to steal valuable personal information and money, which can be used in fraudulent activity. You may not be able to tell right away if an incoming call is spoofed but here are some tips:

- Be extremely careful about responding to any request for personal identifying information.
- Do not respond to any questions, especially those that can be answered with "Yes" or "No."
- Never give out personal information such as account numbers, Social Security numbers, mother's maiden names, passwords or other identifying information in
- Use caution if you are being pressured for information immediately.

During September, we were alerted to two such instances – one using our Muskie Community Center's main phone line, and one using the Healthy Living for ME toll-free line. We reported these to the FCC immediately, and are continuing to work hard to stop this scam and educate those in our communities that we are not the originator of these calls.

If you have questions or concerns, or believe you have been a victim of this scam, please contact us at 1-800-639-1553.

 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

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

# Monthly Update

October 2020



## Alzheimer's Respite Enrollment is open!

Don't miss out on enrolling in the Alzheimer's Respite Program, which is a program designed to reduce the stress levels of those who are helping someone with Alzheimer's Dementia, or a related condition.

Participants have the potential to receive up to \$3,800 in reimbursements for expenses associated with:

- In-home services
- Adult Day Services
- Up to 2 weeks in a skilled facility
- Home Modifications
- Assistive Devices (medication dispensers, alarms, etc.)

In addition, CARES Act has made it possible for us to reimburse for groceries, food delivery, and fast food costs.

FMI please contact Molly Martin at 1.800.639.1553, to see if the program would be a good fit for you.



Growth

← staff get recertified



Regional Coordinator, Jen Paquet and Training & Fidelity Manager, Jennifer Fortin participated in a two-day long Tai Chi for Health and Balance re-certification. Tai Chi is great for the mind, body and soul and helps improve balance and mobility. You can view and register for our statewide virtual workshops at [www.healthylivingforme.org](http://www.healthylivingforme.org).

Don't miss out!

Midcoast Tree Festival

Save the date

2nd Annual  
Midcoast Tree Festival  
November 20-22 and  
November 27-29, 2020.

St. John's Community Center  
43 Pleasant Street, Brunswick

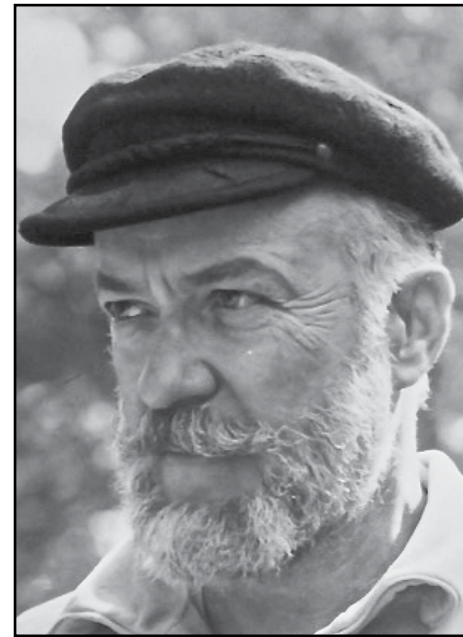
# Member Moment

"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 Russ Kinne. 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 Russ Kinne

My name is Russ Kinne and this is my story. I live in Topsham and I am 92 years old. I grew up in a small city in Rhode Island; a nice state, but with horrible politics. Kindergarten was declared a "luxury item" and was discontinued. I went into first grade instead; no problem, but all my school life my buds were in the class behind me. We went everywhere by bike — fishing, hunting, camping. Dad had a boat 15 miles away and we went down there regularly. Public schools were OK, but nothing special. I joined the Drama Club, and started the Photography Club. My dad and older brothers would print photos on the kitchen table with blankets over the windows, and I wasn't about to be left out. So I developed and printed (enlarged) photos from age 8 onward, with quite a bit of help. Later, I was a professional photographer for 50-plus years. When I was 9, dad and I built a 12-foot kayak, and the family had a small sailboat. I fell in love with

sailboats right then. Later, I was master of a 70-foot Bermuda-racing sailboat for two years, mostly in the Caribbean. I hold a USCG Master's license for a 500-ton vessels — sail, steam, and power. We'd go duck hunting on our bikes, with our shotguns across the handlebars (try that today!), riding 8-10 miles at 4 or 5 a.m., but never even got stopped. We would ride the bus to some areas, shotguns in hand. I inherited dad and my brothers' cameras when they got new ones. I also got their sailboats when they got bigger ones; worked at the local boatyard and learned a lot. I got a .22 rifle for my 13th birthday and started to target shoot. Those were great years, but of course things changed a lot when World War II came along. I moved to Maine in 2012 and dropped into People Plus out of curiosity and liked



what I saw. Frank Connors and Stacy were running the outfit smoothly and efficiently. I was impressed and decided this was a great place to volunteer. I drove members around: to the doctor, dentist, Bingo, beauty parlor, shopping, whatever. I'd done that for six years in Connecticut, but this was more fun. What's important to me about People Plus is the people! It's a great bunch, doing good things with good leadership. And what a slew of activities! I was an assistant "cook" when Frank cooked the Men's Breakfasts every month; good fun. Haven't joined many groups yet, but may when I grow up. People Plus does so much good for so many people, and I'm proud to be associated with it, even in a small way. My favorite activity at the Center is the Write on Writers group, where we write

a page every week, read and critique them. This is a fab thing for a writer, as it keeps the creative juices flowing. The annual WOW-collection books are good Christmas presents, too. I've done a lot of writing, largely in conjunction with my photography. I was a contributing editor for Popular Photography magazine, had two small paperbacks published by Doubleday, wrote two hardcover "how-to" books on nature photography. I also did a lot of re-writing of "translation" Japanese, Spanish and German for Doubleday; 154,000 words one year — and my name was not under any of them. As far as one thing from my life that I'd like to share, I guess it would be this. Since I've been self-employed all my adult life, if I don't work I don't eat; so I've done a lot of different things because I like to eat! And I'm willing to try just about anything. It's satisfying to me to help people, so that's a plus. I have delivered (on the water) a lot of cruising boats, mostly 40-to-50-foot long, and a few small aircraft; I hold a commercial pilot's license. These licenses keep the owners and the insurance brokers happy! I've now worked in 65 countries (never could've afforded that as a tourist). I have a BA degree in psychology, which is a huge help in foreign countries, especially the body-language courses. In recent years I was a consultant; it's easier and more profitable. What I'd like people to know about me is that I'm available — and always need work. I'll try most anything, if it's mostly legal, interesting, and (hopefully) can show a small profit. If you have five minutes to spare/waste, look at Boatrellocate.us; some nice photos there, too.

# Flu shots are more important than ever.

This year our FREE clinics are held on Saturdays & Sundays. Everyone is welcome!

In order to ensure your safety we ask that you remain in your vehicle and stay onsite for 15 minutes following the vaccination. For more information and a list of guidelines to help you prepare, visit [www.midcoasthealth.com/flu](http://www.midcoasthealth.com/flu).



MID COAST-PARKVIEW HEALTH

WWW.MIDCOASTPARKVIEWHEALTH.COM

## DRIVE-THRU FLU SHOT CLINIC SCHEDULE FALL 2020

Pediatric and adult vaccines available at all locations.

**October 3-4, 8 a.m -4:30 p.m.**  
Mid Coast Hospital Parkview Campus  
329 Maine Street, Brunswick, North Entrance

**October 10-11, 8 a.m -4:30 p.m.**  
Mid Coast Hospital Parkview Campus  
329 Maine Street, Brunswick, North Entrance

Mid Coast Pediatrics  
81 Medical Center Drive, Brunswick  
\*By appointment only. Please call 721-8333.

**October 17-18, 8 a.m -4:30 p.m.**  
Mid Coast Hospital Parkview Campus  
329 Maine Street, Brunswick, North Entrance

Bath Middle School location  
6 Old Brunswick Road, Bath

**October 24-25, 8 a.m -4:30 p.m.**  
Mid Coast Hospital Parkview Campus  
329 Maine Street, Brunswick, North Entrance

Mid Coast Pediatrics  
81 Medical Center Drive, Brunswick  
\*By appointment only. Please call 721-8333.

**October 31, 8 a.m -4:30 p.m.**  
**November 1, 8 a.m -3 p.m.**  
Mid Coast Hospital Parkview Campus  
329 Maine Street, Brunswick, North Entrance

Mid Coast Medical Group-Topsham  
One Wellness Way, Topsham

**November 7-8, 8 a.m -3 p.m.**  
Mid Coast Hospital Parkview Campus  
329 Maine Street, Brunswick, North Entrance

Clinics are brought to you by CHANS Home Health & Hospice and Mid Coast Medical Group.

## Do you get the weekly 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](mailto:programming@peopleplusmaine.org) or leave a message at 729-0757 and Jill can add your email address to the list!



Continued from "Guess Who?" on page 11.

Answer: Carmella Pellerin

## It pays to exercise!

It's always fun taking an exercise class at People Plus, with the added benefits of practicing good health and spending time with friends. On top of that is the possibility of participating at a reduced cost. Members should check with their health insurers to see if they qualify for any reimbursements for attending classes at the Center. If the answer is yes, you might even be exercising with a smile on your face. Check it out!

# New family member takes over Gabrion household

Last month, I wrote about making adjustments in the Gabrion household with the retirement of my wife, Vicky. Things continue to go smoothly, but we've added a little wrinkle to the proceedings. There is a new member in our family. We are now the proud parents of a puppy. We had been talking about obtaining a dog for years, wondering if we wanted a particular breed, what size and traits we were looking for, the costs, etc. The one thing we agreed on was holding off on getting this bundle of joy until our full-time working days were behind us. Vicky pored over websites almost religiously, looking for our new pet. She was also in constant contact with shelters here in Maine. Even our daughter, Sophie, was participating in the hunt for a pup. Then — all of a sudden — we were made aware of the possible availability of a four-legged friend at the PAWS Animal Adoption Center in Camden. The only things we knew for sure were that he or she was one of six puppies and they were a cross between a West Highland Terrier, commonly known as the Westie, and a Miniature Schnauzer.

Fast forward, a few days later we got the call that everything was a go, and that we could head over to the coastal Maine town to meet this little critter for the first time. Reality was beginning to set in. On the way there we traded remarks like "What have we got ourselves into?" and "Are we doing the right thing?" Vicky even said, "I feel like I'm going on a blind date." A little later, her anxiousness was expressed another way when she said, "I feel like I'm starting a new job." But we were excited and ready to raise this tiny guy or gal. Arriving early, and with pandemic procedures in place, we had to wait outside for several minutes. Then a staff member brought out this shaking, white-haired puppy and it was love at first sight. Its legs were long, the ears floppy, eyes of hazel and very focused on its surroundings, and cute as a button. We learned the dog was actually just over four months old and had been in Maine only a week, coming from a shelter in Texas. After explaining all the rules, we were asked if we wanted to take the puppy home for a tryout, and the answer was instant ... yes, please!

It was Labor Day weekend and believe me when I say it was no holiday. We were exhausted trying to be proper hosts and doing things right for our guest. Vicky and I were taking turns with naps; for three days we couldn't get any of our normal chores done. All our attention was on our visitor. But we couldn't have been happier. However, you can just imagine our cat's nose was bent out of joint over the arrival of this intruder. Needless to say, at the conclusion of the mandatory sleeper we didn't give the dog back to the folks in Camden. There was no way that was going to happen. Sophie made a big splash on Facebook, photos included, announcing to the world what had transpired at our Hollowell home. You would have thought we brought a newborn baby back from the hospital. In no time, there were more than 100 Likes and Loves, and comments like "Congrats!" and "What a cutie!"

## Simply put



Patrick Gabrion

Now our lives are really busy. My wife has already signed up for an obedience class. It seems like we are taking the dog outside every five minutes, hoping for no accidents in the house. So there you have it. Probably never a dull moment again ... for the next 14 or 15 years. And by the way, if the new puppy had been a girl, her name was going to be Phoebe. But we have a boy and his name is Dudley. Welcome to the Gabrion family, little guy!

actors is found dead in someone else's white pyjamas. A police procedural.

### NONFICTION

**Washington's End** by Jonathon Horn. What happened to George Washington after he left office in 1797? He just wanted to retire to Mount Vernon and live a peaceful life. This book is a well written account telling why that did not happen.

**Ogden Nash: The Life and Work of America's Laureate of Light Verse** by Douglas M. Parker. Nash (1902-1971) was very well-known during his lifetime for humorous poetry. He is not that well-known today and this book provides an introduction to those who might not be aware of him. Many examples of his poetry are included.

**Just Enough Liebling and The Sweet Science** and other writings by A.J. Liebling. Liebling was a very interesting writer who traveled the world writing about World War II as a correspondent, Paris in the '20s, New York City in the '30s, and good eating.

### Books A La Carte

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

### MYSTERIES

Classic mysteries of the 1930s and '40s are being reprinted. Here are some examples:

**A Crime in Holland** by Georges Simenon. An early Inspector Maigret story. Maigret is sent to a very small village in northern Holland to help out a fellow Frenchman who is a suspect in a murder. Maigret does not speak Dutch and does not know the territory, so he has to start at the beginning to solve the crime. Very interesting character studies of the area's inhabitants.

**Death in White Pyjamas** by John Bude. Bude was largely forgotten until recent reprints appeared. In this one, a group of theatrical people gather at a country house to rehearse. One of the

Comments: [news@peopleplusmaine.org](mailto:news@peopleplusmaine.org)

## New and renewing members for September

WE MISS SEEING YOU AT THE CENTER!!!	Memberships received as of Sept. 21, 2020.	Joseph Lisi *	<b>Cumberland</b>
	* indicates new membership	Phyllis Lisi *	Thomas Schullen
	• indicates donation made with membership	Gary McCormick	<b>Georgetown</b>
		Dorothy Moody	Robert Mulligan *
		Joan Peck	<b>Harpswell</b>
		John Peck	Sally Haggerty
		George Phipps *	Theresa Lebel
		Judith Plimton *	Diane Loughlin (Lifetime Member)
		Rosemary Rackiewicz *	Virginia Sabin *
		Lorraine Rich *	Anne Marie Towers
	Read Rich *	Marielynn Towers *	<b>Topsham</b>
	Valerie Robbins *	Loni Laffely Ellis	<b>Yonkers, New York</b>
	Martha Spruce	Marcia Hahn	Alexander Ortega * •
	Judith Stoy	Ellen Wood	
	Denise Swyers		
	William Swyers		
	Pauline Thorpe		
	Linda Trapp *		
	Tammy Vermette *		
	Doris Weinberg *		



## A Place Where You Belong

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

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



THE HIGHLANDS  
A GRACE MGMT COMMUNITY

30 Governors Way • Topsham, ME 04086  
(207) 725-2650 • [www.HighlandsRC.com](http://www.HighlandsRC.com)

## Time off for Caregivers Joyful Hours for Participants!

Services: Day Program • Caregiver Support Groups  
Community Education • 1-1 Support and Counseling  
Referral Information Program Support Opportunities

Bath-Brunswick Respite Care is licensed by the Maine Department of Health and Human Services as a social model adult day service provider

### Two Locations For Your Convenience!

9 Park St., Bath, ME  
320 Church Rd., Brunswick, ME

Contact us at our administrative office  
Phone: 207-729-8571 or email: [info@respite-care.org](mailto:info@respite-care.org)

BATH-BRUNSWICK  
**RESPIRE CARE**  
ADULT DAY SERVICES FOR THE MIDCOAST AREA

Bath-Brunswick Respite Care is a United Way of Mid Coast Maine Agency



*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

