



# Plus! People NEWS!

The center that builds community

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

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



**WE LOVE THESE THREE SUPERSTARS!** Where would we be at the People Plus Center every day without, from left, Lynne Smith, Sarah Deck, and Jill Ellis? Lynne is our membership and transportation coordinator, Sarah handles office coordination/reception, while Jill tackles all the programs and events at the Center. They are our “tremendous trio” and we would be lost without them! Thanks ladies!

## Senior Center annual fund kicks off

Center’s services more important than ever

People Plus is a valuable resource for our surrounding communities. The programs and activities that are facilitated by way of the Center have a tremendous impact on literally thousands of people.

All are welcome! To do exercise classes, learn languages, enjoy a snack or meal, take art lessons, play cards and games, attend presentations; the list is almost endless. It’s a place to meet and make new friends.

And its staff, volunteers, and members help to keep people from being isolated and alone. The last nine months, with Maine and the world turned upside-down because of the coronavirus pandemic and its restrictions, are a prime example of just how important People Plus is to everyone, especially to our older adults. Check-in phone calls. Food and prescription deliveries. Classes via Zoom and videos. Community updates. All this and more achieved to stay connected!

But it takes assistance from many different sources for the opportunity to offer these services. With that in mind, People Plus is launching its annual fundraising campaign in November.

People Plus receives no money from the state or federal level. A portion of our funding comes from the towns of Brunswick and Harpswell, United Way, and Spectrum Generations, but the Center must raise nearly \$300,000 a year to meet the total budget demands.

To that end, every year the Center’s board members spend several hours each personalizing more than 1,600 letters that get sent out to potential donors, signaling their support for what goes on at the Union Street facility. The letters are often followed up with personal contacts from the board, staff, or development committee members.

This year’s goal is \$65,000. The funding is specifically slated for Senior Center programming: Supporting homebound elders, as well as the Volunteer Transportation Network, keeping all the classes in the Center at low cost, free lectures, free gaming and language clubs, and free events and more.

“It’s been a very difficult year for everyone and People Plus has not been immune to feeling the effects of the economic impact,” said Executive Director Stacy Frizzle-Edgerton. “We are hopeful our members and community partners will continue to send their contributions to keep this Center going.”

“We will all need People Plus to be here when this whole thing is over,” continued Frizzle. “We’ve been working hard to keep folks coming to the Center protected and those at home

*continued on page 11*

## Senior Health Expo — watch it at home!

“I’ve been coming to these Expos from the start. There’s lots of information. I may not use it now, but these are good resources to have and know,” said Linda of Topsham.

“I’m always interested in what resources are available for seniors. As a supporter of People Plus, I always want to back their efforts,” said Joan Peck of Brunswick.

The above comments were from people who attended last year’s People Plus Senior Health Expo at the Brunswick Recreation Center. Like so many others in attendance that day, the two individuals were keenly aware of the value of such an event.

While this year’s gathering is absent the “in person” approach, due to the coronavirus pandemic and its accompanying restrictions, the information and service connections being offered are still of great importance to everyone, especially for those older adults living in our surrounding communities.



So please, don’t miss the 2020 People Plus Senior Health Expo “At Home,” scheduled for Tuesday, Nov. 10.

All this is being made possible with the support of Lead Partners, Coastal Landing Retirement Community and Mid Coast-Parkview Health, and additional Partners Bangor Savings Bank, Bill Dodge Auto Group, Spectrum Generations, and The Times Record. Sponsors include Bar Harbor Bank and Trust, Brackett Funeral Home, Bridges Home Services, Healthy Living for ME, Norway Savings Bank, Riley Insurance Agency and The Highlands.

“We are eternally grateful for our sponsors support. This event would not happen without them,” said Stacy Frizzle-Edgerton, People Plus Executive Director. “I learned that by the year 2025, one-quarter of Maine’s population will be over age 65. Our job is to connect all those residents with the area service providers and

*continued on page 9*

### PEOPLE PLUS MONTHLY RAFFLES

#### Faye Plummer rocks to victory in October

Ready to enjoy her prize inside by the fire or out on the porch, Faye Plummer is our “Rocktober” raffle winner. Congratulations!

What did she acquire? It’s an Outdoor Yacht Club Rocking Chair Set. The package includes a three-piece set with two grey chairs and a white table, donated by Lowe’s of Brunswick. Faye also captured

a Frank Connors book and an *Off Their Rockers* music CD.

Backed by a 20-year warranty, the rockers are made with solid HDPE lumber that won’t rot, crack or splinter. They’re also 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.

The October raffle — to benefit our homebound elders — garnered a total of 68 tickets, bringing in \$1,360.

Faye, please enjoy your new furniture and send us a photo of yourself relaxing, reading Frank’s book and listening to some tunes. And thank you all for participating and helping our seniors here at People Plus!



#### Giving thanks in November!

##### Win a “Members only” Thanksgiving feast

November’s big holiday is about giving thanks and celebrating family. Our raffle for November celebrates YOU, our People Plus family, by offering a chance to win Thanksgiving dinner for up to six people! By participating, you will also be “giving” to our homebound seniors.

So please buy a ticket for a chance to win a homemade Thanksgiving dinner with all the fixings prepared by Stacy and the People Plus staff, including a tasty pie from Jane Connors! Food will be delivered right to your door on Wednesday, Nov. 25!

\$10/ticket (3 for \$20) supports homebound elders. Drawing will be Thursday, Oct. 19 at noon, and TWO winners will be picked!

To purchase tickets, go to peopleplusmaine.org and follow the instructions. Or stop by the People Plus Center (mask required, please), M-F from 9 am – 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](mailto:news@peopleplusmaine.org)

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

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# Nine years and counting ...

So it has been NINE years this month for me at the People Plus Center. Nine wonderful and challenging and rewarding and amazing years ...

Columbus Day was my first day of work at People Plus. I realize the state of Maine doesn't call it that anymore, but for me it will probably always remain that because I was starting on a new adventure that day. I was forging ahead into unknown waters. It was exciting and scary and overwhelming. I actually explained to my daughters, who were 11, 9, and 6 years old at the time, that I was like Columbus sailing the ocean blue. (Although I was a much nicer and gentler version!)

Since that day, there have been so many wonderful events and memories. Staff members who have come and gone, like Kathy Muench, Lynn Ellis, Dottie Moody, Joanne Rosenthal, and sadly we've also lost a few staff members who have passed away, including Jill Victor. And the lovely Pete Coffin, who worked up in the Teen Center.

Even Frank has officially retired although we're so happy he still comes around once or twice a week. And we hope he won't ever go all the way away!

And there have been almost too many board members to count but we've said thank you and goodbye to several, including Ann Frey, Greg Shea, Gordon Brigham, Jim Pierce, Claudia Adams, Alison Harris, Ed Harris, Mike Feldman, Joe Palma, Carol Aderman, Amy Berube, Chris Perry, Jeanne Mayo, Lennie Burke, the late Bob Davis, the late Deane Lanphear and oh so many more who have left their mark on the organization.

And you can't talk about the history of People Plus without mentioning Sig Knudsen. The former executive director, who very sadly passed away in 2010, was known as a wonderfully kind and generous man who always tried to care for those in need. After he passed there were several interim directors including Suzi Benoit, Susan Cole, and Jim Pierce, all of whom kept this organization afloat during some really dark days with very low funding and very

little money.

So when I joined the organization in October 2011, we were overcoming a lot of barriers — both financially and emotionally. The staff at that time included Frank Connors, Betsy White, Jordan Cardone, Kathy Muench, Joanne Rosenthal, Dottie Moody and Jill Victor. We had about eight volunteer front desk receptionists, a few volunteers up in the Teen Center, and Wilma Sarna, who came in to do most of Frank's busy work on a regular basis. We had about 450 members and about 15 classes a month.

Fast forward nine years and we have more than 1,000 members, over a hundred classes and activities a month, many of the same staff members and loads of teens in their own program. It's been so gratifying to partner with the town, the community and the membership to create a financially stable nonprofit that cares for both homebound elders and seniors who come to the Center.

Yet, despite all the successes, it has been a very different Center during these last seven months of the pandemic. I couldn't have done it without our amazing staff. The ladies (and Patrick and Frank!) all rallied together to contribute where they could and we have kept the Center going in ways we never imagined. We became a closer knit team and we rely upon each other to serve this community of seniors and teens.

It has been an amazing experience. So it was especially touching this month to get a surprise shout-out from the staff for national "Boss's Day." I don't really feel like I'm anyone's boss because this feels so much like a little family team working here all together, but it was really lovely to receive a little bag of goodies, which included a bottle of Italian wine and some handmade soaps. Plus a lovely card signed by the staff. It made me weepy ...

It was validating and gratifying but mostly humbling to know that I am part of such a lovely thoughtful team of people. And I feel so incredibly grateful to work with all of these wonderful folks doing the good

## From the Executive Director

Stacy Frizzle-Edgerton



deeds that we do every day to help improve the lives of seniors and teenagers! They are definitely our most vulnerable populations and it's an enormous honor to come to work every day.

So I look forward to what the next 12 months hold. They will be difficult days I'm sure, but also fulfilling.

As we all crave the normalcy of what our lives were like at this time a year ago, we can only move forward. Day by day doing the best we can to stay healthy and safe while we keep all of our friends, family and People Plus members safe as well.

By the time I'm writing this column next year celebrating my 10th anniversary at People Plus, I sure hope these days of the COVID-19 virus pandemic are behind us.

So I'd like to thank each of you for supporting me over the last nine years. I am incredibly thankful for my People Plus family of staff, board and members. You are lovely, wonderful people and I deeply cherish this time in my life because I get to spend it with all of you!

So come see me and we will reminisce about the last nine years, remembering the good times, the people we've loved and lost and the memories we've made — down at People Plus, the Center That Builds Community!

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

## From Anita's Plate

Anita Nugent  
(207) 504-6439



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

I want to share a story about one of my clients. His insurance did not cover any visits with me, but he wanted to lower his hemoglobin A1C. So he set up an appointment, and then he took steps to improve his results.

A1C is a three-month average of glucose. Normal range is less than 5.7

## Taking steps to prevent diabetes

percent, while pre-diabetes range is 5.7 to 6.4 percent, and a result of 6.5 percent or higher is a diagnosis of diabetes.

I asked him to contact me after his next test in three months. A total of 1.4 million Americans are diagnosed with diabetes each year. Wouldn't it be great for individuals who are at risk of diabetes to take steps to prevent or delay diabetes.

Just last week I received an email from him letting me know that he had lost nine pounds and dropped his A1C significantly, and it was now almost in the normal range. He was confident that in three more months he would have it in the normal range!

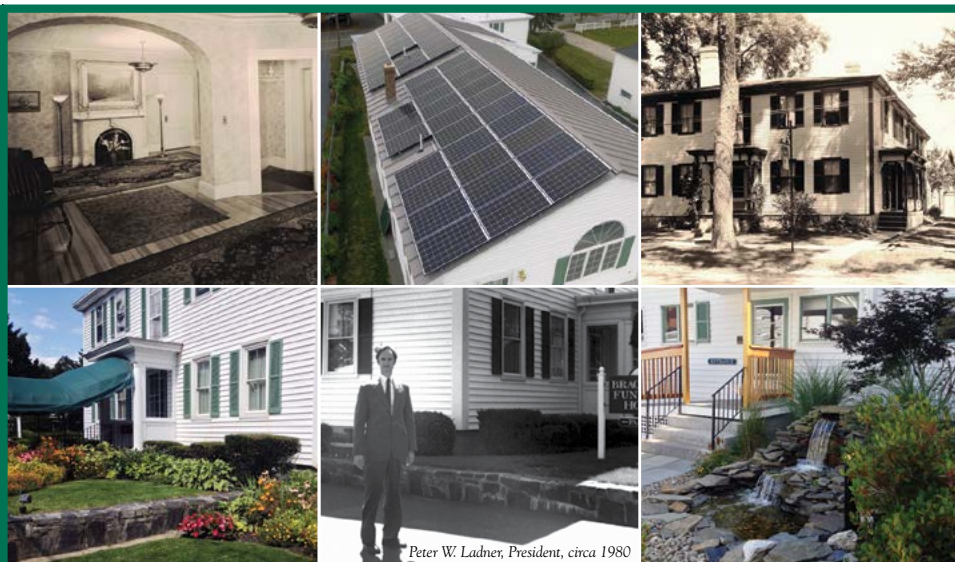
I also want to share with you the dessert



that I made for my daughter's birthday. I made waffle fruit tacos. Waffles with fresh fruit, then drizzled with chocolate hummus and topped with whipped cream. They were a big hit!

## Leftover Thanksgiving Quesadilla

- |   |   |
|---|---|
| <b>Ingredients:</b>   | <b>Instructions:</b>  |
| <ul style="list-style-type: none"> <li>• 4 whole wheat wraps</li> <li>• 1 C mashed squash</li> <li>• 1/2 C cranberry sauce</li> <li>• 2 C turkey breast</li> <li>• 1 C shredded cheese</li> </ul> | <ol style="list-style-type: none"> <li>1. Spray a large skillet with olive oil and heat over medium heat.</li> <li>2. Spread the squash on the wrap, then the cranberry sauce. Add the turkey and cheese. Fold in half and grill for about 5 minutes on each side.</li> </ol> |



Peter W. Ladner, President, circa 1980

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## Pens & Paintbrushes

# LEARN TO DRAW with Connie Bailey



**THERE ARE LOTS OF WAYS TO LEARN TO DRAW** here at the Center! You can either join Connie Bailey's class in person on Thursdays or watch all of her lessons on video in the comfort of your home for free! We are so fortunate to be able to record Connie's class every week to air & share on our Vimeo page. You, too, could become a master artist in your own time. Or at least learn how to draw a lot better than you do now! For more information on taking Connie's art class or any other classes here at the Center, check our website at [www.PeoplePlusmaine.org](http://www.PeoplePlusmaine.org).

**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. Members only. Class size is limited and masks are required. Registration is required and payment is via punch card (\$5/class).

### Remember Brunswick in November *By Charlotte Hart*

Do you remember Brunswick in November in nineteen fifty-seven? I DO. Most say, "That is before my time.!" Well, I'll paint an image FOR YOU. Brunswick High School was then quite new at the corner of SPRING and MCKEEN. Students were from Topsham, Harpswell, the Islands, Brunswick. Principal Tonon ran the tightest ship EVER SEEN. Was there a place to go "out to eat?" One — I remember it WELL. Dining room, linen, china, crystal — in the lovely EAGLE HOTEL. Next to that hotel one could travel — buy a ticket, hop on a TRAIN! One way or round-trip was so easy — to ride the frequent CENTRAL MAINE. Just one restaurant? No there were two or three and more as BRUNSWICK GREW. Shore dinner \$3.50 a really good price for lobster, steamed clams ET al. Cook's Lobster House on Bailey Island was then QUITE NEW. How many doctors kept Brunswick healthy? Bachrach, Bettle, Weaver — that's THREE. Hospital? Wooden Skolfield House, corner of Cumberland and Union. Bones were set. Babies' first cries brought joy with DELIVERY. Train round-trip? Where do you want to go? Rockland? Bangor? New York? Boston? REVERE? Where in the world do I want to go? Round-trip to Brunswick! BACK HERE!

### Trick or Treat! *By Doris Weinberg*

Imagine me with bright red hair in bangs and two long tails. I chose this silly attire last Halloween and received laughs for the funny details.

I ordered the outfit from Amazon because one size would fit all. I remember I caused a sensation when I showed up in this creation.

The costume came with a polka dot dress and big dotted shoes for my feet. When all decked out, I was a lady clown and ready to meet and greet!

I could hear the comments as I went down the hall, because no one recognized me. With all the hair and make-up too, I was a delight to see!

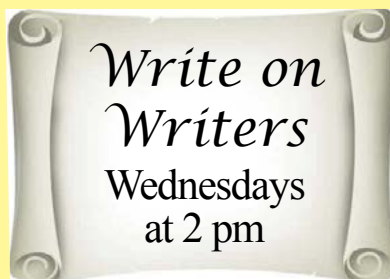


I posed for all the cameras while everyone watched and tried to guess. The red hair really changed me and I held out my very full dress.

My thought was to add some fun since Halloween is enjoyed by all. I was a smashing success that day, there were lots of laughs, as I recall.

A year has now gone by, but that holiday will not be the same. We are all under a strict quarantine, must stay apart with no "trick or treat" game.

Maybe I should don the costume again to lighten up the depressed mood here. And maybe, just maybe, my silly outfit will bring back smiles and cheer!



### Thanksgiving 2020

*By Betty Bavor*

"Over the hill and through the woods, to grandmother's house we go." Maybe not this year, as the pandemic, hurricanes, floods and fires continue to devastate America — when will we have relief?

We tend to be sentimental about our past, especially the 60-plus-year-old generation. Let's search for some joy and gratitude as we celebrate Thanksgiving 2020. Children and grandchildren are proud to help senior family members with technology, enabling communication and seeing each other together on the many online sites. Email, snail mail is also pleasant, and a phone visit to hear a voice is a special treat.

The Thanksgiving tradition during my teenage years was a morning football game. As the high school drum majorette, I led the band in the half-time show. After the game, a win was great but a loss had little affect on the day's remembrance. Thanksgiving dinner was special as we talked about our blessings and gave thanks to God.

Maybe this year some historic trivia is appropriate. Four hundred years ago, a tradition began with a three-day Festival of Thanksgiving in Plymouth, Massachusetts. The Native American Wampanoag people taught the Pilgrims to grow their own food and the successful first year's harvest needed to be celebrated. It was a tribal social feast with interaction between the Wampanoag and English people.\*

George Washington proclaimed the first nationwide Thanksgiving celebration in America, marking Nov. 26, 1789, as a day of public thanksgiving and prayer.\* Abraham Lincoln, with Sarah Josepha Hale's help, made the final Thursday in November, Thanksgiving Day in 1863.\* The fourth Thursday of November was signed into law by Franklin D. Roosevelt in 1939 to celebrate Thanksgiving every year.\*

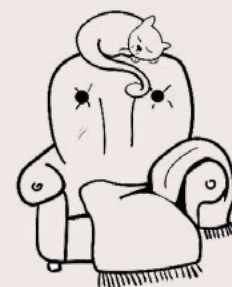
This year, we will be happy making that traditional special holiday recipe, stuff and roast a turkey, share the harvest around a festive table. Whoever is with you, family — friend, tell a Thanksgiving experience you had in past years. Refrain from negative words and make a joy list. Look at what you have and what you can do in your daily life. Play a game, sing a song, and dance.

May we be filled with prayerful gratitude, hope, love, peace, faith and trust in God.

\* Wikipedia

### I've Been Thinking

*By Nonie Moody*



I've been thinking for some time That this household needs a cat. Not an expensive feline But a house cat that fits on my lap.

I had Popcorn for ten years A pretty white miniature poodle. Then grandchildren arrived and Daughter's dog, Nola, was likable.

Presently without a creature and Only the playful chipmunk outside. There are hamsters and pretty birds But these have their downsides.

I want something soft and furry That will make the evenings fade. And agreeable with the spouse For the cat will last a decade.

A cat will have its duties To rid the yard of mice and voles. An added safety to the home Bringing the moles under control.

I'm still thinking of a likable one That has been handled with care. Visioning two soft warm eyes Purring quietly on the armchair.

### The End of Autumn

*By Sally Hartikka*

Fall is over, it would seem.  
The sunny days, the colorful leaves  
Have turned dull.  
The trees and ground are dingy brown,  
The last few leaves have just come down.  
The sky's no longer blue, now gray.  
Do you think it might snow today?

### Childhood on a Fall Saturday

*By Sally Hartikka*

I help Dad rake the leaves into piles  
And can't help jumping into the mounds,  
Scattering them about. Re-raking leaves.  
We burn them at the edge of the street;  
The smell of them burning  
Is pungent, yet sweet.

In the distance, we hear cheering,  
The roar of a distant football game.  
Bowdoin is playing Maine.  
One side must have scored ...  
Or perhaps they haven't;  
Wonder what's on the scoreboard?

It's time to put up storm windows,  
And I help carry them outside.  
Dad in turn helps me carve the pumpkin,  
Giving the jack-o-lantern an evil grin.  
The smell of spiced cider enticing,  
Irresistible, time to go in.



### September & October

*By Russ Kinne*

I think September and October are the greatest months of all. The high-heat days are over, and you can do all sorts of outdoor activity without sweating quarts. I don't see how people can play tennis in August! But some do; they must be stronger than me. More dedicated, that's for sure.

And the days are getting shorter, so sunsets come at a more convenient time, and sunrises do too — if you're into getting up early. That is an awesome time of day that most people miss.

Astronomers have longer nights to observe things, lawns grow more slowly, gardens require lots less care, and things in general seem easier and gentler. Or is that just me? I'll take it, whatever it is.

And football games are — or at least used to be — starting up again. What fun times! Cool, crisp air, which the players welcome gratefully. The stands are full of fun-loving folk, waving banners and cheering lustily, perhaps for the pretty girls with big chrysanthemums pinned to their coats. Fun times, no matter who wins. And then, of course, social gatherings everywhere. I've heard the phrase "football parties and cocktail games" more than once. Goes with the season.

The hunting seasons will start soon, and hunters will be hiking around scouting territories, and sighting in their guns. As kids we did quite a lot of that, but never went to Halloween parties — since the upland bird season started the next day and we'd be getting up at 3-4 in the morning. First things first!

# Nourishing November at People Plus!!



*Physically Distanced  
- Socially Connected!*

**IT WAS GREAT TO SEE ALL THE LADIES** in October for our first-ever Women's Coffee Break! As an alternative option our traditional Women's Breakfast, the ladies gathered in the parking lot outside in the beautiful sunshine to celebrate being together for the first time since March. We were happy to serve donuts from Rocky Ridge Orchard, along with fresh-pressed apple cider or hot coffee. The ladies had a wonderful time, followed all the protocols and enjoyed their visit immensely. We can't wait to see them back again outside on Nov. 5!

## Free Zoom Tutoring Wednesdays. Members only.

Keeping up with today's technology can be a challenge, but it is also fun and rewarding to learn new things. So People Plus is offering free 30-minute Zoom training sessions at the Center.

These training sessions are being offered by Jasmine Giffin, who is 17 and a senior at Mt. Ararat High School in Topsham. The Zoom instruction is part of her Senior Capstone Community Project, where seniors learn a skill during their last year of high school while giving back to the community.



Jasmine, who grew up in Lisbon, said, "My idea is to work with senior citizens at People Plus by helping with the Meals on Wheels program and teaching technology, specifically the Zoom application. With the changing times of COVID, support can be hard. But I'd love to help with technology, so I am offering 30-minute training sessions for free at the Center."

Jasmine is a registered CNA and she plans on going to Franklin Pierce University in New Hampshire next school year to get her master's in health sciences.

"Helping with People Plus will be beneficial to me because I enjoy connecting with seniors and I plan to be a nurse practitioner and focus on senior health in my future career," said Jasmine.

Register for activities @729-0757

## FREE Zumba via Zoom

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

## Center Clubs – free for members

### Outing Club

**Wednesdays, 9 am.** Meets at the Center for a ride or hike each week (some walk, some ride so all are welcome). Members only, registration & masks required.

### Write on Writers

**Wednesdays, 2 pm.** Sit socially distanced to share recent poems and stories. Space limited, members only, registration & masks required.

### Apple Club

**Thu, Nov. 12, 1 pm.** Bring your Apple device (iPhone, iPad) and your questions! We'll help with the answers. Members only, registration & masks required.

## 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, touch-screens, and other high-touch surfaces.
- Our HVAC system has been upgraded with a new HEPA filtration system and increased mixture of outside air.

## Hair Cuts with Margarita!

**Fridays, 9-12 pm.** Appointments with Margarita Day (no drop-ins). \$10 donation benefits People Plus. Open to the public! Registration & masks required, must follow building safety protocols. Call 729-0757.



## Yoga Twice a Week!

Leslie is back and offering yoga at the Center on Thursdays at 11:30 am. This is in addition to Ann's class on Tuesdays at 10:30 am. Class size is limited to accommodate 14-foot spacing. Members only, registration required, masks required for check-in and recommended for class, pay via punch card (\$5/class).



# We're Inside!

## 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 class size is limited. Members only, masks required, registration required, payment via punch card (\$5/class). Please check the calendar for dates and times.

## Good Eats – Good Friends!

(Dress for the weather — we'll be outside!)

**Women's "Coffee Break" Outside**  
**Thu, Nov 5, 10 am.** Enjoy coffee, hot cider, and muffins while socializing with the ladies. Members only, limited space. Registration and masks required.

**Men's "Coffee Break" Outside**  
**Thu, Nov 12, 10 am.** Enjoy coffee, hot cider, and muffins while socializing with the gents. Members only, limited space. Registration and masks required.



## "Lunch Bunch On Us" Outside

**Thu, Nov 19, 12 noon.** (Rain date Nov. 20) Join us for lunch on us. Enjoy a cup of hot soup and crusty bread with drinks and dessert served up at noon at the Center. Members only, registration and masks required. 25 people max. Don't miss it!

## Bridge Online Together!


**Tues & Thurs, 9:30 – 11:30 am.** Bring your own device or sign up to use one of our computers to play bridge online while in the company of others using the app TricksterCards.com. We'll show you how to get in if you need help. We will use the Teen Center and space is limited. Members only. Masks are required. Registration is required. Don't want to come to the Center? Let us know if you want to join the online bridge group from home.

## Book Club?

A member is interested in starting a traditional book club at People Plus. Would you be interested? Contact Jill Ellis at programming@peopleplusmaine.org or 729-0757.

Sun	Mon	Tue	Wed	Thu	Fri
<b>1</b> 9:00 Grace Reformed Baptist Church	<b>2</b> 9:00 Loosen Up 10:30 Zumba via Zoom	 <b>3</b> 9:00 Chair Yoga 9:30 Online Bridge Together 10:30 Yoga 3:00pm Spanish Club via Zoom	<b>4</b> 9:00 Zoom Tutoring 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>5</b> 9:30 Online Bridge Together 10:00 Art with Connie <b>10:00 Women's Coffee Break Outside</b> 11:30 Yoga with Leslie	<b>6</b> 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qigong
<b>8</b> 9:00 Grace Reformed Baptist Church	<b>9</b> 9:00 Loosen Up 10:30 Zumba via Zoom 7:00pm Civil War Book Club	<b>10</b> <b>Senior Health Expo "At Home"</b> 9:00 Chair Yoga 9:30 Online Bridge Together 10:30 Yoga 3:00pm German Club via Zoom	<b>11</b> <b>Center Closed</b> 	<b>12</b> 9:30 Online Bridge Together 10:00 Art with Connie <b>10:00 Men's Coffee Outside</b> 11:30 Yoga with Leslie 1:00pm Apple Club	<b>13</b> 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qigong
<b>15</b> 9:00 Grace Reformed Baptist Church	<b>16</b> 9:00 Loosen Up 10:30 Zumba via Zoom	<b>17</b> 9:00 Chair Yoga 9:30 Online Bridge Together 10:30 Yoga	<b>18</b> 9:00 Zoom Tutoring 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>19</b> 9:30 Online Bridge Together 10:00 Art with Connie 11:30 Yoga with Leslie <b>12:00pm Lunch Bunch On Us Outside</b>	<b>20</b> 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qigong
<b>22</b> 9:00 Grace Reformed Baptist Church	<b>23</b> 9:00 Loosen Up 10:30 Zumba via Zoom	<b>24</b> 9:00 Chair Yoga 9:30 Online Bridge Together 10:30 Yoga 3:00pm French Club via Zoom	<b>25</b>  <b>26</b> <b>Center Closed for Holiday Break Nov. 25, 26, 27</b> <b>27</b>		
<b>29</b> 9:00 Grace Reformed Baptist Church	<b>30</b> 9:00 Loosen Up 10:30 Zumba via Zoom				

### Remember in November...

**November 1:** Daylight Savings time ends at 2 am on Nov 1.  Set your clocks **BACK** one hour before going to bed tonight.

**November 3:** Election day!

**November 11:** Center closed for Veterans Day

**November 25-27:** Center closed for Thanksgiving holiday break. Have a safe and happy holiday!

## It's back! Red wheelbarrow signals start of food drive

Here's the deal: With the colder weather, more activities are carefully taking place inside the Center. Despite all the changes taking place, there is one thing that hasn't been altered — the return of the little red wheelbarrow!

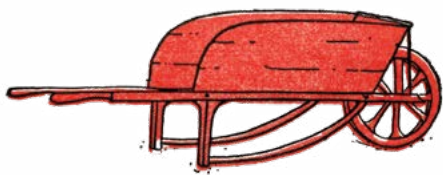
Yes, the annual campaign is underway to collect non-perishable food for the Mid Coast Hunger Prevention Program, this being the 12th edition of such a worthy cause.

Please place your donations in the red wheelbarrow located near the lobby. People Plus collects the items for MCHPP and delivers them in bulk every week. Brunswick's nonprofit community food bank lists canned soups, fruits and vegetables, peanut butter, and baked beans as items that are in constant need, and people wanting to donate money directly to

MCHPP may do so, as well.

Final figures from last year's event revealed that the total pounds of food collected were 1,024, surpassing the 1,000-pound goal. A total of 910 items were brought to the Center, along with \$50 in donations. Included in the figures was longtime staffer and member Frank Connors' pop-up "campfire" event that collected 264 pieces of food.


"There is certainly a need to help others, and we greatly appreciate the donated items from everyone," said Sarah Deck, office coordinator at People Plus and an organizer



of the food drive. "The issue of hunger is of real concern, so anything we can do to help others is greatly welcomed."

The upcoming holiday seasons occurring in November and December also increase the need for items like boxed instant potatoes, cranberry sauces, and canned gravy. Boxed "helper" mixes, both hamburger and tuna, are also useful to help fill anticipated holiday wishes.

So please help us fill up the little red wheelbarrow over and over again. The more trips to MCHPP we make, the better. And in advance, thank you very much for your donations!



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## Togetherness



### Thankful For Each Other

The crisp autumn air of Thanksgiving reminds us that in spite of our new COVID ways of living, there is one thing that remains the same: Gratitude. Here at The McLellan, we are so thankful for our small, healthy, safe community. Where looking out for each other comes naturally. Where a reached out hand leads to a hug. "Live better" together, with us here at The McLellan. 19 creatively designed senior residences with the opportunity for age-in-place care of your choice.

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**WHAT A VIEW!** The People Plus Outing Club meets at 9 am every Wednesday from the Center. Some of the group's participants go hiking and the others go for a bike ride. One Wednesday this month the hikers went to Bradbury Mountain, where they climbed for a vista view of the mountains and lakes surrounding Freeport. It was a gorgeous morning and the group had a great time. If you are interested in either hiking or biking with our free Outing Club, please contact Sarah at the Center at 729-0757!



**IT WAS AN HONOR** for Stacy and Jonathan to serve dinner to the Hermans family last month. Longtime member George Hermans brought tickets for the September raffle – dinner with the Gentleman Farmer in Maine – in honor of his late wife Merry's passing. And he won!

George was joined at the Mossy Ledge Farm by his daughter Linda, who looks just like her mother, and his granddaughter Wendy (right) as well as the rest of the family (top). It was a lovely evening filled with shared memories and stories of Merry.



## *Gone but not forgotten – Memorial Donation in Memory of*

**Charles Booth**

*Feb. 21, 1923 – Sept. 17, 2020*

**Elaine Mower**

*Feb. 24, 1940 – Sept. 21, 2020*

**Shirley Schuster**

*Dec. 15, 1932 – Oct. 1, 2020*

**William Finneran**

*April 10, 1941 – Oct. 7, 2020*

**Joseph Haas**

*May 7, 1947 – Oct. 10, 2020*

**Frank Goodwin**

*Mar. 7, 1938 – Oct. 17, 2020*



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# Meet new board members Jim Burbine & Christine Corriveau!



After a lengthy career as a distribution executive in the publishing industry, **Jim Burbine** and his wife, Jean, recently retired to Harpswell.

Earlier this year, Jim became a VTN driver. He had always wanted to give back to the senior population and local community after retiring. "The VTN work has been very rewarding," said Jim.

He was honored to be approached with the board opportunity and looks forward to working with the members and board colleagues in strengthening and supporting the fine work of the Center.

Jim is also a volunteer and community steward for the Harpswell Heritage Land Trust. Jim and Jean have two daughters, Jacqueline and Kelley, and two golden retrievers, Bailey and Bentley.



**Christine Corriveau** is a resident of Orr's Island.

Her professional career was as a registered nurse, spanning a total of 45 years, working in Home Health most of the time. Christine was a visiting nurse in Portsmouth, New Hampshire, and then she moved to Maine, working at CHANS since 1981, first in Home Health and later in Hospice Care.

She also did some volunteer work for SAD 75 in Topsham and Tedford Shelter in Brunswick over the years.

Christine retired in 2017 and began to do some VTN driving of homebound seniors for People Plus. And then she had the opportunity to join the Center's board of trustees. "It is a pleasure to work with the People Plus organization," said Christine. And we're very happy to have her!

## Guess Who?

With everyone 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 12 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](mailto:news@peopleplusmaine.org) to join the fun.



# 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. Carolyn Bulliner

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

A. Brunswick

**Q. Professional occupation?**

A. I am a retired Army Nurse Corps officer, serving for 31 years in a variety of locations in the U.S. and Europe. My best assignment was Landstuhl Army Medical Center in Germany, where I was fortunate to live for eight years during two assignments.

Initially, I worked there in the surgical intensive care unit/recovery room (1970s term for PACU) and then returned, after completing the Army War College, as the Chief Nurse/Director of Patient Services for the medical center, as well as nursing consultant for Army medical facilities in Europe.

Upon retirement, I took a job as Health Facility Planner for 13 years at the U.S. Army Health Facility Planning Agency, working for the Army Surgeon General. Traveling the world planning military hospital and health clinic renewals and replacements during the global war on terrorism (GWOT) was challenging and rewarding.

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

A. I've been on the board for three-plus years.

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

A. My father retired from the U.S. Air Force after serving for 26 years, which included being shot down while flying a B-24 in World War II, and being saved and hidden by the French Resistance. My mother was an Army nurse during World War II, serving Gen. George Patton in Verdun during the Battle of the Bulge.

I married the love of my life, Dick Bulliner, an Army MEDEVAC helicopter pilot, and had two incredible daughters who have grown up to be powerful women, spectacular mothers, and my



best friends. Dick was killed while on a MEDEVAC rescue mission in the Colorado Rockies.

So you see, service and respect for the military is in my blood. When I retired and moved to Brunswick, my vision was to find a way to serve my new community. Meeting new friends led me to the Brunswick Rotary Club, where I met Stacy. And I now find myself happily on the People Plus board.

I love my new community and now serve on our Teen

Center Advisory Committee. As a member of St Paul's Episcopal Church, I chair our Finance Committee. I serve on the Mid Coast Hospital Performance Improvement Committee and recently have become a Mid Coast Hospital/Maine Health Corporator, advocating for our community.

As a member of Brunswick Rotary, I recently and proudly served as president and have shepherded grants for computers for the Teen Center and a retractable awning for The Gathering Place — enhancing much needed outdoor gathering space. Recently, I have been proudly volunteering with our Brunswick Democrat Headquarters and doing phone banking for one of our local candidates.

During my spare time, I enjoy reading, gardening, biking, playing with my grandkids and traveling. My trip to the French coast with my brother to visit the towns and Resistance families who took in dad during World War II has been put on hold for the time being, as has a French country waterway wine barge trip.

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

A. Simply put, People Plus is our community treasure. I'm honored to serve on the board, which is my way of supporting and giving back to my community.

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# WATCH AT HOME!



## 2020 Senior Health Expo Exhibitors

- 211 Maine
- Access Health
- Bangor Savings Bank
- Bar Harbor Bank and Trust
- Bath-Brunswick Respite Care
- Bath Area Senior Citizens Activity Center
- Bath Housing
- Bill Dodge Auto Group
- Brackett Funeral Home
- Bridges Home Services
- Brunswick Fire Department
- Brunswick Parks & Recreation Department
- Brunswick Police Department
- Brunswick Recycling and Sustainability Committee
- Carpe Diem Tech Support
- Catholic Charities Maine SEARCH Program
- CHANS Home Health & Hospice
- Chicks do Chores, LLC
- Coastal Landing Retirement Community
- Comfortably Home
- Curtis Memorial Library
- Dempsey Center
- Dr. Bob's Family Dentistry
- Everyday Nutrition Associates LLC
- Good Morning Call Program
- Harpwell Aging at Home
- Healthy Living for ME
- Law Office of N. Seth Levy
- LymeTV
- Maine Senior Guide.com
- Mary's Affordable Hearing Aids
- Merrymeeting Bay Triad
- Merrymeeting Gleaners
- Mid Coast-Parkview Health
- Mid Coast Center for Community Health & Wellness
- Mid Coast Hospital
- Mid Coast Hunger Prevention Program
- Mid Coast Medical Group
- Midcoast Senior College
- Mid Coast Senior Health Center
- Northern New England Poison Center
- Norway Savings Bank
- People Plus
- Plant Memorial Home
- Project Lifesaver Program
- Reform Physical Therapy
- Riley Insurance Agency
- Sexual Assault Support Services of Midcoast Maine (SASSMM)
- Spectrum Generations
- Stetson's Funeral Home
- The Gathering Place
- The Highlands
- The Times Record
- Topsham Dental Arts
- United Way of Mid Coast Maine
- Volunteer Transportation Network (VTN)
- Write On Writers

## THURSDAY, NOV. 10, 2020

The *People Plus Senior Health Expo* is a premier event in our community; providing a link to local and regional resources for older adults.

**FITNESS & HEALTH | TECHNOLOGY | MEDICAL SERVICES  
HOUSING & RESPITE CARE | LEGAL SERVICES | INSURANCE  
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### FREE EVENTS NOT TO MISS!

Facebook Live sponsor events on Nov. 10th, visit the PeoplePlusMaine page to watch!

Video submissions launched on People Plus website, then hosted for one year thereafter

Expo Supplement in Times Record on Nov. 6 and available in the Mid Coast community

## Thank You 2020 Partners & Sponsors!



MID COAST-PARKVIEW HEALTH



(This Expo preview is accurate as of the date of printing.)





**Senior Health Expo continued from page 1**

the Expo is the perfect place to do it. And with seniors staying at home this year, connecting them with needed services is even more important.”

This premier event connecting businesses and services with older adults will include live Facebook events all day and video submissions launched on the People Plus website, then hosted for one year thereafter. All this is available to attendees from the safety and comfort of their own homes.

Maine has the highest percentage of older adults in the nation, and the Midcoast is where this population is growing the fastest. The Health Expo brings together a variety of resources for this increasingly important segment of our community. Learn the latest in the areas of medical services, fitness and health, technology, legal,

community services, housing/respite care, and finance.

“Even this online ‘At Home’ showcase is triggering a lot of interest from sponsors and people looking forward to viewing it,” said Jill Ellis, People Plus Programming Coordinator and a key organizer of the event. “There will be a ton of information for folks.”

Last year’s event at the Rec Center featured 80 vendors and was attended by more than 600 people. So it’s a good deal — whether it’s “live” or online!

A Health Expo supplement will appear in the Friday, Nov. 6 edition of The Times Record. Visit [www.peopleplusmaine.org](http://www.peopleplusmaine.org) for more information or call the Center at 729-0757.

\*Expo photos from previous years.



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Brunswick Area Teen Center

# Kids are doing great; plenty to be thankful for



We have been open about a month now and things have gone really well! We have the check-in process down and the kids have been great about mask wearing while they are in the Teen Center. They often arrive without one, but we've got that covered as well!

The most frequent reminder we find ourselves saying is "too close, spread out" and we have three sets of siblings who attend, so it gets tricky since they live in the same house and claim exemption to this rule.

Talking, video games, and eating are the favorites as usual, and less computer/internet time since they are on computers most of the week for school these days.

Last month, people were wondering about Halloween (they still are as I write this!) and the kids are trying to figure out if Brunswick and

Topsham have canceled "trick or treating." The conversation though has already moved on to the upcoming holidays, Thanksgiving and December!

We are headed into a hard time. I so don't want to, but we have to turn our clocks back bringing darkness earlier than we would like, the weather is getting colder, and people are feeling "quarantine fatigue" or "COVID-19 fatigue." As we are warned in the news about having holiday gatherings as usual, it will be tempting to let our guard down, but we can't and shouldn't do it.

We still have much to be thankful for this holiday season, probably more so than past years because we're becoming thankful for many things we never felt were really "special" before, like finding what you need in the grocery store, being outdoors, getting a phone call or getting home and being able to take your mask off.

I do think these nine months living with the coronavirus has made a lot of us feel differently about life in one way or another. This is true for any age and we see it in the teens as well. When there is

## Teen Center News

Jordan Cardone



little to do, the things they can do become more important to them — thus the great compliance with our new COVID-19 etiquette in order to attend the Teen Center!

I can't end this month without thanking everyone who has responded to this year's Back to School fundraising letter! In the past eight weeks, more than \$11,000 has come in to support the teen program. We are very thankful for this!

Thanksgiving 2020 will be one we will all remember. Whether you have dinner by Zoom with family or with members of your household or alone (but we're all together in this!), enjoy and remember all the many things we still have to be thankful for!

Jordan and the gang



ASSISTANT COORDINATOR KIM TOTTON IS ON THE READY to check in all the kids at the Teen Center. Following all COVID-19 pandemic protocols, the program has limited capacity so please call to reserve your spot at 721-0754.

### 'Tis the Season for Giving!

People Plus is collecting donations for:

- MCHPP Food Drive (non perishable items, through December)

Select **People Plus** at **smile.amazon.com** and Amazon donates 0.5% of the price of your eligible AmazonSmile purchases.

### PEOPLE PLUS COMMUNITY BOARD

Brunswick - F seeks M/F to share large home close to Cook's Corner and Bowdoin. Person gets 2 bedrooms, full personal bath plus use of other parts of home. Washer/dryer, garage, large deck and utilities included. \$650. 725-1266

Items to sell? Services to offer or request? Advertise in these classifieds. Cost is only \$10 per inch, per month, paid in advance. Call 729-0757

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**LOOK AT ALL THESE GUYS AT THE CENTER!** Can you believe Gordon Brigham is wearing shorts? That's what happens when you bring them together for the first-ever coffee and donuts here at People Plus! As a COVID friendly alternative to Men's Breakfast, the regular men's group gathered outside in the parking lot for hot coffee, cider and donuts. They even wore their masks — most of the time! It was lovely to see all their happy faces and they were so ecstatic to see each other. Join us next month on Nov. 12 outside at the Center!

**Annual Fund continued from page 1**

supplied. Thanks to everyone who has already donated!"  
"With the launch of the annual campaign, it's always astounding to see in the letter we share with members and donors the level of impact People Plus has in the community," said David Forkey, Chairman of the Board. "Every donation, every volunteer hour has a lasting effect and I am so thankful and encouraged by this amazing support. We thank you in advance for considering a donation."  
People Plus receives grants and participates in other fundraisers to help reach its funding goals. The annual fund campaign is one of

the biggest areas of income, while Music in April, the spring fundraiser that was canceled earlier this year, is the second largest source of income, followed next by membership fees.  
With new tax laws, people can give very generously through stock or IRA savings accounts to help support the Center.  
According to Office Manager Betsy White, contributions totaling \$14,441 have been made thus far toward the annual fund, with an additional \$845 in membership donations.  
Visit [www.peopleplusmaine.org](http://www.peopleplusmaine.org) for more information or call People Plus at 729-0757. And thank you to each of you who have donated and to all of those who still plan to!

### Brunswick police 'on duty' with Project Lifesaver

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 looking for 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.

# 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, Norway Savings Bank, United Way of Mid Coast Maine** and **Spectrum Generations**, who help keep the program growing!



# 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.



Good Morning Program volunteer Jack Rhode listens to messages at the Brunswick PD.

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



**NEWLY APPOINTED MEMBER OF THE PEOPLE PLUS BOARD, CHRIS CORRIVEAU** is seen here giving a ride to Brunswick resident Dottie Moody. As a longtime member of People Plus and former employee, Dottie is a very active participant in many of the programs at People Plus and recently had knee replacement surgery, so getting a ride is really helpful.

### When you are contemplating a move...

to a Retirement Community, enjoy a visit to COASTAL LANDING in Brunswick to see all we offer in independent retirement living (assisted living available). Included in your monthly rent:

- \* Choice of two meals daily
- \* Activities and Social Events
- \* Light Housekeeping
- \* Private Bathroom & Kitchenette
- \* Other services available for a reasonable monthly fee.
- \* Scheduled Local Transportation
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Find your way to  
142 Neptune Drive  
Brunswick, ME  
837-6560  
[www.coastallanding.com](http://www.coastallanding.com)

**COASTAL LANDING**  
RETIREMENT COMMUNITY

Interested in Learning from Other Caregivers?  
Do You Experience Frustration or Guilt and Need a Safe Space to Process?  
Feeling Isolated or 'Burnt-Out' as a Caregiver?

### Alzheimer's/Dementia Caregiver Support Groups

*This group is designed for caregivers who are needing resources, education and emotional support.*

**Join Us Each Month, Call Ahead for Possible Time Changes**  
When: 1st Tuesday of Every Month • 10:00 a.m. - 11:15 a.m. *Call for Details*  
In Person: 2nd Thursday of Each Month • 9:30 a.m. - 11:15 a.m.  
at Bath United Methodist Church, 340 Oak Ave., Bath

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

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

## 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

- 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.berrieopticians.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

### TECHNOLOGY

- Carpe Diem Tech Support**, John Fischer  
Help with PC & Mac. \$25/hour for members (that's 1/2 off regular price)  
522-1238, www.carpediem-me.net  
john@carpediem-me.net

\*Benefits subject to change



*We miss you  
at the Center!  
Remembering  
Thanksgiving  
together ...*



## 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@peopleplasmaine.org or leave a message at 729-0757 and Jill can add your email address to the list!



*Continued from  
"Guess Who?"  
on page 7.*

Answer: Wanda Barlag

People

**Plus!**  
**PEOPLE PLUS MEMBERSHIP APPLICATION** Date \_\_\_\_\_  
 PO Box 766 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757 • www.peopleplasmaine.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.

**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)

Cash/Check (Payable to People Plus)

Membership Dues: \$ \_\_\_\_\_

Additional Donation\*: \$ \_\_\_\_\_  
 (\*donations above membership dues are tax deductible)

Total: \$ \_\_\_\_\_

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

OFFICE USE:  Accounting  Data  Membership Card Sent

**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



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](http://www.spectrumgenerations.org)

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

# Monthly Update

November 2020

All Spectrum Generations' locations will be closed on Wednesday, November 11, in observance of Veterans Day. We will also be closed on Thursday, November 26 and Friday, November 27, for Thanksgiving.



## National Diabetes Month

### ← steps to prevention

#### 7 Key Steps to Diabetes Prevention

- Be more active.
- Eat fiber-rich foods.
- Eat whole grains.
- Lose weight.
- Make healthier choices.
- Don't Smoke.
- Drink in Moderation.

In November, National Diabetes Month focuses attention on the growing cost of diabetes on American's health. From the physical, emotional and social effects to financial and damaging health, diabetes impacts more than 30 million people in the United States. Also known as American Diabetes Month, the month focus on making healthy changes and reducing the risk of type 2 diabetes.

When we make small changes, we are more likely to stick when them. So, add one or two small changes at a time, instead of huge sweeping changes.

### Medicare → Open Enrollment

Need help with Medicare? Spectrum Generations' Aging & Disability Resource Counselors can help you understand your options and help you choose which plan is right for you. If you live in the Brunswick, Harpswell, or Sagadahoc county area, call (207) 729-0757 to schedule an appointment with one of our counselors via ZOOM.

If you live outside of those areas, call Spectrum Generations' Consumer Helpline at 1-800-639-1553 to find the center closest to you.

### Healthy Living for ME ← Health at home

Do you want to feel better, increase your quality of life, or improve your experience with healthcare providers?

You can now take Living Well for Better Health at home and it's free!

This program is run by peer leaders who understand just how challenging it can be to make their own health and wellness a priority. Throughout this six session series, that has been proven to promote health and prevent disease, you'll learn how to boost your energy, improve mood and decrease fatigue.

Slow internet, no computer or only have a small phone screen? No problem! Our new tablet loaning program is launching in January 2021 – Just in time for the start of this workshop on February 3.

If you're interested or are looking for more information, contact our Healthy Living Coordinator at (207) 620-1642 or visit our website at [www.healthylivingforme.org](http://www.healthylivingforme.org).

## Cold Weather Reimbursement



The winter months are tricky to navigate for anyone, but the group of people who faces the most difficulty is unquestionably older adults, as they are very susceptible to slipping and falling. If you are helping someone who is experiencing memory loss, you should check out this opportunity to have some of the costs involved with preparing for colder weather reimbursed.

Spectrum Generations is here to help you prepare and be pro-active, so you will be ready for the first cold spell. We can help you get reimbursed for services such as winterizing your home, leaf removal, snow removal, gutter maintenance, and gutter installation.

For more information or to see if you qualify, please contact Molly at 1.800.639.1553.

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



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

## Club Corner – Write On Writers



**THE WRITE ON WRITERS GROUP IS A FUN AND CREATIVE COLLABORATION** of lots of the great writers at People Plus. A group that consists of members only, they gather on Wednesdays at 2 pm to share poetry, creative writing, and prose. With a new book coming out this month, the Write On Writers are not only published but they are ranked on the New York Times bestseller's list! For more information on joining this group, call Sarah at the Center!

# The Magic of Words

## WOW members offer favorite words and phrases

Text & photos by Patrick Gabrion

While there are plenty of opportunities for involvement at People Plus, one of the more active groups is the Write On Writers. Meeting once a week, participants eagerly share their stories and poems, as well as provide praise and helpful feedback to those in attendance.

And every so often they present their wonderful creations to the Center's members and the general public, having published several books. In fact, WOW has just released a new title, *Write From the Heart*. Its 193 pages feature the works of 18 authors. Worth checking out, indeed.

Writers, whether here in Brunswick and anywhere else, love the magic of putting pen to paper — or the modern equivalent of tapping keys on a computer — to describe the world around them, such as events in their lives, a particular season that brings joy, the importance of certain holidays, the relationships with family and friends, and so much more.

Recently, members of the group were asked if they had a favorite word or phrase — or related thoughts — they would like to share. The following is what several of them had to say, or should we correctly say ... what they wrote:

"I don't think I really have one, but maybe 'nice or beautiful.' I usually try to make

someone feel good. Years ago in college down south, my roommate always said 'Hell's bells' and for a while I picked it up from her. But I haven't said that in years."  
— Doris Weinberg

"How can a writer choose just one word that tends to be a favorite? One that you use so consistently that you learn to love and savor it? I love our native language that has such a rich vocabulary; I can use so many words and really be discretionary!"  
— Sally Hartikka

"'Hope means to wait with confidence.' — taken from Warren W. Wiersbe (1929-2019), author. This is what I am doing during the current coronavirus pandemic. My own special phrase is 'Many things I did today didn't make my list.'"  
— Nonie Moody

"'Love you!' is probably my most used phrase. I use this every time I talk, text, email, or am leaving family or very close friends, and also my pets every time I leave the house. The reason I say this is because I do love them and, in case of anything unknown happens, it would be the last thing they heard from me."  
— Gladys Szabo

"Everyone has valleys in life's journey. Dwelling on the facts that cannot be changed will not help with recovery, resolve and the future. How frequently do we say, 'It could be worse!' When we look for the 'bright side,' it helps us realize better conditions and is optimistic. We need to remind ourselves of the power of science

and the healing of nature. The 'bright side' makes us feel happier and gives us faith. Let us help each other feel better, stay healthier and be focused on the 'bright side.'"  
— Betty Bavor

"One of my favorite phrases comes from Robert F. Kennedy, who said, 'Some see things as they are and say why? I dream things that never were and say why not?' These inspiring words looked toward a future where all things are possible and can be made better. RFK was a visionary who

knew people had to grab the present if they wanted to change the future. Let his words guide and influence us every day in everything we do."  
— W A Mogk

"My favorite phrase is 'Let's climb Mount Chocorua?' Why do I say that? Mount Chocorua was my ninth birthday present. I asked my dad for it. He took me and three friends up the Piper Trail and down the Weetamoo. I climbed

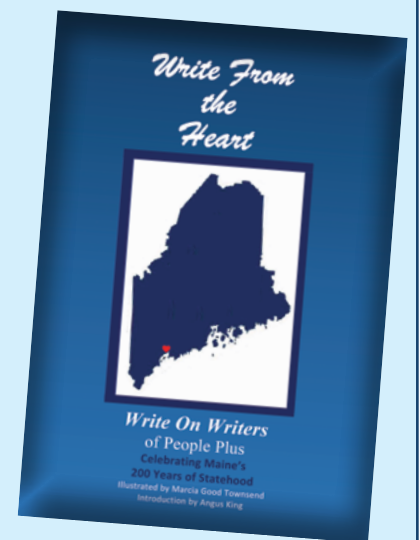
Chocorua for my next 23 birthdays. Chocorua is in New Hampshire."  
— Charlotte Josephine Bourret Hart

"Ever onward!"  
— Cecelia Hitte

We thank those from WOW for their contributions to this story and the monthly offerings that appear in the People Plus newspaper. The photos accompanying today's presentation were taken in warmer weather, when the group met outside in the Center's parking lot. Again, thank you!



## New book release!



### Words worth reading

Just in time for holiday giving — but actually good for any occasion — the new Write On Writers' book, *Write From the Heart*, is on sale now. 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*
- *Poets and Storytellers; volume II*
- *It's about Time*
- *Muses and Memories*
- *From Maine and Away*
- *Times and Seasons*
- *Journeys and Reflections*
- *Out of Our Minds*

Their new book can be ordered at the People Plus Center or on Amazon. The cost is \$14.95. Most of their previous books are also available for purchase at the Center.

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.



# At the end, I wasn't where I should have been

Every day, we are reminded of the fact that 2020 has been anything but normal. The coronavirus pandemic has turned our daily routines upside down. It has impacted almost everything we do.

How we shop for food, clothes, vehicles, toilet paper, etc. How we greet people. How we treat others. How we perform our jobs. How we travel. How we go on vacations. How we attend school. How we invite anyone into our homes. How we gather at restaurants and in church. You name it, the effects are endless.

I and my family, thank goodness, have been among the lucky ones. While the invasion of COVID-19 has certainly been an inconvenience, it — touch wood — has remained out of the sphere of those most dear to us. Unfortunately, not so for millions of other people in the U.S. and around the world.

Sure, our plans to visit Moab, Utah, this last spring had to be scrapped. And it would have been great to go to Quebec City this summer. This and that, and everything else, just wasn't and isn't going to be done this year. But that's OK; the important factors are to remain safe and healthy.

However, the bizarreness of this whole topsy-turvy world really hit me hard the

other day. You see, for a handful of reasons, but mostly because of the darn virus and its restrictions, I ended up watching the memorial Mass for my own mom as it was being streamed live on Facebook. I was a thousand miles from where I should have been.

Granted, I could have been there if I really wanted to be. But after much discussion with family members, and the obstacles that would have made things difficult, the perils of travel, etc., were just too great in our opinions. So, reluctantly, I stayed here in Maine instead of going to Michigan.

Despite all of that, I still feel like I let my mom down. All those times throughout my life, especially during my growing-up years, she was always there for me. But at the end of her time here on Earth, I couldn't be there for her. The struggle in my mind the last few weeks — of whether to go home — left me tormented and sad.

There were so many "ifs" to figure out. If I started driving, would I make it in time to see her? If I got there, would I be allowed to see her because her living facility was in lockdown? If I saw her, would she even know I was there because her health was deteriorating so fast?

At least I was comforted by the fact that

my brother and my mom's younger sister were close by, and that hospice staff and others were keeping her from suffering. It's just that I hadn't seen my mom in so long, and regrettably that wasn't a happy occasion either. It was in April 2019 for the funeral of my youngest sister, Ann.

Cancer, not COVID, took her life, and now memories of what she meant to me and the rest of our family will help us get through this tough time. We will have a memorial service sometime in the future to share and reflect on my mom's 87 years of giving and caring for those she loved and cherished throughout her life. Now both of my parents are gone, and just like the pandemic itself, it

## Simply put



Patrick Gabrion

seems very strange and quite unsettling. There was one bright moment in all this that I'd like to close with. Yes, we have lost an important family member, but three days after her passing another one was gained with the birth of my niece's son. Welcome to the family, Huxley Edward Lloyd!

### Books A La Carte

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

#### BIOGRAPHY

**The Man on The Flying Trapeze** by Simon Louwish. This is the story of the life and times of W.C. Fields. Fields started as a juggler, began adding comic bits to his act, and went on to star in vaudeville, then stage, screen, and radio. Very rich in details about Fields and the entertainment industry in the first half of the 20th century. One illustration in the book shows a vaudeville bill in the early 1900s which gives the time for each act. The entire show is precisely timed, and the artist better not go overtime, or he/she is out of a job. A very good read.

#### FICTION

**The Other Americans** (National Book Award finalist) by Laila Lalami (Pulitzer Prize finalist for *The Moor's Account*). A Moroccan immigrant is hit and killed by a car in California. The investigation of the event involves a variety of characters. Each one tells his/her version of the story. This well-written novel can be described as a combination of love story, mystery, and exploration of immigration in America.

#### MYSTERIES

Happy anniversary to *Agatha Christie* and *Hercule Poirot*. Christie's first mystery, which featured Poirot, appeared in 1920. **The Mysterious Affair at Styles** is set in the English countryside during World War I. Poirot meets an old friend, and they set out to solve a crime.

Another good Christie mystery is **Mrs. McGinty's Dead**. In the book, Poirot must save a man accused of killing his landlady. One interesting thing about this book is that it was made into a movie in 1964, but the producers changed Poirot to Miss Marple and cast Margaret Rutherford as Miss Marple. She was the most unlikely movie or TV Marple. Rutherford was big and loud, while Miss Marple is thin and quiet. Go figure.

In an interesting departure from the Inspector Sloan series, *Catherine Aird* tells the story of Thomas Harding in **A Most Contagious Game**. Harding retires due to an illness and buys a mansion. With time on his hands he begins a renovation, uncovering a priest hole which contains a skeleton. Harding learns that the skeleton belonged to a boy who was murdered in 1815. During his investigation, a woman in the nearby village is murdered. The solutions to these crimes cross each other. Much detail of English history is noted in the book.

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

WE MISS SEEING YOU AT THE CENTER!!!

## New and renewing members for October

Memberships received as of Oct. 19, 2020.

\* indicates new membership

• indicates donation made with membership

### Brunswick

- Linda Arnold
- Michael Arnold
- Suzanne Blakemore
- Shirley Chase
- Alison Coffin
- Lillian Connors
- Priscilla Davis •
- Fred Dickey
- Diana Dove (Lifetime member) •
- John Fischer (Lifetime member)
- Janet Fullerton
- Joan Gagnon
- Paula Kappel

### Lisbon Falls

- Leon Laffely
- Judie Lemons
- Marie Logan
- Holland Low
- Rita Nelson
- John Papacosma •
- Patricia Porell
- Roger Rancourt
- Constance Riendeau-Smith
- Joanne Rioux
- Joan Shepherd •
- Judi Stoy
- George Tetu •
- Constance Turner
- Joan Wilson •

### Harpswell

- James Burbine (Lifetime member)
- Wendy Chittim \*

### Orr's Island

- Peter Armstrong
- Christine Corriveau (Lifetime member)

### Topsham

- Robin Copland (Lifetime member)
- Greg Daily •
- Janet Daily •
- Charlotte Hewson (Lifetime member)
- Douglas Munsey
- Elizabeth Munsey
- Eileen Peabody
- Margaret Sanfasin

### Westport Island

- James Williams



## 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

# RESPITE 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

