

WATCH AT HOME!

People Plus
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04011-0766

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Plus!
People
SENIOR HEALTH
Expo

CONNECTING COMMUNITIES

TUESDAY, 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.

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www.peopleplusmaine.org

Welcome to the ninth annual People Plus Senior Health Expo!

This has been a year like no other — so we are bringing you an Expo like no other as well!

If you are getting a little older — and who isn't?! — then this is the place for you to learn everything you need to know for the best years of your life! We are honored to bring you this innovative and amazing way to connect with over 60 vendors, organizations, and businesses who serve the ever-increasing senior population of the Midcoast.

During this online event, you will find something for everyone, including health care, housing options, transportation solutions, hospice and end-of-life guidance, exercise opportunities, how to improve your hearing, what insurance program is best, how you can stay longer in your home as you age, and answers to all your questions on where to live, what to eat, technology, and more!

These days of the pandemic are often challenging, so thank you for joining us as we come "together" for this lovely opportunity to "visit" with each other virtually and learn something new at the Senior Health Expo "AT HOME" with People Plus, the Center that Builds Community.

We hope you'll join us by visiting our website, www.peopleplusmaine.org, on Nov. 10. Find the article on the front page and click on the link to the Expo website. Here you will find a list of exhibitors. Click on the one you want to know more about and you'll find a description, their contact info and links to a video if available.

You can also visit the PeoplePlusMaine facebook page to see live videos during the day.

Can't visit on Nov. 10? That's OK — the information will remain up on our website all year!

Thanks for "tuning in" and joining us!

Stacy Frizzle-Edgerton
Executive Director, People Plus

FREE VIDEOS & INFORMATION!

Facebook Live events
on Nov. 10th!

Video submissions
launched on People
Plus website on
Nov. 10th, then hosted
for one year thereafter!

Special membership
deal on Nov. 10th —
\$25 for a year!
See page 5 for details.

WE'RE SERVING OUR COMMUNITY IN NEW WAYS

We'll pick it up!

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

Want a phone call?

People Plus staff and area volunteers are calling local seniors on a regular basis to have a chat! Would you like a call? Know a senior who would? Contact 729-0757 or reception@peopleplusmaine.org for more information!

Staying Connected!

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

Got masks?

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



People *Plus!*

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

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

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

- 1,332 grocery trips
- 307 food pantry pick ups
- 757 prescription/medical deliveries
- 12 Mother's Day flower deliveries
- 567 fresh vegetable deliveries
- 2,218 check-in calls
- 817 birthday calls
- 1,089 face masks
- 408 club meetings on Zoom
- 609 update, exercise & interest videos with over 12,000 views from 36 countries!



Coastal Landing Retirement Community

Coastal Landing Retirement Community has 82 independent-living apartments. They offer a selection of apartments ranging from studio, 1 bedroom, and 2 bedroom options. Coastal Landing is a residence for those who do not require assistance with most daily activities, but may benefit from senior-friendly surroundings, convenient services, and increased social opportunities. Coastal Landing Retirement Community enables those who wish to maintain an independent lifestyle to do so. Further assistance from Rousseau Management's home care agency, Neighbors Inc., is available as well if necessary.

Coastal Shores Residential Care, which has 40 assisted living based apartments is conveniently located in a separate wing of the same building. This residence consists of furnished private rooms and is designed for those who require assistance with personal care support, home making chores, and most daily activities such as meals, medication management, bathing, dressing and transportation. Coastal Shores offers individualized care and encouragement for each resident to live life to their fullest.

As providers of healthcare in the mid-coast Maine region since 1982, Rousseau Management's hope and vision aims at providing amenities and the comforts of home to their residents who will truly embrace and enjoy them throughout the years. Life at Coastal Landing Retirement Community and Coastal Shores Residential Care will consist of a plethora of wonderful amenities and comforts to those who live there. These include delicious home cooked meals, various exercise programs, beauty parlor, spa, a cozy café



bistro, a state-of-the-art movie theater, an ice cream parlor, an outdoor patio area, community-based events, transportation, housekeeping, and a variety of other services. The front porch lends itself as the ideal spot to spend an afternoon or evening catching up with family or making new friends. All residents are encouraged to take part in a full activity program that promotes socialization, volunteerism, and community spirit.

Brunswick Landing offers an idyllic setting for Coastal Landing Retirement Community and Coastal Shores Residential Care. The surrounding area is rich with history and offers an abundance of recreational based activities such as walking trails, picnic areas, bird watching, wildlife viewing, golfing, and the area altogether promotes a great sense of community. For those living at the facility who wish to stay active, there are all the advantages to do so just waiting,

literally at the front door.

For more information or to schedule a tour, please contact Coastal Landings admissions director Susan Cary at 207-837-6560 or the admission's director for Coastal Shores, Jenny Khuong at 207-522-1438.

We invite you to learn more about Rousseau Management and what we have to offer by visiting our website at rmimaine.com.

When contemplating a move...

to a Retirement Community, please visit us at **Coastal Landing**. (Assisted Living available on the same campus.)

Included in your monthly rent:

- * Choice of two meals daily
- * Activities and Social Events
- * Light Housekeeping
- * Private Bathroom and Kitchenette
- * Cable TV
- * Scheduled Local Transportation
- * Heat and Electricity
- * Maintenance Service
- * Free Laundry Room

Other services available for a reasonable fee.



**COASTAL
LANDING**
RETIREMENT COMMUNITY

www.coastallanding.com

142 Neptune Drive, Brunswick, ME
837-6560

EXERCISE ROOM



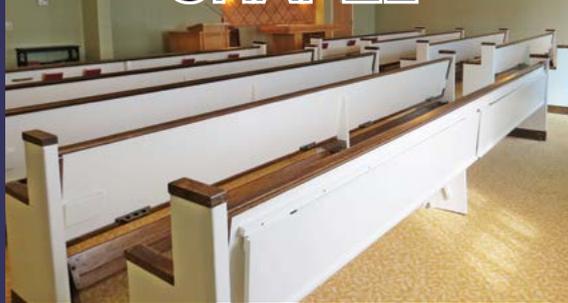
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MOVIE THEATER



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Let's make a deal at People Plus

There are tons of good deals out there, but practically nothing beats a membership at People Plus. If you are a resident of Brunswick the cost is \$30 per year, which works out to just \$2.50 per month. And if you live anywhere else, it's only \$35 for the year.

So little for so much. The activities are endless; from lectures on countless subjects to classes on everything under the sun, with online/video options to keep you connected while staying home. Want to join a French,

German or Spanish club? We've got it. Want to exercise and work on your balance? We've got that too. There are classes and clubs involving art, playing bridge, riding bikes, writing, and so much more.

And what a great way to meet your friends and make new ones. It is just a very friendly place to gather and spend part of your day. The companionship alone is worth the price of membership. Remember, People Plus is one of the reasons the Brunswick

area is one of the very best places for seniors to live in our great state of Maine.

Other benefits include receiving our monthly newspaper and when you show your membership card proudly at area participating businesses, you'll have the opportunity to save money every day. So join People Plus today, then tell your friends about the good deal you got at a very cool and happening place.

LOW YEARLY MEMBERSHIP RATES
Brunswick residents: \$30
All other residents: \$35

Special EXPO Deal
 November 10th only - **\$25 for one year!**
 Call or stop by the Center on Nov. 10 before 1 pm to purchase your membership!



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

Yankee 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

DRY CLEANER

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

FLORIST

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

HEARING AND OPTICAL

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

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

LEGAL

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

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/

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.thomaspoinbeach.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

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 Other towns (___ New Member ___ Renewal): <input type="checkbox"/> \$35 per person <input type="checkbox"/> \$300 for Lifetime Membership (65 or over)	Membership Dues: \$ _____ Additional Donation*: \$ _____ (*donations above membership dues are tax deductible) Total: \$ _____
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Become a "Friend of People Plus" with an additional gift of \$25 or more!

OFFICE USE: Accounting Data Membership Card Sent

*Benefits subject to change

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

spectrum
generations

Our Locations:

Home Office:
One Weston Court
Suite 109
Augusta

Community Centers:

Lincoln County Regional Ctr.
(co-located with CLC YMCA)
525 Main Street
PO Box 474
Damariscotta

Cohen Community Center
22 Town Farm Road
Hallowell

Muskie Community Center
38 Gold Street
Waterville

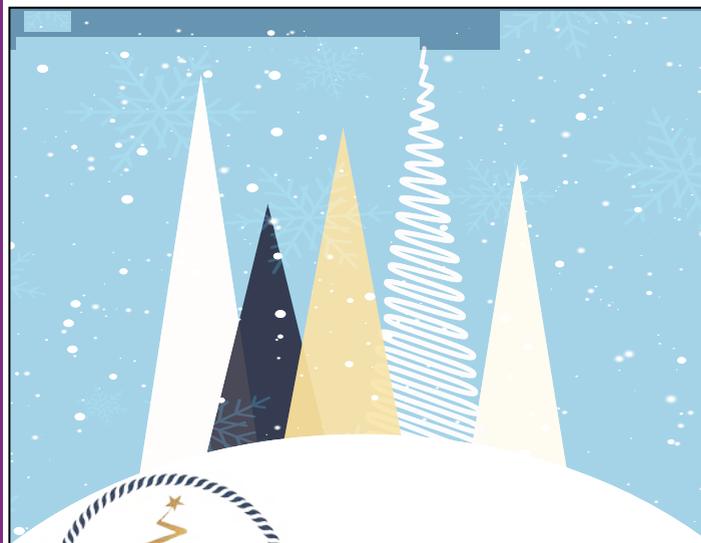
Somerset Community Center
30 Leavitt Street
Skowhegan

Waldo Community Center
18 Merriam Road
Belfast

Aging and Disability
Resource Centers:

Midcoast Regional Center
(co-located with
People Plus)
35 Union Street
Brunswick

Knox Resource Office
87 Elm Street
Suite 204A
Camden



The Midcoast Tree Festival
St. John's Community Center
43 Pleasant Street, Brunswick

Event Dates

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

Admission: \$2 for adults | 12 & under free



@midcoastreefestival

midcoastmaine.com/midcoastreefestival

Proceeds will support the region through:
All Saints Parish (St. John's School), Spectrum
Generations' Meals on Wheels, and the SMMC



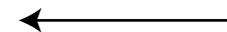
Medicare
Open Enrollment

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.



Volunteer
Opportunities



Our centers need volunteers who would like to learn about Medicare and assist others with navigating their health insurance and benefit options. Join our team and be rewarded with a unique way to meaningfully help others



Healthy Living for ME is in need of remote volunteer facilitators for our virtual Tai Chi classes. Training will be provided!

If you, or someone you know, is interested in volunteering with us, please reach out to, Jessica at 620-1684 or volunteer@spectrumgenerations.org.

PEOPLE PLUS CALENDAR - NOVEMBER 2020	Sun 1	Mon 2	Tue 3	Wed 4	Thu 5	Fri 6
	9:00 Grace Reformed Baptist Church	9:00 Loosen Up 10:15 Zumba via Zoom	 9:00 Chair Yoga 9:30 Online Bridge Together 10:30 Yoga 3:00pm Spanish Club via Zoom	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	9:30 Online Bridge Together 9:30 Art with Connie 10:00 Women's Coffee Break Outside 11:30 Yoga with Leslie	9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qigong
	8	9	10	11	12	13
	9:00 Grace Reformed Baptist Church	9:00 Loosen Up 10:15 Zumba via Zoom 7:00pm Civil War Book Club	Senior Health Expo "At Home" 9:00 Chair Yoga 9:30 Online Bridge Together 10:30 Yoga 3:00pm German Club via Zoom	Center Closed 	9:30 Online Bridge Together 9:30 Art with Connie 10:00 Men's Coffee Outside 11:30 Yoga with Leslie 1:00pm Apple Club	9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qigong
	15	16	17	18	19	20
	9:00 Grace Reformed Baptist Church	9:00 Loosen Up 10:15 Zumba via Zoom	9:00 Chair Yoga 9:30 Online Bridge Together 10:30 Yoga	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	9:30 Online Bridge Together 9:30 Art with Connie 11:30 Yoga with Leslie 12:00pm Lunch Bunch On Us Outside	9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qigong
	22	23	24	25 Happy Thanksgiving 26 Center Closed for Holiday Break Nov. 25, 26, 27 27		
	9:00 Grace Reformed Baptist Church	9:00 Loosen Up 10:15 Zumba via Zoom	9:00 Chair Yoga 9:30 Online Bridge Together 10:30 Yoga 3:00pm French Club via Zoom			
	29	30				
	9:00 Grace Reformed Baptist Church	9:00 Loosen Up 10:15 Zumba via Zoom				

Video selections keep folks informed and entertained

As we all came together to survive this global pandemic, we realized that communication and engagement were going to be the two big challenges for our senior community. In an effort to combat isolation and disengagement which can lead to depression, People Plus is staying connected with a wide array of videos.

One of the more popular videos is Executive Director Stacy Frizzle-Edgerton's Community Update video, providing information on local community news and services, fun activities to do while home, and current events both locally and at the state level.

In addition, all of our classes have been made into free videos. Members can maintain routines with their favorite instructors right from home. Videos include Art class, Zumba, Loosen Up, Tai Chi, Qigong, Yoga, Chair Yoga, Meditation and more.

People Plus also offers dozens of videos featuring guest hosts and instructors. With topics designed to entertain and engage, these videos

include exploring nature, book readings, bee-keeping, birdwatching, gardening, building a sauna, cold water plunging, healthy nutrition tips, cooking shows and so much more.

As a bonus addition to all of these great videos, the historical library of People Plus presentations is available free of charge. There are lectures by Sen. Angus King; Captain Kirk of the Zumwalt; Clayton Rose, the president of Bowdoin College, and much more.

With nearly 12,000 views to date, our videos have become popular locally and abroad. We even have a fan base on the Scottish Isles!

We hope our members will be able to keep up their routines, and that others will try something new. You can share these videos with your favorite parent or grandparent wherever they are!

Our free videos are all available on the People Plus Vimeo or YouTube channels, and many will air on Brunswick TV3 & Harpswell TV14.

If you have an idea for a video, please contact Stacy Frizzle-Edgerton.



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.

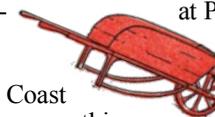
Final figures from last year's event totaled 910 items weighing

1,024 lbs, surpassing the 1,000-pound goal, along with \$50 in donations.

"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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Bangor Savings Bank

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211 Maine

211 Maine is a free, confidential resource that helps people find local resources like food pantries, recovery services, and more. People can access information by calling 211 (or 1-866-811-5695) or visiting www.211maine.org. 211 Maine is an initiative of the United Ways of Maine in collaboration with the State of Maine. *video available.

PO Box 807, WATERVILLE, ME 873-0686

www.211maine.org

Access Health

Access Health is a comprehensive community health coalition working with community partners to encourage healthy choices and prevent underage substance use in Sagadahoc County, Brunswick, and Harpswell. *video available.

66 BARIBEAU DRIVE, BRUNSWICK, ME 373-6970

www.accesshealthME.org

**Avita of Brunswick/Sunnybrook
~2020 SPONSOR**

Two Northbridge communities in Brunswick, Maine offer area seniors an array of senior living choices. Sunnybrook offers Assisted Living while Avita of Brunswick caters to those living with Alzheimer's disease and dementia. At both communities, our goal is to ensure each resident lives well and loves life, every day!

89 ADMIRAL FITCH AVE/340 BATH RD., BRUNSWICK, ME 729-6222/443-9100

avitaofbrunswick.com; northbridgecos.com/sunnybrook

**Bangor Savings Bank
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We are with you, rain or shine. We've remained true to our employees, customers, and beloved Northern New England communities for nearly 170 years, just as our founders intended. No matter what, we will continue to work tirelessly to meet your financial needs. That's because at the end of the day, You Matter More. *video available.

45 MAINE ST., BRUNSWICK, ME 420-3966

bangor.com

**Bar Harbor Bank and Trust
~2020 SPONSOR**

We understand life in northern New England. We are committed to providing the right advice and tools to help you achieve your goals. Working together, we help our customers thrive. Good things happen when we work together. Visit us at www.barharbor.bank or by stopping in at our newest location at 148 Bath Road in Brunswick. Member FDIC *video available.

148 BATH ROAD, BRUNSWICK, ME 729-1426

www.barharbor.bank

Bath Area Senior Citizens Activity Center

For people 55 years plus, a place of meeting for mutual benefit, pleasure and amusement, affording them a means of contact with others, to keep alive old friendships and make new. Includes: luncheons, bocce, exercise classes, cribbage, line dancing, knitting, cards, day trips, commercial bus tours, shopping, casinos, and more.

45 FLORAL ST., BATH, ME 443-4937

bathseniors@comcast.net

Bath Housing

Bath Housing works to enhance housing stability in order to have safe, vibrant, just and prosperous communities. We work to fulfill our mission through a portfolio of subsidized and unsubsidized affordable rentals, administration of housing choice vouchers, resident services, and our free home modification program for home owners, Comfortably Home. *video available.

80 CONGRESS AVE, BATH, ME 443-3116

www.bathhousing.org

Bath-Brunswick Respite Care

Bath-Brunswick Respite Care (formerly Brunswick Area Respite Care) is a nonprofit adult day service program. Our primary service is our day program, "The Club". Providing services to families living with Alzheimer's and other dementia since 1989. Now two locations for your convenience, call us at 729-8571 FMI or email us at info@respite-care.org.

PO Box 668, BATH, ME 729-8571

www.respite-care.org

**Bill Dodge Auto Group
~2020 SPONSOR**

Maine's family owned, community dealership in Brunswick, Westbrook, and Saco! With 8 new car brands and 3 pre-owned super centers, we have something for everyone! Keeping Customers & Employees safe with Covid-19 & CDC best practices in place each and every day. Discover the Bill Dodge Difference at billdodgeautogroup.com.

118 PLEASANT ST, BRUNSWICK, ME 721-8300

www.billdodgeautogroup.com

**Brackett Funeral Home
~2020 SPONSOR**

Locally owned and operated for over 150 years. Offering several public health responsible options to celebrate lives through the pandemic: cremation, traditional funeral, home services, or green burial. We promise "to provide the highest quality of service, to serve needs in a compassionate, courteous, dignified and meaningful manner, within the means of all." *video available.

29 FEDERAL ST, BRUNSWICK, ME 725-5511

www.brackettffh.com

**Bridges Home Services
~2020 SPONSOR**

For over 20 years, division of Spectrum Generations provided expert, knowledgeable care, enabling loved ones to stay home where they want to be. Professional, certified, trained staff are devoted to providing individualized solutions for families caring for loved ones and for older adults who need extra help with daily activities.

1 WESTON CT, AUGUSTA, ME 623-0761

bridgeshomeservices.org

Brunswick Fire Department - "Stay Safe - Remembering When..."

Free program to assist seniors age in place safely in their own homes. Videos available on demand on Brunswick TV3 website and on Brunswick Fire Department's YouTube Channel. Produced by Brunswick FF David Jester and Brunswick Videographer Pete Compagna. Supported by numerous agencies and has received an award from the Maine Fire Protection Services Commission. *video available.

21 TOWN HALL PLACE, BRUNSWICK, ME 725-5541

www.brunswickme.org

Brunswick Parks & Recreation Department

Provides approximately 100 indoor and outdoor recreation programs annually for preschool, school age, adults and seniors. Center has an indoor track, 2 basketball courts, and 4 pickleball courts. Maintain and manage 42 parks, facilities and public spaces including walking/bike paths, athletic fields & courts, boat launches, parks and natural areas.

220 NEPTUNE DRIVE, BRUNSWICK, ME 725-6656

www.brunswickme.org/parks-recreation

Brunswick Recycling and Sustainability Committee

The Brunswick Recycling & Sustainability Committee is a citizen committee created by the Town Council to investigate and recommend ways in which we can sustainably recycle household products and organics, while reducing the overall quantity of waste we generate. Contact us through the town website www.brunswickme.org (Public works page) or at Brunswickrecycleinfo@gmail.com. *video available.

85 UNION ST, BRUNSWICK, ME 841-8324

www.brunswickme.org

C & C Realty Management

C & C Realty Management provides the highest quality property management services to residential property owners in Maine. Local properties for 55+ include River Landing in Topsham.

PO Box 2506, AUGUSTA, ME 621-7700

www.ccrealtymanagement.com

Carpe Diem Tech Support

Are you feeling overwhelmed by technology? My tech support service can help you with MAC, PC, Chromebook, iPhone, Android Phone, audio-visual equipment, email and all software issues and Internet. Hardware and software installation and troubleshooting. I'll help you learn so you can feel more confident. *video available.

104 MERRYMEETING RD, BRUNSWICK, ME 522-1238

www.carpediem-me.net

Catholic Charities Maine SEARCH Program

SEARCH is a Program of Catholic Charities Maine. We provide FREE in-home volunteer support services to seniors living in Sagadahoc, parts of Lincoln County, Brunswick & Harpswell. Our mission is to enable vulnerable seniors to remain independent and create a long-term support system to meet their needs. FMI call 837-8810. *video available.

125 CONGRESS AVE, BATH, ME 837-8810

www.ccmaine.org/SEARCH

CHANS Home Health & Hospice

CHANS Home Health & Hospice is a full service, non-profit, Joint Commission Accredited agency providing nursing, rehabilitation, palliative, hospice, and private duty care services, and an array of community-based wellness clinics in the Midcoast Area. CHANS is part of Mid Coast-Parkview Health.

45 BARIBEAU DRIVE, BRUNSWICK, ME 729-6782

www.chanshomehealth.com

Chicks Do Chores, LLC

Chicks (and sometimes Chuck) Do Chores (so you don't have to!) LLC. What do we do? Anything you as a homeowner would normally do, but now you need extra hands to work with you or do for you! From lightbulbs to bills to basements, and anything in between! Just ask! *video available.

PO Box 385, BRUNSWICK, ME 729-5760

cdc4u@comcast.net

Coastal Landing Retirement Community**~2020 SPONSOR**

A retirement community serving the Mid-coast area. Come and see our warm and friendly environment where friends and family gather. Please call 837-6560 to schedule your visit and see for yourself why so many people are calling Coastal Landing their home! *video available.

142 NEPTUNE DRIVE, BRUNSWICK, ME 837-6560

http://coastallanding.com/

Coastal Shores Assisted Living

Coastal Shores Assisted Living is a residence for older adults, which offers furnished private rooms. Our home is designed for those who require assistance with personal care, homemaking chores, and daily activities such as meals, medication management, dressing, bathing, and transportation. *video available.

142 NEPTUNE DRIVE, BRUNSWICK, ME 725-5801
<https://www.coastalshoresresidentialcare.com>

Comfortably Home

Comfortably Home is a program that specializes in one-time, minimally disruptive but high-impact minor home improvements. Bath Housing's professional maintenance team makes home accessibility modifications that facilitates ease-of-living as people grow older. The program includes safety checks, accessibility modifications, and minor repairs. *video available.

80 CONGRESS AVE, BATH, ME 443-3116
www.bathhousing.org

Curtis Memorial Library

Curtis Library is on an alternating schedule of curbside days and in-person days, so that we can serve our community 7 days a week. From home you can access eBooks through CloudLibrary, languages with Mango, movies via Kanopy, and more. Need help using our services? Give us a call at 725-5242. *video available.

23 PLEASANT STREET, BRUNSWICK, ME 725-5242
www.curtislibrary.com

Dempsey Center

Located in Lewiston, South Portland and in our new virtual space – Dempsey Connects - makes life better for people managing the impact of cancer. We offer all of our services virtually. Visit www.dempseycenter.org for more information or call 877-336-7287 to schedule a personalized orientation. Services are provided at no cost. *video available.

29 LOWELL ST., LEWISTON /, 778 MAIN ST, SOUTH PORTLAND, ME 800-4365
dempseycenter.org

Dionne Commons

Dionne Commons is a sixty-bed assisted living facility. Rooms consist of furnished private and semi-private apartments. Dionne is designed for those who require assistance with personal care and home making chores, but wish to maintain an independent lifestyle. We look to provide the comforts of home for our residents will truly embrace and enjoy. *video available.

24 MAURICE DR., BRUNSWICK, ME 725-4379
dionnecommons.com

Disability Rights Maine Deaf Services

Mission is to ensure autonomy, inclusion, equality, and access for people with disabilities in Maine. We represent people whose rights have been violated or who have been discriminated against based on their disability. We provide equipment, training, and advocacy for overcoming challenges to accessing distance communication imposed by a disability. *video available.

1 MACWORTH ISLAND, BLDG C, FALMOUTH, ME 797-7656
drme.org

Dr. Bob's Family Dentistry

Dr Bob's Family Dentistry was established to bring together a number of essential dental services all in one convenient location. Our goal is to provide our patients with a worry-free, comfortable dental experience that is tailored to meet the unique needs of each family member.

80 PLEASANT ST., BRUNSWICK, ME 344-1999
www.drboobsfamilydentistry.com

Everyday Nutrition Associates LLC

Help clients navigate through confusing information to help them develop a plan specifically for them. Focus on helping clients take a step by step approach to making changes in their food routine to help improve overall health. New 16-week program called My Everyday Nutrition Program where participants receive a weekly segment via email. *video available.

35 TEDFORD RD., TOPSHAM, ME 504-6439
www.nutritionforeveryday.com

Good Morning Call Program

A program of People Plus and the Brunswick Police Department. Providing a simple, FREE, and confidential daily telephone call-in system; ensuring the safety and well-being of older or disabled adults. For residents of Brunswick, Harpswell, Freeport. Visit peopleplusmaine.org for application or call 729-0757.

35 UNION ST, BRUNSWICK, ME 729-0757
www.peopleplusmaine.org

Harpswell Aging at Home

Harpswell Aging at Home (HAH) is a community-led organization committed to helping people thrive while aging at home. Current programs include: Home Repairs, Resources, Home Helpers, Transportation, Lunch with Friends, Meals in a Pinch, and Seniors Connecting. Volunteers are the key to the success and sustainability of HAH. Volunteer opportunities are many. *video available.

PO BOX 25, HARPSWELL, ME 833-5771
www.hah.community

Healthy Living for ME ~2020 SPONSOR

Through a network of local leaders, community organizations and health systems, Healthy Living for ME delivers virtual, correspondence, and in-person evidence-based workshops to help adults manage chronic health conditions, prevent falls, and foster well-being.

ONE WESTON COURT STE 104, AUGUSTA, ME 1-800-620-6036
healthylivingforme.org

Horizons Living and Rehabilitation Center

Horizons Living & Rehabilitation Center is a skilled nursing and rehab facility in Brunswick, Maine. Life at Horizons involves a plethora of wonderful amenities and comforts to those who live here. Residents partake in our full activity program that is designed to promote physical function, socialization, and community spirit. *video available.

29 MAURICE DRIVE, BRUNSWICK, ME 725-7495
<https://www.horizonslivingandrehab.com>

Law Office of N. Seth Levy

The Law Office of N. Seth Levy works with clients to set up Wills, Financial Powers of Attorney, and Advance Healthcare Directives (living wills) and also helps families probate the estates of loved ones. We offer supportive and caring legal services to our clients.

14 MAINE ST., SUITE 109D, BRUNSWICK, ME 319-4431
www.sethlevylaw.com

LymeTV

LymeTV is a Maine tick-borne disease awareness nonprofit. We provide prevention facts & scientific information, free Tick Talks in schools, bug spray to the local homeless community, & film projects for awareness. Follow us on Facebook, Twitter, & IG to keep informed & protected. *video available.

PO BOX 15369, PORTLAND, ME 561-212-2166
www.lymetv.org

Maine Death with Dignity

Our overall mission as a 501(c)(3) nonprofit is providing services, education, and end-of-life advocacy to people who wish to actively explore the meaning of life through embracing the certainty of death. A primary program is connecting people to the information they need to learn more about The Maine Death with Dignity Act.

PO BOX 801, WISCASSET, ME 240-3186
www.mainedeathwithdignity.org

Maine Senior Guide.com

A free on-line resource that's easy to use! Check out our website. Scroll over menus, find a category you'd like to explore, then search by your region or town to see local resources. Includes information on everything from independent living to elder law attorneys, joint replacement to senior activities. Free! *video available.

PO BOX 48, FREEPORT, ME 232-7847
www.maineseniorguide.com

Mary's Affordable Hearing Aids

Hearing evaluations and hearing aid fittings in the comfort of your own home with licensed hearing specialist Mary Marino. Free hearing exam, quality hearing aids at affordable prices, personalized service. Over sixteen years of experience, satisfaction guaranteed, 30 day trial period. Home visits.

132 LUCE ROAD, READFIELD, ME 1-781-249-5330
marysaffordablehearingaids.com

Merrymeeting Bay Triad

A nonprofit organization dedicated to the promotion of programs, education and materials that enhance the well-being of Merrymeeting Bay's citizens. This is accomplished through an all-volunteer organization that merges cooperative efforts between seniors, police, and senior service agencies.

443-5563 x2215
merrymeetingbaytriad@gmail.com

Merrymeeting Gleaners

The Merrymeeting Gleaners began in 2016 as a project of the Merrymeeting Food Council. We gather surplus produce from farmers' fields and from local farmers' markets and distribute it to over 30 hunger prevention organizations. Since June 2016, we have gleaned over 150,000 lbs. of fresh food.

92 FRONT ST, BATH, ME 319-0359
facebook.com/MmGleaners

Mid Coast Center for Community Health & Wellness

Mid Coast Center for Community Health & Wellness provides quality, evidence-based prevention and wellness support, information and resources through technical assistance, classes, clinical care, workshops, support groups, literature and online resources for an array of important issues for all ages.

329 MAINE STREET, BRUNSWICK, ME 373-6585
www.midcoasthealth.com

Mid Coast Hospital

Full-service, 93-bed, independent, not-for-profit hospital governed by community Board of Directors. Active medical staff includes more than 200 providers in over 30 primary care and specialty areas. Accredited by The Joint Commission, and recognized as a Magnet™ facility by the American Nurses Credentialing Center for exceptional nursing and patient care. Part of Mid Coast–Parkview Health.

123 MEDICAL CENTER DRIVE, BRUNSWICK, ME 373-6000

www.midcoasthealth.com

Mid Coast Hunger Prevention Program

Mid Coast Hunger Prevention Program (MCHPP) offers dignity and empowerment by providing all members of our community with access to healthy food. Anyone is welcome to get lunch or groceries from our kitchen, pantry, and mobile pantries. *video available.

12 TENNEY WAY, BRUNSWICK, ME 725-2716

mchpp.org

Mid Coast Medical Group

Mid Coast Medical Group is comprised of more than 100 providers in 4 primary care and 20 specialty practices. They are located in Bath, Topsham, and Brunswick. Mid Coast Medical Group is a department of Mid Coast Hospital, part of Mid Coast–Parkview Health.

121 MEDICAL CENTER DRIVE, BRUNSWICK, ME 729-4996

www.midcoasthealth.com/mcmg/

Mid Coast Senior Health Center

Mid Coast Senior Health Center offers a full continuum of senior healthcare and living options in Brunswick, Maine. Services include assisted living, memory care, long-term care, skilled nursing, and rehabilitation. Mid Coast Senior Health Center is part of Mid Coast–Parkview Health.

58 BARIBEAU DRIVE, BRUNSWICK, ME 373-3646

<https://www.midcoastseniorhealth.com>

**Mid Coast–Parkview Health
~2020 SPONSOR**

Mid Coast–Parkview Health is a dynamic healthcare system addressing a full continuum of community health, wellness, and prevention needs with a full-service 93-bed hospital (Mid Coast Hospital), a diverse medical group (Mid Coast Medical Group), senior health care (Mid Coast Senior Health), and home healthcare services (CHANS Home Health & Hospice). *video available.

123 MEDICAL CENTER DRIVE, BRUNSWICK, ME 373-6300

www.midcoastparkviewhealth.com

Midcoast Senior College

Since 2000 Midcoast Senior College has provided exceptional educational opportunities to seniors. MSC offers dozens of classes on many subjects taught by experienced instructors to hundreds of students. Presently classes are on-line, however we hope to offer safe in-person classes in the future. Contact: Donna Marshall, msoffice@midcoast-seniorcollege.org, 207-725-4900. *video available.

29 BURBANK AVENUE, SUITE 6, BRUNSWICK, ME 725-4900

midcoastseniorcollege.org

Neighbors, Inc.

Neighbors, Inc is a non-medical organization specializing in supporting mostly elderly individuals to remain independent and stay in their own homes as long as possible. We provide transportation, meal preparation, help with chores, medication reminders, shopping and companion/safety care. Services are available from 1 hour to 24 hours daily.

142 NEPTUNE DRIVE, BRUNSWICK, ME 725-9444

www.neighborsinc.com

Northern New England Poison Center

Located at Maine Medical Center in Portland serving ME, NH, VT. Staffed with nurses and pharmacists 24/7 who can help with possible poisonings, pill identifications, drug interactions, food poisoning and general poison prevention questions. Contact at 1-800-222-1222, chat at nnepc@mmc.org, or text to 85511. Calls are free and confidential. *video available.

22 BRAMHALL ST., PORTLAND, ME 1-800-222-1222

www.nnepc.org

**Norway Savings Bank
~2020 SPONSOR**

Norway Savings Bank helps you live your life in color! Although we're just a small part of your life, we're here to help make it great. With three branches in the Midcoast area, you're never far away from banking that's as unique as you are. *video available.

83 MAINE ST/14 GURNET RD, BRUNSWICK, ME 1-888-725-2207

www.norwaysavingsbank.com

People Plus

People Plus, located in Brunswick, supports an engaged, healthy, and independent life for older adults, while joining others to build community for all ages. We offer numerous choices for fitness and wellness services, recreation and learning opportunities, education and outreach. *video available.

35 UNION ST, BRUNSWICK, ME 729-0757

www.peopleplusmaine.org

Plant Memorial Home

A nonprofit assisted living & independent living facility located on the banks of the Kennebec River in Bath, Maine. It was built by Thomas G. Plant in 1917 to provide safe, affordable housing to local seniors needing a home and assistance with activities of daily living. *video available.

1 WASHINGTON ST., BATH, ME 443-2244

www.planthome.org

Project Lifesaver Program

A public safety program designed to protect and locate missing persons due to wandering. Uses state of the art technology in assisting those who care for victims of Alzheimer's, dementia, Autism, Down syndrome and any other cognitive condition that causes wandering. Provided through Brunswick Police Department. *video available.

85 PLEASANT STREET, BRUNSWICK, ME 725-5521

projectlifesaver.org

Reform Physical Therapy

Reform Physical Therapy is a locally owned and operated clinic that focuses on treating the individual, not just the injury. Our appointments are always one-on-one, and our physical therapists are trained in dry needling, myofascial decompression (cupping therapy), therapeutic taping, and more! *video available.

439 LEWISTON RD., TOPSHAM, ME 725-4400

www.reform-pt.com

**Riley Insurance Agency
~2020 SPONSOR**

Independently owned and locally operated to handle your insurance needs. Focus on Brunswick and offer affordable and reliable insurance choices all across Maine. We will help you find the right combination of tailored, personalized insurance coverage at just the right price to fit your needs. Auto, home, business, life. *video available.

139 MAINE ST., BRUNSWICK, ME 729-3321

www.rileyinsuranceagency.com

**Sexual Assault Support Services of
Midcoast Maine (SASSMM)**

Help empower, support, advocate for and inspire hope for survivors of sexual violence. SASSMM works in Eastern Cumberland, Sagadahoc, Lincoln, Knox and Waldo Counties and has vision of a world where sexual violence doesn't exist due to healthy social norms. 24-hour helpline, available for anyone impacted by sexual violence: 1-800-871-7741. *video available.

PO Box 990, BRUNSWICK, ME 725-2181

www.sassmm.org

**Spectrum Generations
~2020 SPONSOR**

Spectrum Generations has been a leading provider for adults for over 40 years. Spectrum Generations serves adults of all ages and backgrounds in a changing, challenging world. We're here for you as you look forward to longer, more active lives and seek to engage in new physical and intellectual challenges. *video available.

ONE WESTON CT, AUGUSTA, ME 1-800-639-1553

spectrumgenerations.org

Stetson's Funeral Home

A family owned and operated funeral home since 1855, offering family directed funeral, cremation and celebration of life services, prearrangement and green funeral services. We think about the details you would want us to take care of during a difficult time. State Covid mandates are followed for safety. *video available.

12 FEDERAL STREET, BRUNSWICK, ME 725-4341

www.stetsonsfuneralhome.com

The Gathering Place

The Gathering Place's mission is: "Welcome"-a friendly, safe place for neighbors in need-whatever the need. Wonderful volunteers give generously of their time to provide our guests with care, compassion and resources. During Covid, our hours are Mondays and Thursdays, 8:30 to 3:00. CDC guidelines are strictly followed.

5 TENNEY WAY, BRUNSWICK, ME 729-0288

brunswickgatheringplace.org

**The Highlands
~2020 SPONSOR**

The Highlands is an independent living, assisted living, and memory care community situated on a beautiful wooded 95-acre campus in Topsham, Maine. Residents enjoy an active, vibrant community with a wide range of lifestyle options. The Highlands offers delicious cuisine, and daily enrichment opportunities, including miles of natural walking paths. *video available.

30 GOVERNORS WAY, TOPSHAM, ME 725-2650

www.highlandsrc.com

**The Times Record
~2020 SPONSOR**

The Times Record is Midcoast Maine's only daily newspaper and your best source for local news and information. Local. Legitimate. Journalism.

3 BUSINESS PARKWAY, STE 1, BRUNSWICK, ME 504-8270

www.timesrecord.com

Topsham Dental Arts

Our cheerful staff will be happy to make appointment that fits your schedule. You may also want to stop by for an office tour. Whatever your dental needs are - from routine care to emergencies to sleep apnea oral devices or dental implants - we look forward to meeting you!

37 FORESIDE ROAD, TOPSHAM, ME
798-6700

www.topshamdentalarts.com

United Way of Mid Coast Maine

United Way brings people together to change the world around us & advance the common good by giving, advocating, and volunteering. We support effective programs achieving the best results in the most important issues facing local people. We lead initiatives to create long-lasting change by identifying challenges and designing solutions. *video available.

34 WING FARM PARKWAY #201,
BATH, ME 443-9752

www.uwmcem.org

Volunteer Transportation Network (VTN)

A program of People Plus. Providing FREE rides for medical appointments and grocery shopping, as well as personal needs such as trips to the bank, post office, and hair salon. Expanded services during pandemic include grocery and prescription pick-up/delivery. Visit peopleplusmaine.org for application or call 729-0757.

35 UNION ST, BRUNSWICK, ME
729-0757

www.peopleplusmaine.org

Write On Writers

The Write On Writers meet every Wednesday at People Plus to read and share their works of poetry and prose, and to improve their writing skills. They have published six books and recorded one CD. New members are welcome at any time. Experience is not necessary.

35 UNION ST, BRUNSWICK, ME
729-0757

www.peopleplusmaine.org

Thank You Sponsors!

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Are You Signed Up Yet??

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

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

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



GOOD MORNING PROGRAM VOLUNTEER JACK RHODE listens to messages at the Brunswick PD.

Medical equipment loan helps everyone!

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



Current People Plus Classes, Games, Clubs and Meals

CLASSES (\$5 per class, members only):

Art with Connie Bailey

Thu, 9:30 am. All levels welcome. Explores different mediums each month.

Chair Yoga

Tuesdays, 9 am. Instructor Bea Blakemore, a wonderful blend of breathing and stretching to improve balance, stability and peace-of-mind.

Gentle Barre

Wednesdays, 12 noon, Instructor Bea Blakemore. A hybrid workout class combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Uses the back of chairs instead of a bar.

Loosen Up!

Mon/Wed/Fri at 9 am and Wed/Fri at 10:15 am. Includes resistance training, core strengthening, and exercises intended to improve balance and posture. Performed standing and seated. Take it once, twice or three times a week.

Qigong

Fridays, 11:30 am. Instructor Suzanne Neveux. Related to Tai Chi.

Tai Chi

Wednesdays, 11:30 am. Instructor Suzanne Neveux. Exercises your mind and body. The body is challenged with moving slowly to keep your feet underneath you to enhance the power of your movements.

Yoga

Tuesdays, 10:30 am with Ann Kimmage and Thursdays, 11:30 am with Leslie Ballin. Stretch, flex, breathe and relax for optimum well being.

Zumba "Lite" via Zoom

Mondays, 10:15 am. Instructor Bea Blakemore. Aerobic and dance moves set to popular music. Low-impact for seniors.

GAMES (Free, members only):

Bridge Online...Together

Tuesdays and Thursdays, 9:30 am. All levels welcome. Bring your device and play online using game app while socializing from a safe distance.

GROUPS (Free, members only):

Outing Club

Wednesdays, 9 am, weather permitting. Group splits and does a ride and hike either which begin at People Plus or off-site location and usually last about an hour.

Walking Club

Visit the Brunswick Parks & Rec. indoor track and log your walks in the member logbook.

CLUBS (Free, members only):

Apple Club

First Thursday of the month, 10 am. Bring your Apple device and questions.

Cafe en Francais, French Club

via Zoom
Fourth Tuesday of the month, 3 pm. Spend a lively hour once a month speaking French with good company.

Cantina Espanol, Spanish Club

via Zoom
First Tuesday of the month, 3 pm. Whether it was your native language, one you learned in school, or part of your family gatherings, make new amigos as you practice speaking and build your vocabulary.

Civil War Book Club

Second Monday of the month, 7 pm.

Kaffeestunde! German Club

via Zoom
Second Tuesday of the month, 3 pm. Whether you are just learning, need a refresher or are a pro who wants a chance to speak a language you love.

Write on Writers

Wednesdays, 2 pm. Read and share your works of poetry and prose, and to improve writing skills.

Meals Outside at the Center, weather permitting (Members Only)

Lunch Bunch On Us

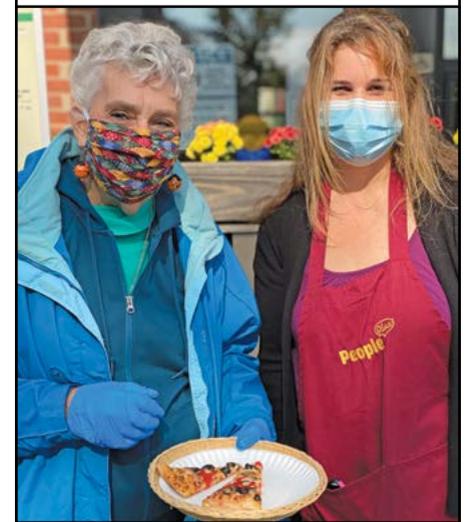
Third Thursday at noon. Check our calendar for the monthly meal served outside.

Men's Coffee Break

Second Thursday at 10:00 am. Coffee and a treat and good company.

Women's Coffee Break

First Thursday at 10:00 am. Coffee and a treat and good company.



Activity Punch Cards

Our punch payment card system is safe & convenient. FMI 729-0757 or stop by to purchase your card! \$25 for 5 classes, \$50 for 11 classes.



Bridges Feel Good Story

I am so pleased to tell my story recommending Bridges Home Services. As a retired nurse, I have the skills to assess what I feel is a well organized and successful home care company such as Bridges Home Services. I want the best care available for my husband that meets his needs and makes him comfortable. I found this attention to detail from our initial contact with Jo-Ann P. Sincyr, Assistant Regional Coordinator for Bridges Home Services. My husband expressed his needs, in detail, and Jo-Ann listened intently and "matched" us to the perfect Personal Support Specialist. The Personal Support Specialist fits right in with our schedule and we are very pleased with her prompt arrival, her attention to detail, willingness to spend time listening to my husband's comments and stories. As my husband's primary caregiver, these services allow me to have time away from my home to attend appointments, errands, etc. – this gives me time to meet my needs and know my husband is being cared for in my absence.

I highly recommend Bridges Home Care for your home care services.

Sincerely
Donna, R.N.

I willingly allow Bridges Home Care to use this information publicly.
Donna, R.N. Farmingdale, ME 04344



\$10 Hair Cuts with Margarita

Call the Center (729-0757) for an appointment for a haircut with Margarita Day, former owner of Margarita's Hair Styles in Brunswick. Now retired, Margarita offers her services to People Plus and donates all proceeds to the Center! Appointment times are Fridays, 9-12 pm at the Center. Open to the public! Registration & masks required, must follow current building safety protocols.



FIND A BIG GREEN BOX

FOR YOUR
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MEDICATIONS

Prescription | Over-the-Counter | Veterinary

Please, no needles or thermometers.



Safely dispose of unused/unwanted/expired medications at a "Big Green Box" located in the lobby of all local law enforcement agencies.

- Bath Police Dept - 250 Water St
- Brunswick Police Dept - 85 Pleasant St
- Richmond Police Dept - 26 Gardiner St
- Sagadahoc County Sherriff's - 752 High St
- Topsham Public Safety Bldg - 100 Main St

Available 24 hours a day.

Help keep our youth and environment safe



**Good things happen
when we work together.**

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The Riley Agency is a six generation local business which has been serving the business and personal insurance needs of Maine people since 1853.

**139 Maine Street
Brunswick, Maine 04011
207-729-3321
info@rileyinsurance.com
www.rileyinsurance.com**



while you master the
ART OF LIFE
 we're here to help you master the **art of money.**

It's about finding the fun in a day. The little things that make a memory out of a moment. The money stuff? We can help on that front, no matter where you are in life.



1.888.725.2207 | norwaysavings.bank | MEMBER FDIC



People Plus
 "Members Only"
 Raffle: Thanksgiving
 dinner for up to 6

Stacy and the staff's homemade Thanksgiving dinner with all the fixins and a pie from Jane Connors, too! \$10/ticket (or 3 for \$20) supports homebound elders. TWO winning tickets will be drawn on Thursday, Nov. 19th at noon!

Visit peopleplusmaine.org for more information and to purchase tickets.



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.

It's not like home. It *is* home.



THE HIGHLANDS
 A GRACE MGMT COMMUNITY



Get on the move with People Plus!



At People Plus, we are here to help you get moving. With a long list of exercise class options to choose from every week, there is no shortage of activities to help you become and stay active throughout the entire year.

With the current situation involving the coronavirus pandemic and its restrictions, the Center has been conducting classes outdoors during the good weather of summer and fall. Continuing to follow Maine CDC protocols, these are carefully being moved inside at our Union Street facility. We are continuing our theme of "physically distanced, socially connected!"

The classes at the Center are varied and designed specifically for the bodies of a senior adult. Someone who is getting a little older may not be as loose and limber or trim and fit as they used to be, and certainly may not have the same range of motion or strength at this stage of their lives. But none of those are reasons to not exercise. They are actually why anyone should undertake exercise, and starting a program is super easy at People Plus.

Here are some of your options at People Plus (being held on-site, on Zoom or via

videos):

- Chair Yoga, once a week
- Yoga, twice per week
- Loosen Up, strength and flexibility training three times per week
- Gentle Barre, once a week
- Zumba, dance your way to fitness once a week
- Tai Chi, this gentle flowing class meets once a week
- Qigong, channel your energy once a week
- Outing Club, meets Wednesday mornings

All of these options are fun, accessible to everyone at all fitness levels AND all of our classes at the Center are free the first time - so you can try it out!

Or if you just want to try it from home, we have an entire video library available at "People Plus Maine" on [vimeo.com](https://www.vimeo.com) with hundreds of exercise classes, programs, and more! Try any class - any time - from the comfort of your home for FREE!

Sooooo, come on down to People Plus OR stay at home - either way we hope you'll give it a try! Let's stave off the winter blues, scare away that winter weight, and end up next spring feeling happy, healthy and connected!





Brackett Funeral Home

OUR HISTORY TELLS YOU WHO WE ARE.

The firm began as Robert's Funeral Home in 1862, later becoming Gordon Funeral Home, then Law's Funeral Home, and finally established as Brackett Funeral Home in 1956. Located on historic Federal Street in downtown Brunswick, it has faithfully served our community for over 150 years.

With the purchase of the Brackett Funeral Home in 1973, Peter W. Ladner began with a promise "to provide the highest quality of customer service, to serve each family's individual needs in a compassionate, courteous, dignified and meaningful manner, within the means of all."

Hoping to improve the quality of lives in our community, Mr. Ladner's promise remains our mission now and for the next 150 years.



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VTN drives an important service

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

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

In recognition for such a fantastic job, the drivers of the VTN program were named 2020 Volunteers of the Year at People Plus.

With volunteers being the heart and soul of People Plus, it is customary for the Center to present Volunteer awards annually. Very little could be accomplished without these important people. While one person is usually recognized, in 2020 it was important to highlight ALL of our volunteer drivers.

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

Serving adult residents of Brunswick, Harpswell, Topsham, and the surrounding region, VTN's numbers tell a remarkable story: in the last fiscal year, there have been nearly 3,000 provided rides, covering more than 31,000 miles. Since mid-March, when stay-at-home orders started, nearly 1,000 deliveries have been made by VTN drivers. The program currently has 570 riders signed up and



OUR FRONTLINE VOLUNTEERS HAVE SAVED THE DAY since Covid hit. The drivers immediately switched gears and began delivering food, masks, prescriptions and supplies. Many of our homebound elders would not have survived without this amazing bunch of folks.

92 drivers.

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

Karon Salch of Brunswick is another volunteer driver. "After joining People Plus, I saw the opportunity for drivers and I said, 'I can do this.' Because of the pandemic, people are reaching out. Some are pretty isolated, so this

is a way of checking in," Karon said.

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

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

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

"The VTN program is another way for all of us to stay connected. The help these drivers provide is just wonderful," said People Plus Executive Director Stacy Frizzle-Edgerton.

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



VTN VOLUNTEER AND PEOPLE PLUS BOARD MEMBER CHRIS CORRIVEAU is seen here giving a ride to Brunswick resident Dottie Moody.



VTN VOLUNTEER SARAH DECK, who is also our very own office coordinator, delivers food to a home-bound participant.

Join our team – volunteer to drive or shop TODAY!



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Staying Together as You Age



MID COAST-PARKVIEW HEALTH

*By Carrie Pelletier, BSN, RN, and
Director of Nursing at Mid Coast
Senior Health*

Transitioning from independence to assisted living is a major life change for any adult, but it is not a shift you or your loved one need to make alone. At Mid Coast Senior Health Assisted Living at Thornton Hall, residents have the option to move into any one of our private apartments with an adult companion, including spouses, partners, or siblings.

Our “Companion Care” option may be the right choice for adults who desire freedom from tasks such as grocery shopping, yard maintenance and monthly bills, and have a live-in loved one requiring a higher level of care. For resident companions, moving into Assisted Living at Thornton Hall is an opportunity to stay connected with their loved one and reduce daily stressors, while still maintaining their independence and privacy.

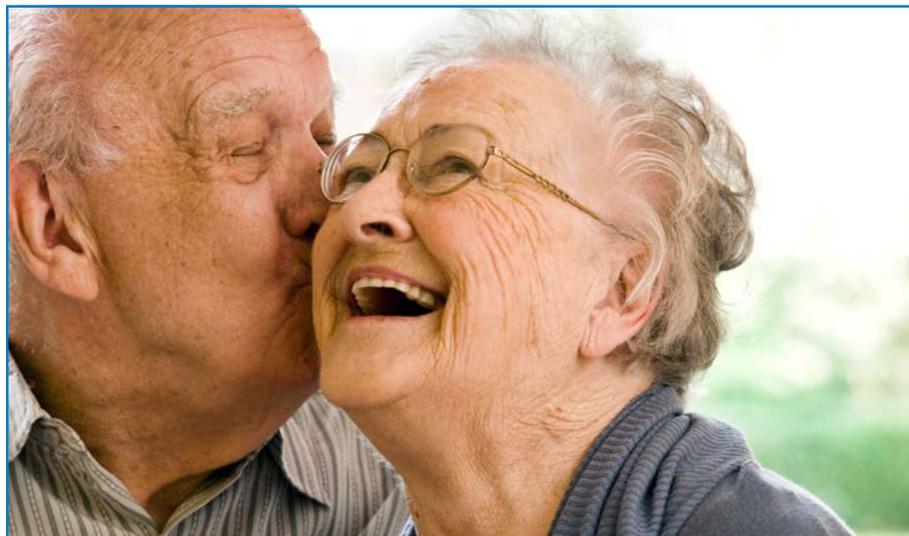
Having companions has also been linked with better health. According to a study conducted by the National Poll on Healthy Aging, more than one third of seniors surveyed felt a lack of companionship at least some of the time, and more than one fourth said they sometimes or often felt isolated. Those who felt isolated also reported poorer physical health than non-lonely people.

In general, assisted living communities are a good option for seniors who are too healthy to be confined to a hospital or nursing home, but have a chronic illness that requires professional monitoring. Appropriate candidates for assisted living may also need help with activities of daily living such as bathing, dressing, and housekeeping.

Mid Coast Senior Health Assisted Living at Thornton Hall offers all of the above services, as well as a diverse array of daily activities, allowing residents to have an active social life, maintain healthy cognitive functioning, and develop new hobbies. Residents and resident companions are also able to maintain independence through measures such as keeping a personal vehicle onsite.

Resident companions have full access to our facility’s amenities such as meals, transportation, housekeeping and standard utilities, and if they do not require daily assistance or medical supervision from our staff, they can live at Thornton Hall for a fraction of the full monthly cost. Companion rates depend on the size of the apartment and the level of care needed.

Additionally, Thornton Hall is part of the larger Mid Coast Senior Health continuum of care, which also comprises Memory Care at The Garden, Nursing and Rehabilitation at Bodwell, and



Together, always.

By offering a full-range of healthcare and living options, **Mid Coast Senior Health** enables individuals to live at the highest level of independence possible.

With companion rate plans, we welcome couples, siblings, and other loved ones to join each other, residing at the same location while receiving the level of care that’s best for them.

For more information, call **(207) 373-3646** or visit www.midcoastseniorhealth.com.



MID COAST SENIOR HEALTH
MID COAST-PARKVIEW HEALTH

WWW.MIDCOASTSENIORHEALTH.COM

Long-Term Care at Mere Point. Moving in to Thornton Hall with your loved one ensures they will receive high-quality care, and also makes for a smooth transition to any one of our other communities if ever needed.

Ultimately, companion care offers you peace of mind that your loved one is receiving the care they need, while allowing you to remain

living together in a semi-private setting.

Our admissions team works with all new residents to determine a customized plan that best meets their care needs, and is able to answer any questions you might have about Thornton Hall or companion care. More information is available at www.midcoastseniorhealth.com.