



# Plus! People NEWS!

The center that builds community

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



**THE WEATHER HELD AGAIN** for a fun and sunny Lunch Bunch at the People Plus Center in January! Enjoying franks and homemade baked beans with fresh warm biscuits made by Frank and Jane Connors followed by a berry crisp with homemade cinnamon whipped cream, around 30 of our members enjoyed a delicious lunch and each other's company. We pulled the raffle winner, chatted about how to get the vaccine and generally had a great time. We hope you'll join us in February!

## Matching Grants boost Center income

As we check in on the annual campaign a little over halfway through the fiscal year, things are looking promising – thanks to your help! However, the race to the finish line isn't over yet, so our matching grants may just be the turbo boost we need to win!

According to Office Manager Betsy White, as of Jan. 22, the funding total for People Plus is \$53,971, with an additional \$1,997 in membership donations. (Total of \$55,968!) This funding supports homebound elders, and the Volunteer Transportation Network, while it also keeps the membership and classes at the Center inexpensive, with free lectures, free gaming and language clubs, free events and more.

We are fortunate to have two generous donors this year who've put forward "matching" grants available to EVERYONE who donates new or increased funds to our Senior Center!

Ellen Asherman donated \$2,500 to specifically match new or increased donations from anyone over 65 who gives a gift of up to \$50. "I'm hopeful it will encourage people who might not give big sums of money to donate. If I partner with them – even the smallest amount is doubled!"

And a challenge match from Dick and Smoky Morrell is something that we have seen bring

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## How do I get my COVID-19 vaccination?

### Clinic Opens at Rec. Center

Brunswick's Mid Coast Hospital is coordinating a large-scale regional vaccination clinic that opened on Jan. 25 at the Brunswick Recreation Center, which is located on Brunswick Landing. Vaccinations are by appointment only, for people over age 70.

People who meet the CDC criteria and are primary care patients at Mid Coast or Martin's Point will receive invitations via email and phone over the next few weeks. Community members who are not already connected with a primary care provider in

this community also can make appointments.

The Brunswick Recreation Center will provide the space and parking needed to dispense more than 800 vaccines daily. According to Lois Skillings, President of Mid Coast-Parkview Health, this will allow Mid Coast Hospital to "give 10,000 first vaccines and 10,000 second vaccines each month, depending on vaccine availability."

Vaccines will be given Monday-Saturday, 7:30 am to 8 pm. Volunteers are needed at the Rec. Center to help with the process.

If you are 70-plus and would like to book your shot:

- Call 877-780-7545 to book an appointment at the MaineHealth public clinic at the Brunswick Recreation Center.
- You will be asked to answer some prompts and will be called back. Be patient, as they are getting tons of phone calls!
- Or book an appointment online at <https://www.mainehealth.org/Coronavirus-COVID-19/Vaccine>
- People Plus is providing online and telephone registration assistance.

## Music in April – Don't get outbid!

Excitement is building here at the Center for our annual Music in April event, the premier fundraiser of People Plus and one of the Brunswick area's top cultural happenings of the year.

This year's affair, which is the 18th edition, is going to be an online event like no other!

"Despite not being able to have our normal dinner gala event, I'm pleased at how things are coming together," said Stacy Frizzle-Edgerton, People Plus Executive Director. "With Music in April being presented to folks as an online auction, it actually gives the whole community an opportunity to participate. And that is way more people than who would normally attend

the event!"

Over the years, the gala has brought in more than \$300,000 for People Plus, providing a solid financial backbone for all the programs and services it offers to its members and the community. The 2021 Music in April program will include an online silent auction and raffle, launching Thursday, April 1 and running through Friday, April 30.



New items will be added each week and will feature things like gift certificates to restaurants and local activities, jewelry, bags, toys, paintings, handmade items, housewares, kitchen accessories, vintage products and more. "There will be something for everyone of all ages and in all price ranges. And the best part about the online auction is being notified when someone outbids you," said Programming and Events Coordinator Jill Ellis. "Then you know to jump online and outbid them! It becomes a really fun little game that raises big funds for the Center!"

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### PEOPLE PLUS MONTHLY RAFFLES

## Sarah Chingos walks away with January prize!

Any activity is more fun with someone else, so Sarah Chingos will enjoy sharing the People Plus January raffle prize, a snowshoe package for two, with her husband Peter. Congratulations!

The Chingos family will have a great time using their new L.L. Bean Trailblazer snowshoes and poles, with matching Baxter State Parka Mittens and Katahdin Pom hats in carbon navy and vintage lavender patterns. PLUS Passes for three days of free snowshoeing at participating Cross Country Ski Area Association (CCSAA) areas! All for a total value is \$640!

A total of 97 tickets were sold for the January raffle, bringing in \$1,940. All of our monthly raffle proceeds (\$15,000 so far!) help us assist with transportation, supplies, emotional well-being, physical fitness and more!

As always, thank you for helping our seniors and for supporting the People Plus Center!



## Warm up and fill up with February contest!

Our February raffle includes just the right thing that will help take the chill out of the air, while also treating your taste buds to a yummy treat.

Up for grabs is a wonderful Fire Pit Package. The winning prize includes a Hampton Bay 34-inch outdoor fire pit, with an oil-rubbed bronze finish, an integrated log grate, mesh spark screen, and a fire poker. The package also includes blankets, thermal mugs, toaster forks, fixings for s'mores, and more. The total value of the package is \$200.

Tickets are \$20 each, which help support our homebound elders.

To purchase tickets, please 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.

The drawing will be Thursday, Feb. 25 at noon (inclement weather date Feb. 26).



## 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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# Porcupines in a Pine Tree...

The "In Memory" box of our newspaper (where we list the names of members who have passed away in a month) listed more names this month than I can ever remember for a single month at the Center.

They say more people pass away between Thanksgiving and New Year's than any other time of the year. I'm sure the statistics are accurate, but it seems like such a sad time to go. It's time that's meant to be with family and loved ones, celebrating traditions and new beginnings. And maybe what happens is the people who have hung on to celebrate Thanksgiving with their family decide to join their other loved ones in Heaven for Christmas. They're splitting the holidays per se and I can only hope that all of our good folks who passed away since Thanksgiving are doing just that!

A few of our members who passed, including Su Olds, Charlotte Hart and Ralph Laughlin, were very active at the Center and we knew them well.

Su Olds was a volunteer extraordinaire. She helped hundreds of folks with tax assistance, delivered thousands of meals for Meals on Wheels, helped people with their bills as a Money Minders aide, and was generally always at the ready to help out - whether as a driver or an accountant. We will miss her warm & quiet energy and unassuming way of putting folks at ease.

Charlotte Hart was a powerful writer, and a force to be reckoned with in the Write On Writers group. She lived a very full and long life to her mid-80s and created many books, stories and poems in her time. The writers of that group included some lovely tributes to her in this month's paper (see page 3).

Ralph and his wife, Dianne, had been in Brunswick for about eight years and had fully embraced the People Plus lifestyle. Ralph could be found at nearly every function that had anything to do with food, fun or getting into mischief with Frank. Also an avid writer, Ralph became very active with the Write On Writers and, along with Charlotte, helped to create many of their recent publications.

Ralph had been struggling with health issues, so he and Dianne moved to New Orleans to be closer to their son and his family. Unfortunately, Ralph contracted the COVID-19 virus about a month ago. He struggled mightily yet seemed to be

improving. He sent me an email not even two weeks ago that read, "Let me tell you, COVID is nothing to mess around with. I'm limp as a wet rag and the visiting nurse today said I looked a lot better than most people he's seen." He wrote that eight days before he passed away ...

I spent a long time tonight looking for pictures of him from the last seven or eight years. And there were a bunch. I knew to look for him in all of the luncheon and social gatherings, as he could be found at the sink any time there was a dirty dish to be washed or pots to be scrubbed. You basically couldn't make, serve or clean up for lunch without Ralph on site. He showed up early and left late and always refused to eat.

He and Frank created a legacy of grilled lemon-butter chicken, burgers at the summer picnic, hot dogs for the lunch-crew pool party, and many other festive events.

One year Ralph even partnered with Jonathan and me on French fest. He showed pictures of the years that he and Dianne lived in France, captivating audiences with his stories of his rambles through the cobblestone streets and forays into grocery stores in a foreign language. He was an amazing storyteller, both verbally and with the pen.

Probably the one thing Ralph and Frank are most famous for is their duet to Ralph's cleverly created rendition of the 12 days of "a Mainer's" Christmas. I always imagine him writing it by candlelight, with his bed cap donned and Dianne sleeping by

## From the Executive Director

Stacy Frizzle-Edgerton



his side.

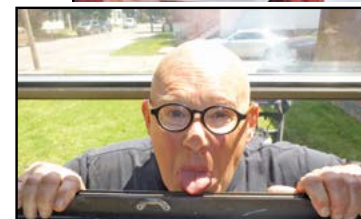
It begins with "On the first day of Christmas my true love gave to me, a porcupine in a pine tree ...". The song rambles through Bean boots, stinking skunks, huffing puffs, five CHICK-A-DEES!, clammers clamming, lobsters boiling, eagles soaring, guys a hunting, moose a mating, ravens ranting and 12 bears a sleeping. Phew!

It was a genius piece of creative writing and will be forever played on WCME by radio host Jim Bleikamp. It's one of his favorite holiday ditties to rotate in as soon as he can get away with it.

At only 79 years old, Ralph was taken before his time. We will miss him. We will play his duet with Frank at the holiday party and we can all smile at the memory of them belting it out at parties past. He knew no fear and was unabashedly just Ralph.

As we head into spring these members would want us to rejoice. Ralph told me he was glad we are in Maine where "no one has the virus." I think these members would've enjoyed our parking lot yoga, luncheons in parkas and men's muffins huddled around the propane fire.

We will miss Su, Charlotte and Ralph along with ALL of the People Plus family who passed away. In their memory, I will hope for snow so I can make snow angels in my yard. And I just might name them Su, Charlotte and Ralph.



## From Anita's Plate

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For the fourth straight year, the Mediterranean diet has been named the number one diet by U.S. News and World

## Ideas for adding layers of nutrition and flavor

Report. The Mediterranean diet is not really a "diet." There are not a lot of rules, but rather suggestions of what to eat more of and what to choose to eat less of on a regular basis.

I often encourage my clients to think about adding foods to their daily choices rather than taking something away. It feels so much better to think about adding something vs. taking something away. Here are some components of the Mediterranean diet:

- Plant-based, not meat-based.
- The foundation is vegetables, fruits, herbs, nuts, beans and whole grains.
- Moderate amounts of dairy, poultry and eggs.
- Olive oil is the primary source of added fat.

- Fatty fish — such as mackerel, herring, sardines, albacore tuna, salmon and lake trout.
- Limit red meat.

Have fun thinking about how you can add something from the Mediterranean diet to your meals:

- Black beans and salsa to quinoa
- Blueberries and pistachios on your salad
- Avocado on your whole grain toast
- Mango salsa on your grilled salmon
- Pesto on whole grain pasta

Adding these healthy foods adds layers of nutrition and flavor. I hope that you try adding something to your food choices this month!

## Mediterranean Quinoa with Arugula

### Ingredients

- 2 1/4 C. unsalted vegetable stock
- 3 C. cooked quinoa
- 1 C. sliced red onions
- 2 garlic cloves, minced
- 1 (15.5 ounce) can no-salt-added chickpeas (garbanzo beans), drained and rinsed
- 2 1/2 Tb. olive oil
- 2 t. fresh lemon juice
- 1/2 C. drained, chopped roasted red bell peppers
- 4 C. baby arugula
- 2 ounces feta cheese, crumbled
- 12 pitted kalamata olives, halved lengthwise
- 1 Tb. coarsely chopped fresh oregano

### Directions

1. Stir together the stock, quinoa, onions, garlic, chickpeas, 1 1/2 teaspoons of the olive oil.
2. Whisk together the lemon juice and remaining 2 tablespoons olive oil. Add the olive oil mixture and red bell peppers to the quinoa.
3. Toss gently to combine. Gently fold in the arugula.
4. Sprinkle each serving evenly with the feta cheese, olives, and oregano.



Peter W. Ladner, President, circa 1980

## BRACKETT FUNERAL HOME

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## Poems & Prose

### House Mice *By Nonie Moody*

Getting up from the table going to the sink,  
My eyes spotted a streak on the flooring.  
Moving quickly around the corner wall  
A little gray mouse I watched sneaking.

We tried to corner him and put outside.  
The door was wide open but where's the mouse?  
Checking kitchen drawers for mouse droppings  
Discovering his happy hidden playhouse.

There's no time to loose here in the kitchen  
Pull everything out, empty all the drawers.  
Placing all the food in summer ice chests  
But where's my cat I ordered that purrs?

Where were they getting into the house?  
Searchingly found entrance in the oven vent  
And immediately blocked to end the trail  
Issuing an end to their dirty intent.

Mouse traps are set from basement to attic  
Checking often to see if any were caught.  
Soft sweet mini-marshmallows our choice  
For two mice this sweet candy brought.

### To Charlotte *By Sally Hartikka*

We loved your stories of Stevens Corner  
And of your childhood there.  
Of your fascinating neighbors  
And a great grand piano square.  
Of the winter storms you had,  
Of Christmas recollections,  
When you brought to mind  
All the festive decorations.  
You told us of maple sugaring,  
Apple blossoms on Orchard Hill.  
Of taking "dinnah" pails to school ...  
Memories yet pleasant still.  
You brought insight into golden times  
When life was new and awesome ...  
When you enjoyed it to the fullest,  
The snowflake and the blossom.  
We'll miss you at our table now  
But recall you with affection  
As we revisit all you've written  
In our WOW collections.

### Going Fishing *By Bonnie Wheeler*

You say you're going fishing, dear  
I have my doubts, dear  
When you come home at 2 a.m.  
Not a fish in sight

Something's going on that smells  
More like perfume than fish bait  
And the lipstick stain on your shirt  
Leads me to complain

One late night soon you will come back home  
And find yourself all alone  
I'll be gone looking for another fisherman  
Who will invite me along  
And nothing fishy will be going on

### High School Regret

*By Doris Weinberg*

I was just an average student  
and in high school I took the college prep.  
The classes were to prepare me,  
for what would be my next step.

I did fairly well all four years  
and took Latin and French as well.  
Latin was a tremendous help,  
In later medical classes I was able to excel.

I did have three years of high school French,  
but never was able to converse.  
I wish I had taken more and added Spanish too.  
Both are spoken more in this shrinking universe.

Maybe I would have been fluent  
In travels or with people I met.  
I studied piano at a French School of Music,  
and maybe I could have been "teacher's pet!"

We can look back and realize too late,  
things that we should have done.  
But we all lived our lives and it didn't matter  
for me (at least), and most everyone.

### Valentine's Day *By P.K. Allen*

Many a poem has been written,  
each in its own special way,  
For people to share in their feelings  
once a year on Valentine's Day.

What a shame it would be for all of us  
to waste the other days of the year,  
By not sharing those feelings more often  
with those who we hold so dear.

### That Super Day *By P.K. Allen*

It's that super day of the year once again  
bringing gusto and courage to all of the men.  
Though some ladies do care while others deplore  
the carrying on when our team makes a score.

First, we gather with friends who are in a good mood,  
then break out the peanuts, soda, beer, chips, and food.  
As we huddle by the TV and pass strategies around,  
our quarterback is sacked and lies on the ground.

This scene is repeated in each house in each town,  
the cheering and jeering with each pass and first down.  
Which tells everyone near that it's a great way  
to spend time with your friends on Super Bowl Sunday.



### In Memory of Charlotte Bourret Hart

*By the Write On Writers*

Charlotte grew up at Stevens Corner in West Newfield, Maine. She graduated from Dean Academy in Franklin, Massachusetts, and the University of Maine in Orono. From 1957 through 2008, she lived and worked in Brunswick, Maine (Brunswick High School, Brunswick Junior High School, and part-time at Bowdoin College). She recently resided on Orchard Hill in Cumberland, Maine.

Charlotte wrote personal narrative, character studies, light and personal rhymed verse, and poetry inspired by life experiences, her late husband, her children, grandchildren, great-grandchildren, and various and sundry friends.

Charlotte was a member of Write On Writers for more than 13 years. She was a valued contributor to the group and its last six publications, as well as writing the book introductions and the forward for the most recent, *Write From the Heart*. She will not only be missed by her friends and family, but also by those of us who enjoyed listening to her readings.



### Stevens Corner in June

*By Charlotte Hart*

I'll take time to go home, to savor the past,  
To remember early years that went by so fast.  
To the Stevens Corner House! I will see it soon!  
It was always loveliest there in June.

Half-way up Province Mountain. Eighty acres of wood.  
Stone-walled yards. Gardens. A joyful childhood.  
Eleven rooms and a barn. I will go back soon.  
It was always loveliest there in June.

I'll drive by. I'll remember Family Giving Thanks there,  
Our farm produce and turkey wood stove-roasted with care.  
Homemade wreaths at each door. Christmas spirits were high.  
Christmas lights? Oil lamps glowing and a great star-filled sky.

A price for that house? Not a worry at all!  
Priceless winters, springs, summers, harvest moon in the fall.  
I will go there this month. I will see it soon.

But Stevens Corner is always most lovely in June.

### Strange Love *By W A Mogk*

"That's stupid, Cupid!"  
"No it's not," replied Cupid, as he adjusted the strap on his quiver. "Everybody needs love, especially in the month of love on Valentine's Day. That's what I do!"

Dexter Pan (brother of Peter) gave a shrug. "I know, but opposites don't always attract."

"Love conquers all!" came the response. Cupid had confidence in his ability to bring these two together. "Once my arrows hit their mark, they will have no choice but to be drawn to each other."

"I still have my doubts," Dexter shot

back, "but I suppose you know what you're doing."

Cupid rose effortlessly into the air with glistening wings, then headed toward the lakeshore where he knew the future love-birds could be found. As always, his arrows flew true. The two turned toward each other and embraced. "My work is done," he told himself.

Later, Dexter had to admit that Cupid had been correct — a duck and a beaver could fall in love. Today, you can find their offspring in Australia: It is called a platypus.

### Together While Apart *By Betty Bavor*

We have longed to be together while apart and people have been creative with restrictions and appropriate adherence to CDC rules. People Plus has provided exceptional opportunities to be together outdoors in the parking lot with exercise and art classes, Lunch Bunch, and club groups in assigned distance-measured chairs. We were blessed with great weather well into fall and the staff became stage managers setting up, sanitizing and dismantling after every program use.

While all this was happening outdoors, the entire building was being transformed from floor to ceiling. They invested in the latest technology installing air purifiers, germ-thwarting humidifiers to clean the air, measured distancing for chairs and marking the floor with tape, painting and washing walls and curtains. Windows remain open and chairs are sanitized after every class. We are all checked upon entry and must exit

by assigned door. Advanced registration is required by all participants.

Our recent Women's High Tea event was a joyous event on a mild sunny January afternoon in the People Plus parking lot. The staff prepared and served us traditional scones, clotted cream, lemon curd, strawberry jam with a fresh strawberry with elegant English tea. Stacy explained some high tea traditions and we all wore a chosen colorful hat. What a great way to be together while apart socializing with happiness, departing with smiles and gratitude to our creative staff.

Communicating on social media — Zoom, Facebook, email, etc., provide togetherness. There is snail mail, cell — iPhone, etc., and even a landline telephone. This may be the tip of the iceberg. Let us help others along the way, whether their need is physical, emotional or spiritual. We, too, will be strengthened with togetherness while apart.

### Angels *By Bonnie Wheeler*

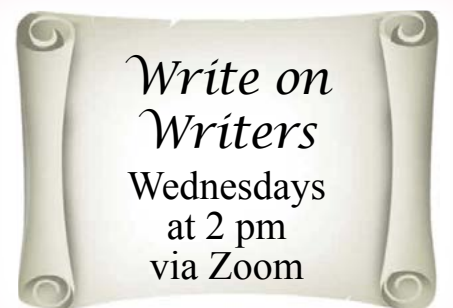
I believe there are angels among us  
When I had a hard fall and suffered pain  
My doctors reported six-month recovery  
I said, "Oh no, I can't stay down that long"  
Then angels began to come to my home  
They came with food and prayers  
Comfort on painful days  
Many gifts, flowers, and cards  
Phone calls to encourage  
Offers of help, meds to help  
Friends showing love at my door  
I have no doubt of earth angels — anymore  
So many have been to my door  
God bless you all, as you have blessed me.

### Remembering Lincoln

*By P.K. Allen*

Seven score and seventeen years ago  
A man named Lincoln stood very tall  
He proclaimed that the end of the Civil War  
Stood for freedom and equality for all

He was known and revered for his honesty  
And his prowess on the wrestling mat  
He also kept his important documents  
Inside his tall black hat



### God Got a Good One

*By Bonnie Wheeler*

The world lost a lovely lady  
Charlotte was a special gift around our tables  
She left her words and book of wisdom and wit

Today she writes for a new heavenly group  
Save us a place  
We will meet there soon  
We miss you

### Sledding

*By Nonie Moody*



Weeks ago we hauled the sleds out of the garage and tried them out; one saucer, one red plastic sled with protruding runners with pull-back brakes, a long blue bucket seated, long enough for an adult to stretch his legs out. The grandchildren, two and a half and four, loved the red runner with brakes. The snow had a nice crusted top and sliding was as if the sleds were a sailboat. It was so much fun.

I began to think that a toboggan would fit all four of us on one sled, so we started watching the Market Place online looking for toboggans. We secured two for one price from Portland and drove the truck to get them. It cost us \$50 for two toboggans. The long one holds four people and a short one holds two. These were made in someone's garage or basement out of three quarter-inch plywood. After seeing and moving them we noticed how heavy they were; we wondered if it would coast, so hubby tried out the big one which only got him halfway down the hill and stopped because it needed wax. He quickly put in an order for ski wax, which we now have and will soon use.

Recently, our daughter called and said she found a four-seater toboggan for \$20 and wanted to know if we wanted it. Sure we took it, what's another toboggan. We got it home and put it on my kitchen counter and proceeded to give this stored old toboggan a good bath. This one had a nice long red plastic cushion and was now ready for use.

With the pandemic here, social distancing and so few enjoyments left, a few dollars spent on sleds is worth it. Sledding can be enjoyed from ages 2 to 92 and is relatively a safe winter sport if you don't hit a tree and helmets are recommended.

# Fabulous February at People Plus!!



**WE HAD ABOUT A DOZEN GUYS** come for the “men and muffins” gathering in January! Thanks to Eric Root for bringing his propane fire pit for the guys to huddle around. The men enjoyed hot apple cider, coffee and banana walnut muffins. We hope to see you all back in February!

## Having fun with ‘Art with Connie Bailey’

There are many key elements to the success of People Plus, but a big part of the “heart and soul” of the Center has to do with our instructors. Last month, we focused on those who keep our members fit and flexible — our exercise experts. In this article, we are zeroing in on culture and creativity with People Plus art teacher Connie Bailey.

Connie has an extensive background in her field. She obtained a degree in art education from Eastern Michigan University and had six years of botanical and natural history classes at the Morton Arboretum in Lisle, Illinois. She was a charter member of the Nature Artists Guild at the same arboretum. And Connie taught for the Naperville Art League for several years.

So she knows her stuff!

Connie has been giving art instruction at People Plus for several years. With the coronavirus pandemic limiting in-person classes at the Center — and with Connie’s desire to stay connected with her students — she has now recorded 21 “Learn to Draw with Connie” classes that members and others can view online. As part of this series, a new “Learn to Draw with Connie” email comes out every Thursday, issuing one of her episodes for folks to learn about drawing while staying at home.



“I have been making videos for People Plus since May,” she said.

When the question was put to Connie as to when someone might say “I can’t draw or paint,” her reply was the following: “Many of my students have not had much experience with drawing. I say just start drawing things you like to look at. I show them several different kinds of drawing materials to try.”

As far as Connie is concerned, anyone can at least give her classes a try.

And her philosophy on art instruction and art itself? “I want to teach. But I want my students to have fun and learn things which will enrich them and others,” Connie said.

So there you have it. Consider this an invitation to try one of her classes; you may have a hidden talent you didn’t know about. Her in-person instruction at the Center, “Art with Connie Bailey,” takes place on Thursdays at 9:30 am. Or you can view her video series to learn about art and have fun.

## Guess Who? Couples edition!

With everyone being masked it’s sometimes hard to recognize our fellow members, so we decided to create a fun and new monthly game called Guess Who? And to complicate matters, we are using photos from participants’ past.

So who are the people looking at you now? Take as many guesses as you would like, and then satisfy your curiosity by finding the answer on page 11. 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@people-plusmaine.org](mailto:news@people-plusmaine.org) to join the fun.



**WARM SUNSHINE STREAMS** in through the windows during an art class with Connie Bailey at the Center. If you’re not sure you want to venture out quite yet, look for our Thursday art class email. There’s a link to a video that you can watch for free while you learn at home.

## Yoga Twice a Week!

**Tue, 10:30 am or Thu, 11:30 am.** Ann Kimmage is back teaching Yoga on Tuesdays at 10:30 am and Leslie Ballin teaches Yoga on Thursdays at 11:30 am. Take the classes in-person or via Zoom. Class size is limited. Members only, masks and registration required, payment via punch card (\$5/class).

## Exercise with People Plus in person, via Zoom or via video!

Join us for Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, Gentle Barre and Zumba. Exercise in person with recommended spacing and ample ventilation and masks, live via Zoom, or watch on video. Masks and registration required, payment via punch card (\$5/class).

## Art with Connie Bailey

**Thursdays, 9:30 am.** Please bring #2 pencil, sketch pad, 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).

**Register for activities @729-0757**

## Good Eats — Good Friends!

(Dress for the weather — we’ll be OUTSIDE!)

**Women’s “Valentine Tea” Outside**  
**Thu, Feb. 4, 1:30 pm.** Enjoy tea and a Valentine treat while socializing with the ladies. Wear red or pink! Members only, limited space, registration and masks required.

**Men’s “Coffee Break” Outside**  
**Thursday, Feb. 11, 1:30 pm.** Enjoy coffee, hot cider, and treats while socializing with the gents. Members only, limited space, registration and masks required.

**Thursday Lunch Bunch Outside**  
**Thursday, Feb. 25, 12 noon** (Rain/Snow Date Friday, Feb. 26). 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!

## Activity Punch Cards

Safe & convenient. FMI call 729-0757 or stop by the Center!



## Center Clubs: FREE to members

### Apple Club via Zoom

**Thu, Feb. 11, 10 am.** Have some questions about your Apple device (iPhone, iPad)? Find answers at this monthly club, currently held via Zoom. Registration required. Members only.

### Outing Club - Outside or Zoom

**Wednesdays, 12:45 pm.** Meets for a ride or hike each week (some walk, some ride so all are welcome), weather permitting. Otherwise will meet via Zoom. Members only. Masks required for outside. Registration required. Call the Center to be connected to this group.

### Write on Writers via Zoom

**Wednesdays, 2 pm.** Meet to share stories and writings. Group will meet via Zoom over the winter months. Members only. Registration required.

### Cantina Espanol via Zoom

**1st Tuesday, 3 pm.** Spanish language club meets via Zoom to chat in Spanish. Please contact the Center if you would like to be connected to this club.

### Kaffeestunde! Via Zoom

**2nd Tuesday, 3 pm.** German language club meets via Zoom to chat in German. Please contact the Center if you would like to be connected to this club.

### Cafe en Francais via Zoom

**4th Tuesday, 3 pm.** French language club meets via Zoom to chat in French. Please contact the Center if you would like to be connected to this club.

## Zoom Exercise with Us!

Would you rather attend your exercise class from home via Zoom? Please contact Sarah at reception and she can give you the link for the class. Members only.

## FREE Zoom Tutoring

**Wednesday mornings.** Free 45-minute Zoom training sessions with high school senior, Jasmine Giffin, at the Center. Masks and registration required.

## 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 and masks required, must follow building safely protocols. Call 729-0757



## FREE Video Library

Are you hunkering down for the winter? Don’t forget to check out the People Plus video library. It’s filled with community updates, exercise classes, art classes, guest presentations on varying topics (including previously recorded presentations/events at the Center), our new “Storytime with Frank” series, News & Views TV shows, People Plus Cooks! TV shows with additional cooking videos, Senior Health Expo exhibitor submissions, Teen Center videos, “how to” for building protocols, and other fun videos.

Our free videos are all available on our website (click on the Free Videos tab), 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.



# 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!**

Mon	Tue	Wed	Thu	Fri
<b>1</b> 9:00 Loosen Up 10:15 Zumba via Zoom	<b>2</b> 9:00 Chair Yoga 10:30 Yoga 3:00pm Spanish Club via Zoom	<b>3</b> 8:45 Zoom Tutoring 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Tai Chi 12:00pm Gentle Barre 12:45pm Outing Club 2:00pm Write On Writers	<b>4</b> 9:30 Art with Connie 11:30 Yoga 1:30pm Ladies Valentine's Tea Outside	<b>5</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 Loosen Up 10:15 Zumba via Zoom	<b>9</b> 9:00 Chair Yoga 10:30 Yoga 3:00pm German Club via Zoom	<b>10</b> 8:45 Zoom Tutoring 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Tai Chi 12:00pm Gentle Barre 12:45pm Outing Club 2:00pm Write On Writers	<b>11</b> 9:30 Art with Connie 10:00 Apple Club via Zoom 11:30 Yoga 1:30pm Men's Coffee and Muffins Outside	<b>12</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> Center Closed 	<b>16</b> 9:00 Chair Yoga 10:30 Yoga	<b>17</b> 8:45 Zoom Tutoring 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Tai Chi 12:00pm Gentle Barre 12:45pm Outing Club 2:00pm Write On Writers	<b>18</b> 9:30 Art with Connie 11:30 Yoga	<b>19</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 Loosen Up 10:15 Zumba via Zoom	<b>23</b> 9:00 Chair Yoga 10:30 Yoga 3:00pm French Club via Zoom	<b>24</b> 8:45 Zoom Tutoring 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Tai Chi 12:00pm Gentle Barre 12:45pm Outing Club 2:00pm Write On Writers 6:30pm Bruns.Coin/Stamp	<b>25</b> 9:30 Art with Connie 11:30 Yoga 12:00pm Lunch Bunch "On US" Outside	<b>26</b> 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qigong

- 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 at least six-foot distancing at all times.
- To watch an instructional video about entering the Center and see the space, visit the Free Videos page on our website.
- Chairs and bins will be cleaned between classes along with door handles, touchscreens, and other high-touch surfaces.
- Our HVAC system has been upgraded with a new HEPA filtration system and increased mixture of outside air.

# Fit and Fun for Free keeps us 'connected'

Here at People Plus there is a long list of activities to promote the wellness and fitness of our members. In order to encourage such participation, the Center always marks the start of the new year with our Fit and Fun for Free program. During the entire month of January, people had the opportunity to try out any of our class/club offerings at People Plus at absolutely no cost. This great deal was open to new attendees and the public — to come to the Center in person or partake via Zoom and videos — to bend, stretch, play a game, learn a new language, take an art class, and do so much more. And as in past years, the start of 2021 found many people participating in the free program, following safety restrictions because of the coronavirus

pandemic. "The goal is to get folks engaged," said People Plus Executive Director Stacy Frizzle-Edgerton. "Especially with the current situation regarding COVID-19, we feel it is very important to have people remain connected and involved." Even if you missed this special January promotion, please check the calendar in this newspaper or go online (peopleplus-maine.org) for classes and other activities, and consider becoming a member of People Plus if you aren't already one. And sign up for some fun. You can always try any class once for free any time of year. Call People Plus at 729-0757 for more information or with any questions. Or stop by the front desk at the Center.

**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.

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# Staying active during the winter months...



**JOIN OUR OUTING CLUB** every Wednesday either by Zoom or in person as they continue to get out and about in the world! Whether as a trip to the beach, a hike in the woods, or lunch outdoors at a local restaurant, this group has a great time every Wednesday at 12:45 pm!



**SUZANNE'S QIGONG CLASS** works on their balance as they meet every Friday at 11:30 am at the Center. Or follow along via Zoom from the comfort of your home. Try it out for free anytime!

## Here's another way to Get Active

It's important to remain active, especially during the colder months. Whether you like cross-country skiing, sledding, skating, walking, biking or other outdoor activities, there is something for everyone in the Midcoast Maine region. So enjoy the scenic beauty of our state with information from the Get Active Southern Midcoast — Winter Edition.

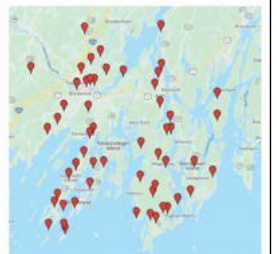
For a map of trail locations and a listing of what's available, go to <https://getactivesouthernmidcoast.org/winter-activities/>

Before going out, check out these safety tips for COVID-19 and other precautions:

- COVID-19: [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/visitors.html](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/visitors.html)
- Do not visit if you are sick or have been exposed to COVID-19
- Stay at least 6 feet away from other people at all times; have a face covering if needed
- Avoid busy parks and trails — have a plan B
- Wash your hands when you can, bring hand sanitizer, cover your cough
- Be prepared for limited access to restrooms
- Share the trail, warn others as you pass
- HIKING: (Ticks, heat, thunder) [www.nps.gov/subjects/trails/hiking-safety.htm](http://www.nps.gov/subjects/trails/hiking-safety.htm)
- BIKING: (General and COVID-19) [www.bikemaine.org](http://www.bikemaine.org)
- FISHING & BOATING: [www.maine.gov/ifw/fishing-boating](http://www.maine.gov/ifw/fishing-boating)

### Winter Activity Guide

Whether you like cross country skiing, sledding, skating, walking, biking or other outdoor activities, there is something for everyone in Southern Midcoast Maine.



### Interactive Map

Use our interactive map to locate places for healthy activities in the area of your choice.

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**“With everything taken care of, we can just relax and enjoy life.”**

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We offer an opportunity to live as independently and comfortably as possible in a carefree and peaceful home, with a breadth of healthcare services and social activities readily available.

For more information on services and amenities, call **(207) 373-3646** or visit **[www.midcoastseniorhealth.com](http://www.midcoastseniorhealth.com)**.

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MID COAST-PARKVIEW HEALTH  
[WWW.MIDCOASTSENIORHEALTH.COM](http://WWW.MIDCOASTSENIORHEALTH.COM)

Music in April continued from page 1

And who doesn't need a little philanthropic, good-natured distraction these days? Also new this year, there will be a Music in April supplement in The Times Record newspaper with descriptions of all the items. Distributed in the Times Record circulation, mailed to all our members and available at local eateries and grocery stores, the supplement will have a full rundown of all auction items - which is currently totaling nearly 150 pieces. And People Plus is still accepting donations. To submit donations for the auction, please feel free to drop them off at the Center on Union Street or call 729-0757 and ask for Jill Ellis or send her an email at programing@peopleplusmaine.org.

The money raised from Music in April enables People Plus to serve the greater Brunswick community by offering a variety of activities to support independent lives for older adults, provide outreach and transportation services, as well as many volunteer opportunities.



"I'm confident this will be a really great way to keep this event alive and the energy going for next year. I'm sure we will bring back the dinner gala, and we may combine the two options for next year. Who knows what will happen?! Stay tuned for more details!" said Stacy.

Sponsorship opportunities are still available! As always, thank you for continuing to support People Plus and its members.

# Desperate for Drivers!

## Can you help a neighbor in need?

In the last fiscal year, People Plus has coordinated over 31,000 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!!



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



## Balance to Live better



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### Yes You CAN Ride a Bike Again!

When we have **Balance** in our lives, we **Live better**. Not just physical balance, that protects us from falling, but a wholehearted balance of well-being: nutritional, emotional & spiritual balance. At The McLellan our 2021 resolutions are to **Live better by Living BIGGER!** Our personal trainer is giving bike riding lessons this spring on our NEW 3 wheel & tandem bicycles! Come Live Bigger with us. Come get on a bike again, come find YOUR Life Balance.

207-725-6200 | info@themclellan.com  
Themclellan.com | 26 Cumberland St. Brunswick, ME

# \$10,000 Spectrum grant helps drive VTN program

We want to express a huge thank you to Spectrum Generations for providing a \$10,000 grant for the Volunteer Transportation Network (VTN) at People Plus. This all-important program gives free rides to members of the community for appointments, and picks up groceries and prescriptions for hundreds of individuals.

adults during this critical period," continued Queally. "We greatly appreciate the hard work and dedication People Plus continues to exhibit and Spectrum Generations will always look for ways to assist the greater Brunswick-Harpswell-Topsham community."

"The mission of Spectrum Generations is to promote and advance the well-being and independence of older and disabled adults, with the support of their care partners, to live in their community of choice. Over the years, People Plus has been a committed partner with us toward fulfillment of our mission," said Gerard Queally, President and CEO of Spectrum Generations.

"With this new funding from Spectrum Generations, we hope to expand our grocery and pharmacy delivery program which was created during COVID," said People Plus Executive Director Stacy Frizzle-Edgerton. "We don't foresee the need for these services diminishing, even after the pandemic ends."

"The pandemic has challenged us all, and our providing of additional funds to People Plus is a recognition of its efforts in stepping up and meeting that challenge, especially in the areas of grocery delivery and transportation for older

In the last fiscal year, VTN amassed more than 31,000 miles in supporting people with free transportation.

"Without the generous help from organizations like Spectrum Generations and others, we wouldn't be able to do any of this," said Lynne Smith, the VTN Coordinator at the Center.



**GERARD QUEALLY, PRESIDENT AND CEO OF SPECTRUM GENERATIONS (L)**, is seen here with Executive Director Stacy Frizzle-Edgerton as she accepts a Spectrum Generations' grant award of \$10,000 to support the work of the People Plus Volunteer Transportation Network (VTN) program. Last year, this vital program provided thousands of miles of FREE transportation, shopped for and delivered more than 1,300 grocery store orders, distributed over 2,100 meals and coordinated more than 750 prescription and medical deliveries.



## 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.

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***Gone but not forgotten –  
in Memory of***

**Stanley Lofchie**

Aug. 10, 1925 – Dec. 2, 2020

**Ronald Fluent**

Dec. 13, 1937 – Dec. 3, 2020

**Martha Wnek**

Oct. 13, 1921 – Dec. 15, 2020

**Jane Collins**

Jan. 2, 1976 – Dec. 23, 2020

**Charlotte Hart**

Sep. 4, 1936 – Dec. 25, 2020

**Barbara Sawyer**

Oct. 19, 1936 – Dec. 25, 2020

**Ethel Grasmuck**

Mar. 26, 1922 – Jan. 1, 2021

**Susan “Su” Olds**

Oct. 3, 1935 – Jan. 8, 2021

**Nancy Sohl**

Jun. 22, 1950 – Jan. 14, 2021

**Ralph Laughlin**

Nov. 24, 1942 – Jan. 20, 2021





**LOOK! FRANK'S ON ZOOM!** Actually he was ahead of his time as this picture was taken in the year 2010 when Frank participated in a "Video Conferencing" Project with the Brunswick High School Senior Service Learning Students from the graduating class of 2010. It's like déjà vu all over again!

# Collection of 'Dragon' yearbooks at People Plus

*Editor's note: Back by popular demand, and the fact that he had something to say, Frank is making a guest appearance with his familiar column in this month's issue.*

**Speaking Frankly**  
*Frank Connors*  
*(guest contributor)*



Maybe you didn't know there is a collection of Brunswick High School yearbooks at People Plus. Far from complete, the collection is "added to, now and then," according to Frank Connors, a longtime employee of the Center who started the collection.

"We have almost 30 of the yearbooks," Connors said. "Starting in 1936 and continuing to the 1970s."

He said the books are kept on a shelf in the Center's activity room, and are available for research and circulation on an "honor" basis. He said he started the collection when his father-in-law, Norman Marriner (BHS, class of 1935) and later a Brunswick School Board member, "wanted to be rid of several books he'd collected."

Last month, Center member George

LeMieux of Topsham made another significant donation, adding 1951-56 to the collection. "1951 was the 100th anniversary of BHS," he explained, and then he showed us where the '51 yearbook had a list of Brunswick High School graduates over the past century. LeMieux and his brother, Robert, were "co-editors" of the 1956 Dragon yearbook.

The Center welcomes additions to the collection. LeMieux said he saved the 1951 yearbook he donated from a trash bin.

Curtis Memorial Library in Brunswick and Brunswick High School both maintain more complete collections of local yearbooks.

## PEOPLE PLUS COMMUNITY BOARD

**Topsham Cleaning Center**, located at 49 Topsham Fair Mall Road, offering special to seniors at its laundromat. Buy one wash and get one of the same size washer for free.

**Items to sell? Services to offer or request?** Contact over 4,000 readers, in print and online. Advertise in these classifieds. Cost is only \$10 per inch, per month, paid in advance. Call 729-0757

## 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.



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

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).

## Computer help is just a phone call away

Need computer assistance or other technical help? We know just the person who can assist you with all this gadgetry. He's John Fischer of Carpe Diem Tech Support.

PCs, MACs, iPhones, Androids, tutoring, email issues, internet and other systems are areas John can help explain or even troubleshoot if the need arises. Along with fixing existing systems, he can install new ones, such as internet and Wi-Fi routers. John also does web hosting.

"I've got kind of a niche business. Most of my clients are older," John said. "I've become a resource for People Plus, and I've helped many of its members. I like to deal with individuals and small businesses."

John got started with PCs and MACs in the

early 1980s, consulting many of his employers on computer issues along the way, and he continues to keep up with all the latest changes. "There are many challenges and joys (in learning all this technology)," he said. "People buy this stuff and they want advice."

Offering People Plus members a half price rate of \$25/hr, John is available remotely — by phone or computer connection — or he will go to people's homes, with CDC-recommended masking and social distancing. To reach Carpe Diem Tech Support, call (207) 522-1238. References available upon request.

"John is a whiz and he has a really lovely, calm personality," said our director, Stacy.

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Avita Memory Care

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A Northbridge Senior Living Community

**Avita** of Brunswick  
— A Northbridge Memory Care Community —

Two Northbridge communities conveniently located in Brunswick, ME

Sunnybrook: 340 Bath Road | [sunnybrookvillage.com](http://sunnybrookvillage.com)

Avita: 89 Admiral Fitch Avenue | [avitaofbrunswick.com](http://avitaofbrunswick.com)

Partnership of support continued from page 1

in over \$5,000 for the last five years running. "We hope it'll encourage others to give," said Dick Morrell during a quick (socially distanced) visit from Executive Director Stacy Frizzle-Edgerton, who stopped by to drop off one of her famous Frizzle fruitcakes in January. "You keep doing what you're doing down there kid and we'll get through this virus mess together. Folks need that place to be there when it's over."

People Plus raises 70 percent of its annual budget through a combination of activity fees, dues, rentals, grant writing, special fundraising events, sponsorships, and the

generous donations from our community.

"With a goal of \$75,000 for the annual campaign this year, we only have \$19,000 left to raise! Slow and steady wins this race and I think the matching grants will get us there," said Stacy. "Thanks to everyone who has donated thus far and thanks in advance if you still want to give!"

If you would like to support People Plus with a donation or want more information, please visit [www.peopleplusmaine.org](http://www.peopleplusmaine.org) or call the Center at 729-0757. As always, thank you!



THANKS TO THE TEEN CENTER CREW of (l-r), Melissa Galison, Kim Totten and Jordan Cardone for folding, stuffing, stamping, sealing, addressing and organizing this year's annual fund campaign letters! Without volunteers in the Center right now, it was going to be tricky to get these letters done – then the ladies came to the rescue! Thanks so much!!

Keeping busy with art, planting, and snacks!



Brunswick Area Teen Center

Bye, bye January!

It feels good to welcome in a new month. January was a tough one with political strife rising and COVID-19 numbers rising. Our youth have been affected by both. The rise in pandemic numbers in our area brought fewer kids in after the holidays and the ones who were in talked about the events that unfolded at the Capitol. If not now, some day in the future they will realize that they experienced history in the making in January!

Now we are ready for more normal and cheerful focuses. Groundhog Day, what will that bring? So far, we have had a mild winter! And Valentine's Day? Well, over the years we have seen that for youth that day varies greatly depending on their current relationship status.

We are really missing some of our members we haven't seen since March. Things are just not the same, which I know is true everywhere. We keep in touch by computer/internet, but just like online school, it feels much more distant.

With all of the precautions and adjustments we made to the program, we have been fortunate to be able to continue the program without a case of COVID-19 occurring, albeit for a smaller number of kids.

I am not sure how I would have responded if someone told me a year ago, or two or three or four years ago, in the midst of loud noise, running, kids' pig-piling on sofas, three different computers playing music at the same time, 20-30 kids all hungry, etc., that I would miss all that if it were to stop, but I do! I should write that down on paper and put it on my bulletin board so I remember that during the next school year when they are hopefully all back.

In the meantime, and feeling we have the requirements figured out and with the kids being so good about following protocol, we have been upping our food offerings to more hearty fare (as opposed to all individually packaged items) and are trying out some new activities. We are working on plants, bringing in offshoots for the kids to plant and take home and take care of.

Thanks to a very nice donation of some gift cards someone got for Christmas and said they wouldn't use, we were able to

Teen Center News

Jordan Cardone



order some art supplies from an online art site. We certainly have kids who are into drawing! February will definitely involve some art!

Hmm, it sounds like February will be a month of creating stuff such as meals, plants and art, all of which feels therapeutic right now!

So, with a sigh of relief and feeling hopeful that with every passing day we are getting closer to being back together, we welcome February and all it may bring!

Happy February 2021  
Jordan and the gang!



THANKS SO MUCH TO JACK AND JUDI HUDSON for the delicious box of Girl Scout cookies for the Teen Center! Containing five different varieties of Girl Scout cookies in the surprise box, there's bound to be something there to please the crowd!

Do you get our weekly email?

Programming Coordinator, Jill Ellis, 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@people-plusmaine.org](mailto:programming@people-plusmaine.org) or leave a message at 729-0757 and Jill can add your email address to the list!



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

— James Tierney, BHS Class of 1965

Visit [www.studentaidfund.org](http://www.studentaidfund.org)  
Donations may be sent to:



All Saints Parish  
St. Charles Borromeo Church

LENTEN SUPPERS

In light of current COVID restrictions, the traditional Lenten Fish Suppers will be changed to Lenten Fish Chowder Takeouts, 5-6 pm for the six Fridays in Lent: February 19 & 26, March 5, 12, 19 & 26.

As in the past, profits will be divided equally among these area organizations: Mid Coast Hunger Prevention Program, Tedford Shelter, The Gathering Place, Habitat for Humanity-7 Rivers Maine, Oasis Free Clinics, and Brunswick Area Teen Center.

\*Customers are asked to enter the East parking lot entrance at 132 McKeen Street and will be directed by signs to the pick-up area. Masks are required when making pick-ups.

Tasty Fish Chowder Take-Outs ...

A pint of homemade fish chowder, package of oyster crackers and wrapped dessert.

\$10 each, exact cash or checks (made out to All Saints Parish).

\*Served 5-6 pm: 160 portions available on a first-come, first-served basis.

Come all! 132 McKeen St., Brunswick (pick-up instructions listed above)

# Ready to take a trip?

Are you ready to get the heck out of Dodge? Who isn't?! As we all start to think about traveling again, our friends at Collette Travel are planning trips both domestically and internationally for the fall of 2021 and spring of 2022. And gosh it's fun to make plans! So what do you think? We are looking for feedback from you, our members as to whether you would take a trip – either domestically or internationally. And where would you like to go? Send your ideas to Jill at programming@peopleplusmaine.org



# Food drive a great success!

Drum roll please! The final count has been tabulated in the annual People Plus food drive campaign and the response was outstanding. The little red wheelbarrow located near the lobby at the Center was filled over and over again, bringing in a total of 1,101 pieces of food and weighing an astounding 1,115 pounds. And \$180 in cash also was donated.

"This is just awesome," said Sarah Deck, office coordinator at People Plus and one of the organizers of the food drive. "The call went out to help others and people just kept bringing in items. We can't thank them enough."

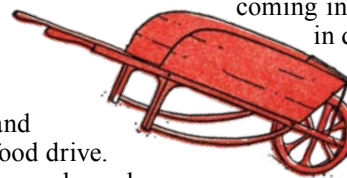
The purpose of all this was to collect non-perishable food for the Mid Coast Hunger Prevention Program, this being the 12th edition of such a project with the Center.

People Plus collected the items for MCHPP and delivered 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.

This year's final figures topped last year's event, when 910 items were collected, coming in at 1,024 pounds. And \$50 in donations were received.

"The issue of hunger is of real concern, so anything we can do to help other people was greatly welcomed," added Sarah.

Again, thank you so much for your donations! And thank you to member Frank Connors (pictured below) for all his help with the food drive.



Continued from "Guess Who?" on page 4.



ANSWER: Gerry & Lorraine Laroche

## 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.



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142 Neptune Drive, Brunswick  
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24 Maurice Dr, Brunswick  
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142 Neptune Dr, Brunswick  
(207) 725-9444



29 Maurice Dr, Brunswick  
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# Your health depends on it.

Your health is too important to delay the care that you need. **Mid Coast Hospital is here for you.** If you have a chronic illness, are awaiting a preventive procedure, or require immunizations, please reach out to your provider who is able to safely provide this care.

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- Screening all patients and employees.
- Stringent hand hygiene.
- Universal masking.
- Six-foot distancing in all areas.
- Enhanced cleaning routines.
- Designated areas for patients with COVID-19 symptoms.
- Telehealth virtual visits offered in all practices.



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**Please contact your provider today!**

# Member Moment

## 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

### 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.berriesopticians.com

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

### LEGAL

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

### RECREATION / ENTERTAINMENT

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

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

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

### RESTAURANT

- Arby's**, 10% off, excluding combos/coupons  
Topsham Fair Mall, Topsham, 729-8244  
www.arbys.com

- Big Top Deli**, 10% off, anytime  
70 Maine St, Brunswick, 721-8900  
www.bigtopdeli.com

- Fairground Café**, 10% off, anytime  
Topsham Fair Mall, Topsham, 729-5366

- Wild Oats Bakery & Cafe**, 725-6287,  
10% off on Mondays  
166 Admiral Fitch Ave, Brunswick, 725-6287 (Brunswick Landing)  
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

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

## Getting to know Sally Hartikka



My name is Sally Hartikka (nee Curtis), and I am a true Maine native, having been born in Brunswick, where I currently reside. It was a chaotic time during my early years. We were at war, and the town was crowded with servicemen and women serving at the Naval Air Station. Both my father and brother were in the Navy, my mother was managing the store — Curtis IGA — and my poor sister was charged with taking care of me.

We moved to Topsham in 1940, and it was there that I attended school. Later, of course, I went to Brunswick High School, since Topsham did not have a secondary program. I rounded out my undergraduate studies at the University of Maine in Orono.

Topsham has changed a lot since I lived there: It has grown from a village into a town, and its population has expanded and become diverse. Brunswick, on the other hand, has remained rather static.

For me, Topsham was a fairyland, with big elm trees, lilacs perfuming the air in spring, and violets carpeting the field behind my house. It is true that you know just about everyone in a village or small town, and that was a good thing. It was a friendly place, and I loved it.

My horizon expanded when I crossed the Green Bridge to attend high school, and soon Brunswick became my hometown, as well.

Travel, grad school, and jobs all took me away from the area, but as I reached retirement age, I had a great longing to return. Once I did, I got the writing bug, and I started investigating an event mentioned in my family's genealogy. This research resulted in a historical novel titled "Sing the Lord's Song in a Strange Land: The Story of Elizabeth Hanson."

I searched for a publisher with no result, being told that publishers were very hesitant to accept books written by older folks ... they wanted titles that could morph into subsequent works.

Someone suggested that I attend Write On Writers at People Plus to get help with publication. The members there were very supportive, and with Paul's guidance, my novel was published in 2015.

I next tried my hand at writing poetry and this resulted in the 2017 publication of "The Bridge: Memories of a Mid Coast Native."

I remain active in WOW and love the camaraderie of the group. My other passion is, and has been, choral singing, which has resulted in the opportunity to tour many foreign countries and meet others with a similar interest.

## The Bridge

I am in mind of a well-used span  
That connects the two ends of my days.  
One side's where my life began,  
The other, the end of my life span.  
I remember it in many ways,  
For I had to cross it often,  
This rusted, once green bridge  
That connected what I once was  
With what I was to become.

The village where I spent my childhood  
Is where I learned independence.  
I roamed the shady streets and wood  
And learned that it was understood  
I would be at school when they took attendance  
And always be home for supper.  
I loved to watch water flow under the bridge  
That connected what I once was  
With what I was to become.

As I progressed into my teens  
I went to church, swim class and scouting.  
It was necessary to find my own means  
To arrive before an event convenes  
And be punctual for every outing.  
It meant I learned responsibility ...  
Walked, or biked across the bridge  
That connected what I once was  
With what I was to become.

Only when it overflowed,  
The river angry and foam-covered,  
With water flowing over the road  
'Til no part of the pavement showed,  
Was it that I discovered  
I must stay on my own side of the river,  
Unable to cross over the bridge  
That connected what I once was  
With what I was to become.

Many years passed, and I departed  
The two towns that had embraced me.  
I became an adult and I started  
On productive days yet uncharted,  
To learn what my life was to be.  
School, jobs, marriage, children  
Kept me from revisiting the bridge  
That connected what I once was  
With what I was to become.

As I grew older, I yearned intensely  
For home at the place of the well-used span,  
To live out my life in serenity  
Where most people knew my identity  
And where my journey began.  
Thus I retired to the span's other side,  
Near the formerly green bridge  
That connected what I once was  
With what I was to become.

### PEOPLE PLUS MEMBERSHIP APPLICATION

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

Date \_\_\_\_\_

---

Name (1) \_\_\_\_\_ Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  Female  Male

Email \_\_\_\_\_ Emergency Contact \_\_\_\_\_

(name) (phone) (relationship)

Name (2) \_\_\_\_\_ Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  Female  Male

Email \_\_\_\_\_ Emergency Contact \_\_\_\_\_

(name) (phone) (relationship)

Cash/Check (Payable to People Plus)

---

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)

OFFICE USE:  Accounting  Data  Membership Card Sent

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!**

**Are you a local business?**

**Call 729-0757 to discuss advertising your business with People Plus!**

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

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

# Monthly Update

## February 2021

Spectrum Generations' will be closed on Monday, February 15, in observance of Presidents' Day



### Heart Health Tips

It's no secret February is all about hearts — but not just the candy kind. It's also American Heart Month, a time the nation turns its attention to keeping families and communities free from heart disease, the number one killer of Americans.

Follow these heart healthy lifestyle tips with your friends, family, coworkers, and others in your community and you'll all be heart healthier for it:

- Be more physically active.
- Maintain a healthy weight.
- Eat a nutritious diet.
- Quit smoking.
- Reduce your stress.
- Get enough quality sleep.
- Track your heart health stats.

You don't have to make big changes all at once. Small steps will get you where you want to go.

### Free Health Classes

Heart disease is the leading cause of death for both men and women in the United States. About 90 percent of middle-aged people have one or more risk factors for heart disease, such as diabetes, high blood pressure, high blood cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease.

Did you know that people who have close relationships in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we join forces with others. You don't have to make big changes all at once – small steps will get you where you want to go! Take your first step by joining one of our free health promotion classes to meet others who are going through the same thing, and together learn the skills you need to get back on track.

#### Diabetes Prevention Program

(Year-long program that meets weekly for the first 4 months then bi-weekly for the remainder of the year)

March 2021 – March 2022  
Thursdays, 3:30-4:30 p.m.  
Weekly, beginning March 25  
Bi Monthly, beginning August 8, 2021



#### Living Well with Chronic Pain

Thursdays, 1:00-3:00 p.m., March 11 – April 15

#### Living Well for Better Health

Tuesdays, 10:00 a.m.-12:00 p.m., April 6 – May 11



For more information or to register contact Jen, our Healthy Living Coordinator at (207) 620-1642 or [jpaquet@spectrumgenerations.org](mailto:jpaquet@spectrumgenerations.org)



### Volunteer

#### SHIP Counselor

Medicare is a required insurance for most individual once they turn 65, however, there are very few unbiased resources for those who enroll. You have the opportunity to be trained by Legal Services for the Elderly, work with our Medicare experts, and give back to the community. You won't want to miss out on this opportunity!

In depth training will be provided and you will work closely with the SHIP/SMP program Coordinator.

*If you are interested and would like to fill out an application, please contact Brooke Jansen at 620-1692 or [bjansen@spectrumgenerations.org](mailto:bjansen@spectrumgenerations.org)*



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

### Meet some of our staff..



Our loyal and dedicated employees are the foundation to a successful company. Thank you for your contributions to our success. Throughout this time it's important that we support each other and the community. We're all in this together!

Proud to partner with People Plus

# 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. Mitchell Brown

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

A. Brunswick

**Q. Professional occupation?**

A. I'm a fundraiser for Maine Public.

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

A. This is my seventh year on the board and I've served on Teen Center Advisory Committee and Development Committee in that time. This is my second year as the secretary of the board.

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

A. I grew up in San Diego and never had any intention of leaving the sun, ocean, and Mexican food. Falling in love has a funny way of changing plans, though. My mom still reminds me just how far I — and, more importantly, her granddaughters — live from Southern California.

My wife, Holly, and I moved to Florida and spent 10 warm years there. Our daughters were born in Clearwater and I had the wonderful opportunity to stay home with my girls for their first five or six years. I'd

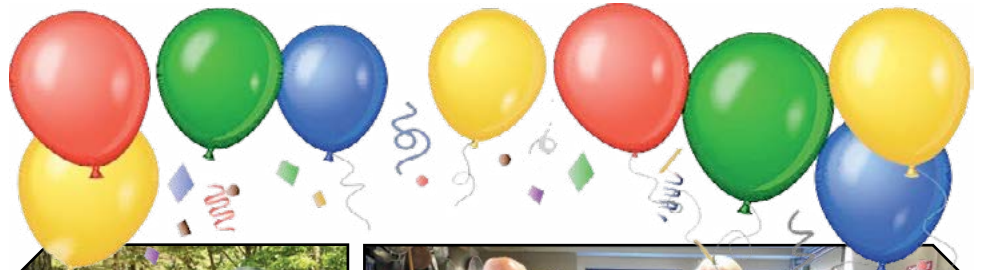
call those the most formative moments of my life. Being a dad and a husband is the best.

We have now lived in Brunswick for seven years, moving here from Florida in 2013. Life is good and busy and filled with family time. I love coaching and playing soccer, cooking, getting outdoors with the family in all the wonder of Maine, and slowly getting slightly less terrible at playing guitar.

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

A. I joined the board very shortly after moving to Maine and saw in People Plus the commitment to community that drew us here in the first place. It's the kind of organization that ties people together, that provides a foundation, that ensures no one is left invisible. It's really just people caring about people and the chance to be in service of an organization like that is a very special thing.

Being on the board gives me a chance to contribute to my community in ways that I just couldn't as an individual. People Plus makes a lot of people's lives better and it is a tremendous honor to be even a small part of that.



*Happy 80th birthday to Gladys Szabo, People Plus volunteer extraordinaire! We love you!*



## Café Gallery art show for February

The art show featuring Rick Carney of Old Bottle Sea Glass of Maine, which opened in December, will remain on display in February in the People Plus Café Gallery.

Carney, a multi-talented diver-treasure hunter-artist, creates one-of-a-kind products — from stained-glass windows and

lampshades to seascape treasure boxes and sea-glass pendants, earrings and key chains — which he sells at fairs and festivals. He also offers smaller items at his event table, such as porcelain doll heads, clay pipes, and various antique treasures and artifacts.

Here's what a collector of Carney's work

had to say: "The art you make is amazing! I have several pieces now that remain a constant fixture in my home. When the curtains are pulled back and the sun glows through the stained-glass shutters you made, I can't help but stare at the colors. I look forward to adding to my collection."

Carney's work has been featured in several books and articles. You can view examples of Carney's excellent work on his website at

[www.seaglassofmaine.com](http://www.seaglassofmaine.com).

The collected works on display in the Café Gallery are for sale, which is accomplished by contacting the artist directly. A portion of the proceeds will go toward People Plus. The show, which is also open to the public by appointment only, may be seen during normal business hours (Monday-Friday, 9 am to 1 pm) at the Center.

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# Recalling 1982 when Cupid's arrow pierced my heart

Last February, I wrote a column titled "My Valentine's Day Love Story," describing how I'd met my wife, Vicky. Well, with it being that month again, I thought it would be neat to do a Paul Harvey kind of thing and tell you "The Rest of the Story."

You see, for that trip to Europe in 1982 I kept a daily journal, chronicling the places I'd visited, the people I'd met, and recounting my feelings during such an epic journey. For this Valentine's Day, I decided to return to its pages to see what I'd written on meeting such a wonderful person.

Here are my own words from nearly 39 years ago, and please excuse the fact that for some reason — and I don't know why — I penned my thoughts from a third-person point of view:

**May 4, 1982**

Various thoughts had raced through his mind in the past few days. A very pleasant one, about a particular nurse, had occupied much of his time.

**May 6, 1982**

One British individual he'd like to get to know better is Vicky, a cheerful nurse who always seems to lift his spirits. In fact, her absence the past couple of days found him longing to see her. ... Many late evening hours were spent discussing countless topics, but mostly they rambled on about their growing up stages, what they wanted from the future, and what things in their present lives were causing happiness, as well as

sorrow. ... He said she should visit America, and hopefully she will.

**May 8, 1982**

Now for some good news ... Vicky had been discussing with him plans for her August holiday. She became excited describing the tours depicted in various pamphlets she'd obtained at a travel agency. ... But after her presentation, he boldly remarked that she should come to America to see the wonderful beauty of Michigan. ... Her reply: "I was hoping you'd say that. Do you mean it or are you just being polite?" ... He assured her of his seriousness and what a good time she would have, and tentatively Vicky agreed that she would journey this summer to the U.S. ... Obviously, he thought, it will be great if she can come for a visit, but as it's sometimes said, "It's not the end of the world if she doesn't."

**May 9, 1982**

Vicky, still unsure of his seriousness concerning the trip to America, asked him again if it was OK to come. ... He quickly reassured her of his sincerity, plus adding the fact he loved playing tour guide. ... Vicky, seemingly pleased and smiling from ear to ear, then proclaimed she would book her holiday dates and formalize plans to come to the Great Lake State.

**May 12, 1982**

Vicky keeps quizzing him on the U.S. and the procedures she must take in order to get ready. Her enthusiasm of the forthcoming

trip grows every day — no doubt she will have a grand time.

**May 17, 1982**

Vicky called today, now that he's out of the hospital, to inquire about his health, and tomorrow they will be meeting for lunch to discuss her August trip to Michigan. It was good to hear her voice and he was looking forward to seeing her.

**May 25, 1982**

Recent developments with Vicky were dominating his thoughts. They found their friendship growing at a rapid pace. In fact, it almost seemed unreal. He knew things were right, because he felt quite comfortable in her presence. ... And he was quickly discovering, plus admiring at the same time, her openness. She was indeed an expressive individual.

**June 2, 1982**

How many times has it been said — life works in strange ways? Well, he seemed to be documenting his own experience at the present, and honestly, life couldn't be finer. ... It had taken almost four months to find the right memento from his trip, but

## Simply put



Patrick Gabrion

this one was truly of lasting quality. Not a wool sweater from Ireland or an expensive bottle of wine from France, but a loving and beautiful woman of Great Britain. ... And odd as it may seem, he never would have met her if not for his accident. Should he send the lorry driver, who was driving the vehicle in the accident, a thank you note? ... Vicky is truly an exceptional lady, a person full of joy and one who brings forth an excitement for life that he had never witnessed before. Yes, he found himself wanting to take care of her for life.

Well, there you have it. Rereading my words from 1982 naturally brought back many fond memories, and it reminded me of my profound luck in crossing paths with such a treasure as her ... my special Valentine.

### Books A La Carte

Here are the latest book recommendations.

#### FICTION

**The Paris Architect** by Charles Belfoure. 1942. Paris. An architect who worked on a few projects with the German occupiers was hired to design hiding places for Jews who were wanted by the Nazis. These places were similar to the "priest holes" of England (1550-1605). One of the hideouts was discovered, forcing the architect to make life changing decisions involving his life and loves.

#### NONFICTION

**Rivers of America.** This is a series of 65 books published between 1937 and 1974. Each book is about one river and the history, geography, and people of the area. Each was written by a different writer and illustrated by a different artist. Some are famous. The series was a literary effort, not connected to work

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projects of the Depression era. The writers were authors, not historians. Some books are still in print. The first volume in the series is *Kennebec: Cradle of Americans* by Robert P. Tristram Coffin. Another is *The Allagash* by Lew Dietz (1968). Most of the rivers are well-known, others not. Ever heard of the Chagres, French Broad, or Kaw? If you are from "away" and grew up near a river, you may find that river in the series.

**The Splendid and the Vile** by Erik Larson. How Winston Churchill saved England during World War II.

**Forty Ways to Look at Winston Churchill** by Gretchen Rubin.

#### THE BLACK EXPERIENCE IN AMERICA

NONFICTION: **Under The Warmth of Other Suns** by Isabel Wilkerson

**Caste** by Isabel Wilkerson

FICTION: **The Underground Railroad** by Colson Whitehead

**WE MISS SEEING YOU AT THE CENTER!!!**

## New and renewing members for January

Memberships received as of January 20, 2021.  
\* indicates new membership  
• indicates donation made with membership

<b>BATH</b>	Mary Ellen Cooper Patricia Croy • Johanne De Martelly Anne Dodd • Deborah Farnham • William Gorham Jr. • Mary Ann Hoy • Matile Hugo • Laura Katz Joan Laws Mary-Jo Maguire • Frederick Mason • Susan Mason • Judy Smith • Karyn Swiger • Liz Waldo Marilyn Whitaker Sam Whitaker Marilyn White Alice Yanok • Ann Young	Richard Devito
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<b>BOWDOINHAM</b>	George Paton	<b>ORR'S ISLAND</b>
<b>BRUNSWICK</b>	Beth Aldenberg Darby Babson Consuelo Bailey Dorothy Berner • Donna Burch Anne Clayton Frank Connors •	Elizabeth Bond •
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	Sarah Smith	Matilda Desorcy
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