



Plus! People NEWS!

The center that builds community

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

Non-Profit Organization
U. S. Postage PAID
Portland, ME 04101
Permit No. 454

35 Union St. / PO Box 766, Brunswick, ME 04011 729-0757 www.peopleplusmaine.org March 2021 Volume 21, No. 3

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

Music in April 2021

Online auction open to everyone!

The People Plus 19th annual Music in April fundraising event is such a big deal, we're sharing it with the whole world! One of the Midcoast region's most popular happenings, this event — that spans nearly two decades — is going "virtual" this year by featuring an online auction and raffle, and it is OPEN TO EVERYONE!

Over the last nearly 20 years, Music in April has brought in more than \$500,000 (half a million dollars!) for People Plus, providing continual financial stability for its programs and services.

"Converting Music in April to an online auction provides us the opportunity to raise funds without missing a year of the branding and excitement around the event. It's not going to be the same as the big dinner gala with live music, but it actually gives the whole community an opportunity to participate," said Stacy Frizzle-Edgerton, People Plus Executive Director.

The program launches on Thursday, April 1 and runs through Friday, April 30. New items for the silent auction and raffle will be added each week and will feature things like gift certificates to restaurants and local activities like white-water rafting, the Escape Room, an overnight in a yurt, locally created and sourced jewelry, fun



THANKS TO MARGO AND DAVID KNIGHT for donating this pair of beautiful wooden kayaks the couple made themselves! Created in a fashion called "strip building," the pieces are individually glued together. This painstaking process ensures a beautiful and watertight construction. As the centerpiece of our online auction and raffle, we are truly appreciative of this stunning gift!

tote bags, toys, Jane Connors' homemade pies, a week at Popham Beach, case of wine, kitchen accessories, vintage products, and more.

"The online auction notifies you when someone outbids you, so you can react quickly to get your item back — which is really fun!" said Programming and Events

Coordinator Jill Ellis. "And there are over 150 items and combo baskets already, so there is something for everyone in all price ranges."

We also hope to incorporate a musical theme to the online event, offering videos from performers at events from past years, including Touching Base, Nor'easters Barbershop Quartet, Bowdoin College singers,

continued on page 8



Video marking 45th anniversary in the works

People Plus is celebrating its 45th anniversary this year and one of the things we are doing to mark the occasion is the production of an all-encompassing video. Undertaking the celebratory project is Luke Welzel of Brunswick.

When asked about his ideas for the video presentation, Luke said, "I intend to craft a story from the ground up on People Plus. Not only celebrating the 45th anniversary, but paying homage to the people who started it and the people who are no longer with us that made it what it is today — like my grandfather, Henry Welzel."

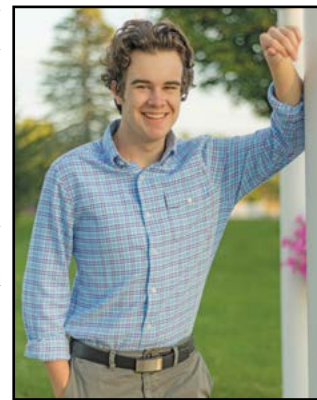
"I want to tell the story that I believe should be a household story for the town of Brunswick, and the state of Maine," Luke continued. "Furthermore, I will be describing not only the People Plus Center, but also the Teen Center as it parallels to a documentary that I started back in March 2020 and hope to finish by the end of this year. It's a story about teen homelessness in Maine and the

struggles those individuals have, and having a place like the Teen Center I think is just as important as People Plus."

Luke, 18, graduated from Brunswick High School in 2020. He participated in theater and music, and took up photography his senior year. "There was no real class for learning about cinema and documentary filmmaking in school, so I've learned everything I know online and through meeting other filmmakers in the community," Luke said.

As a videographer and photographer, Luke has been making films and editing for the last six years, working his way up to using high-grade cinema gear and learning the ins and outs as he goes. He works full-time as a video editor for social media stars and does direct music videos. "I always try to learn every source of work that needs filmmaking, so I also do weddings, real estate videography, headshots, and senior photos."

View Luke's latest work on Instagram @lukas.welzel.



Annual campaign growing steadily

Gifts of stock appreciated!

Facing one of the most difficult fundraising years in history, People Plus is getting creative with the types of donations we are seeking. We are all familiar with the "usual ways" to donate money to an organization's annual campaign (cash, check, etc), but one lesser known option is the gift of stock. And as we approach the finish line toward our \$65,000 goal, we've been working to expand the type of gifts we receive.

David Knight, member of the People Plus Development Committee, explains why stock can be the perfect way to donate:

"The mission of People Plus is seen as so important that the tax laws in our country encourage people to support it by awarding it the tax status of a 501(c)(3) nonprofit organization. Giving to People Plus may benefit you financially, because gifts measurable in dollars can be deducted from your taxable income — thus reducing your tax bill."

"What a growing number of people are discovering is that this is relevant in many other ways besides just writing a check. With the stock market at an all-time high, many people who have been fortunate to own public stocks realize that when they sell any shares their tax bill may go up because they have realized a capital gain in the value of the stock."

"But, with the assistance of a financial professional, and before you sell any stock, please explore simply giving the appreciated stock directly to an organization like People Plus. You potentially might realize a deduction from your taxable income of both the capital gains plus the original cost you paid for the stock."

continued on page 11

A year of successes!

With the rollout of the COVID-19 vaccines and people following guidelines for staying safe, many are hoping that the "light at the end of the tunnel" is approaching as fast as possible, signaling the end of the coronavirus pandemic.

But boy, what a year it has been!

Thinking back to last March, life was pretty good at People Plus. Attendance was high for the programs and services offered at the Center and new activities, such as the Music Club jamming sessions on Saturdays and the Memory Enhancement Program, were very popular.

There were Frank's Field Trips, meals, parties and lectures, games in every room and exercise classes galore; as well as young people rushing upstairs for food and fun at the Teen Center, and plenty more going on. Staff were deep into preparations for our always successful Music in April and Gelato Fiasco Scoop-a-Thon fundraisers.

Then the pandemic hit, which instantly changed the way things were done at People Plus and the world. With the Union Street Activity Center initially closed to foot traffic, the staff had to invent ways to keep in touch with members and continue to be an important resource for the people they serve.

Creating the motto "Physically distanced — Socially connected," steps were quickly taken to deliver what was needed. Stacy and others became almost full-time film crews as videos of every kind were churned out to keep people informed, entertained and engaged. These videos include our exercise classes, language clubs, art instruction with Connie Bailey, presentations, and hundreds more. Daily Zoom links were established providing access to all classes being held in

the Center; so that anyone could stay home and not miss a step, in exercise class that is.

The Center's Volunteer Transportation Network went into high gear, switching from a "transporting people" service to a "transporting things" service, with the volunteer drivers ferrying food, prescriptions, masks, fresh veggies, frozen meals, food pantry boxes and more to our seniors who had to stay home — to stay safe.

We also created a lending library of books and puzzles, partnered with MCHPP to distribute more than 50 meals to seniors, connected with 15 people making masks, set up 75 seniors to receive daily check-in phone calls, provided more than 1,200 face masks to anyone who needed one, delivered 15 flower arrangements to mothers without local families, provided 468 haircuts at the Center, offered several outdoor lectures and presentations, and to top it all, Frank made 1,016 birthday calls!

As the warmth of spring and summer returned, People Plus slowly reopened its "gates" again. Beginning in June, all programs were staged outside and stayed there for five months! In fact, 175 classes, 28 clubs and 25 meals were all held outside! The Center's freshly repaved and painted parking lot proved it was the place to be, as class after class took place under Maine's beautiful skies. Many members even expressed the desire to stay outdoors once this all ends.

The weather in November finally drove our hearty Mainers indoors to participate in exercise and club programs while following the recommended safety protocols, and although all meals have stayed outside since March, our normal programming is now all available

continued on page 7

Robert P.T. Coffin:
A Maine Treasure
see page 6.



People Plus News

The monthly newsletter of People Plus, serving residents of the Brunswick-Topsham-Harpswell area. Questions, comments, submissions and sponsorship queries should be sent to the address below. Note that all submissions must be received by the 15th of the month to be included. email: news@peopleplusmaine.org snail mail:

The Editor, People Plus News
P. O. Box 766
Brunswick, ME 04011-0766
Office phone (207) 729-0757

People Plus Board of Trustees

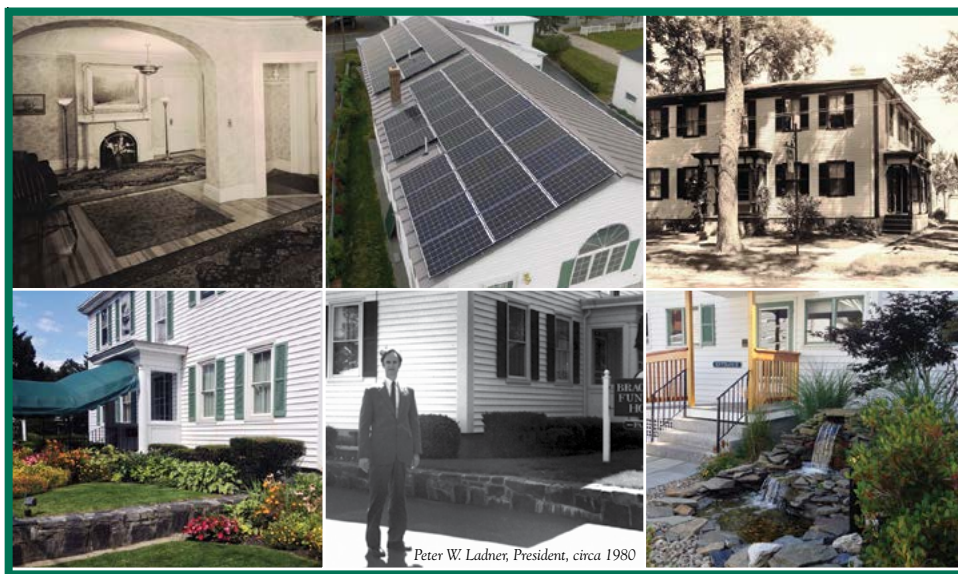
- David R. Forkey, Chair, Georgetown
- Charles S. Evans, 1st Vice, Topsham
- David Millar, 2nd Vice, Yarmouth
- Mitchell W. Brown, Secretary, Brunswick
- Christine Munroe, Treasurer, Falmouth
- Carolyn Bulliner, Brunswick
- Jim Burbine, Harpswell
- Robin Copland, Topsham
- Christine Corriveau, Orr's Island
- Thomas Farrell, Brunswick
- Catherine Jarratt, Brunswick
- Tim Keene, Pittston
- Rodie Lloyd, Freeport
- Stephen F. Loebbs, Topsham
- Scott Stewart, Topsham
- Annee Tara, Brunswick
- Kim Watson, Topsham
- Kelsie M. West-Ezzo, Topsham

People Plus Staff

- Stacy Frizzle-Edgerton
Executive director
director@peopleplusmaine.org
- Jill Ellis
Program and event coordinator
programming@peopleplusmaine.org
- Elizabeth White
Office manager
betsy@peopleplusmaine.org
- Jennifer Felkay
Marketing coordinator
marketing@peopleplusmaine.org
- Jordan Cardone
Teen Center coordinator
teens@peopleplusmaine.org
- Lynne Smith
Membership/VTN coordinator
driver@peopleplusmaine.org
- Sarah Deck
Office coordinator/receptionist
reception@peopleplusmaine.org
- Patrick Gabrion
People Plus News editor
news@peopleplusmaine.org

Spectrum Generations Staff

- Andrea Handel
Aging & Disability Resource Specialist
ahandel@spectrumgenerations.org
- Teddi Reed
Meals on Wheels/Nutrition coordinator
treed@spectrumgenerations.org



BRACKETT FUNERAL HOME

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



A year like no other

I honestly can't believe it's been a year. And I think I'm just gonna say that again. I truly cannot believe it's been a year. When this whole thing started last March, people thought it would last a month; maybe three and then it was six and then nine and then 12 ...

And so here we are. Hopefully we are a year older, perhaps a year wiser, with most of us counting our blessings and appreciating the little things in life more than ever, while missing the "annoying" things in life more than we probably thought we would. Who would have thought that I would actually MISS going to meetings, dealing with crowds at the airport, and dropping my kids at school every day? Well guess what, I really, really, really do.

Here at the Center it's been the same experience. We never even gave a thought to having a huge crowd in the lobby checking in for classes, hosting 600 people in the Rec Center for the Expo or feeding 90 people turkey dinner every November; but gosh we

miss those things now! So it's been a real challenge at the Center — trying to keep things as normal as possible while providing services that keep people healthy, active, engaged and SAFE while doing it!

Fundraising in a pandemic has also been an enormous challenge, as we had to cancel both Music in April and the Gelato Fiasco Scoop-a-Thon fundraisers last year. Thankfully, Music in April has been reimaged for this year as an online auction and I know we will do something with Gelato Fiasco for the Teen Center, but we're not exactly sure yet what that will look like.

Our funding for the second quarter of last year was down by more than 27 percent. That's a direct result of not having fundraisers, of course, but it also includes a lack of rental income, programming income, meals and donations, and membership renewals. We've made up the gap since then with memberships and I'm actually happy to report we are now over 1,400 members strong, but other areas like programming, the Expo, trips and rentals are still way down.

And how could they not be since we have limited capacity and people just aren't going out to do the same things they used to!

But we will get through it. This past week, nearly every senior I asked at the Center had at least their first vaccination shot or has an appointment for it. And many have had both! The state is bound to open it up to people 65 and older soon and it sure does feel like we are gaining momentum in our fight against the virus.

However, I will admit that hitting this one year mark feels like a blow, although I also feel more hopeful than I have in a long time. I think that we are all exhausted, quite frankly, and it's time for a little rest and then the sun to shine again.

Yet, despite all the hardships, lack of funding and reduced programs, it hasn't been a totally terrible year for us at the People Plus Center. We've actually seen many of our newly imagined services become very successful. Most of them will stay in place when things do get back to normal, including our Zoom

From the Executive Director

Stacy Frizzle-Edgerton



classes, outdoor classes, the meal delivery program and more. As the staff all worked together to complete our United Way funding this week, I was honored to be able to highlight the Community Service Award that we received in November. And the Paul Harris Fellow Award presented to the staff by the Brunswick Rotary group last summer was also a real honor. We don't serve our seniors for the recognition, but I will admit to being gratified when the staff is recognized for their hard work.

Another area we have seen blossom as a result of the pandemic is the Volunteer Transportation Network. Folks are coming out of the woodwork to help their fellow man and we see it every day at the Center. We partnered with at least 15 people who made masks, 65 folks who made daily phone calls to homebound seniors, more than 100 registered drivers who provided over 2,500 rides and we coordinated over 2,000 delivery services of groceries, prescriptions and fresh food, totaling over 26,000 miles worth of free transportation.

And let's not forget that Frank Connors made 1,016 birthday calls just between April and December! And if that's not one of the best things you've ever heard, then I don't know what is.

AND, listen to this — the girls at the Center have taken someone's temperature over 1,200 times just since October! So while I hope we never see another year like this one — be it globally, nationally or at the People Plus Center — I can't help but try to look on the bright side and see the positives that we have all worked so hard to create. I'm terrifically proud of our staff at People Plus, of the work of our volunteer board, and of the lives we have positively impacted through one of the most difficult years we will ever remember.

So we hope to see you ALL soon down at the Center that continues to build community — while staying physically distanced and socially together — at least for another few months.



NOT ONLY WERE WE HONORED to be the recipients of the 2020 United Way community service award, we also made it on the cover of their annual report! Running a diaper drive at the Center is an annual event that we love and even Gia, who was a puppy at the time, got in on the photo!

From Anita's Plate

Anita Nugent
(207) 504-6439



info@nutritionforeveryday.com

Getting 'personal' with your plate

March is National Nutrition Month. This year's theme is "Personalize your Plate." There is no one size fits all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes!

- Here are some of the suggestions:
- Include healthful foods from all food groups
 - Learn how to read nutrition facts panel
 - Hydrate healthfully
 - Avoid distractions while eating
 - Take time to enjoy you food
 - Cook and prep to create tasty meals
 - Meal plan so you can enjoy healthful eating at school, home or work

I will often encourage my clients to think about how they can add more nutrition to the foods that they are eating. Just recently, someone I was working with asked me how he could add more to his pizza. My suggestions were to add sliced mushrooms, peppers and onion. Once the pizza is done, top it with microgreens!

Make your eating plan your own. Personalize it and avoid rules and restrictions. Find what works for you and check in with yourself to make sure you are on a good course.

My Everyday Nutrition Program is up and running! There are still a few of the FIORE and gifts available. Sign up before they are gone. Give me a call if you would like more information.

Greens & Burrata Pizza

Serves six/serving size: 1 slice pizza
A delicious pizza with lots of greens on a thin crust topped with bits of melted burrata cheese.

Ingredients for pizza:

- 1 pound pizza dough
- 1/4 C. basil pesto
- 1 C. fresh spinach leaves
- 1 C. arugula
- 1 C. radish microgreens
- 2 lemons
- 1 t. olive oil
- 4 ounces burrata

Directions:

1. Pull the pizza dough out to a very thin rectangle onto a sheet tray. To do this you just gently stretch the dough.
2. Bake it in a preheated oven at 400 degrees for 10 minutes.
3. Top with basil pesto and fresh spinach. Bake for 8 more minutes or until golden brown.
4. Top with fresh arugula, radish greens and burrata cheese cut into small chunks.
5. Sprinkle the top of the pizza with a little olive oil and lemon juice.

Note: You can buy microgreens and burrata in the grocery store.

Poems & Prose

Surprise Birthday by Virginia Sabin

Who hasn't been given a generous hug from Gladys. She knows no bounds to her caring for others and often does the footwork for them.

Remember Charlie? I had brought up Cathance in our meeting. Did you know Stubby, Charlie asked? Why, he was my grandfather I exclaimed! I prepared a lunch for Charlie. Gladys took us to where he was staying with his sister. Charlie managed to sit up at the table and enjoy the food and company. We planned to do this again. On the way back, Gladys drove by the humble abode where my grandparents had lived. Sadly, Charlie's time ran out before we could meet again.

Charlie left me with renewed memories of that quaint grape laden house, a peach tree

growing from its foundation and pansies at the door.

I was expecting to hear from Ralph that day Gladys called to say he passed away. I thought I was better prepared for that ... as Frank would say there is no good time.

Thank you, Gladys, for the socially distant (not so distant, more like a big Mama giving huge hugs to us all virtually!). Happy birthday ... and hugs



Our World Without Ralph by Bonnie Wheeler

NO! NO! NO! Please don't say those words. My heart can't stand that much pain.

Our world without Ralph — unthinkable. We counted on him for wisdom and his wonderful wit. We counted on him for his giving nature. When we reached out to Ralph, he gave us so much back. He was everyone's mentor — always our encourager. His last email on Sunday before he died said, "I need some sunshine."

He has it now. The Son of God is shining on him. Go with God, Ralph. You deserve your many rewards. We loved you so here, but your Savior loves you more there. Thank you for years of friendship. You may be gone from our sight, but you will never be forgotten. God bless your family, left sad and empty. The writing family in Maine feels the same way.

Condolence by Nonie Moody

The loss of three members of our Write On Writers club/family at People Plus has left me remembering them sitting around the table laughing, talking, and giving encouraging words. Charlotte Hart, Ralph Laughlin, and Nancy Sohl, three outstanding writers, will truly be missed.

Write on Writers Wednesdays at 2 pm via Zoom

Our Misfortune by Doris Weinberg

She came by this morning, dressed in blue plastic, and wearing an oversized mask. She was quick to put something up my nose, and there was little that I could ask!

This was the third time in two weeks, that she had been at my door. This procedure was done every time, and I wanted to know how many more? "Hopefully only one more," she stated. "We need two negative tests in a row." The last two did not pass at all, and now the days seemed so slow!

Two weeks ago, this lockdown began when a few residents felt ill. And because of the COVID virus, tests were given and continue still.

Staying in my apartment at first was restful, I did not run around anywhere. I stayed in bed late. My meals were delivered. And I paid bills while in my desk chair.

Two books were finished. I played solitaire for hours. And was on my computer most of the time. But after two weeks, it's no fun anymore, and if I could, out the window I'd climb!

I long to see other faces, make a layer cake, or even go for a ride. Instead, I am stuck here, following the rules, at least Maggie dog is right at my side!

We talk to each other and she follows me around, as I go from computer to couch. This routine, so far, has kept me sane, longer, I may turn into a grouch!

I sure hope today's test brings us all good news, you know what we want to hear! That the end is in sight. We will be released soon. And it will not turn into a year! UGH!

In Memory Nancy Sohl by Paul Karwowski

Nancy was born in St. Louis, but spent her early childhood in a small town in Massachusetts. When she was 10, her family moved back to the Midwest where she grew up in the suburbs of Chicago.

She graduated from Drake University in Des Moines, Iowa, with a degree in elementary education in 1972 and her master's in teaching degree from National Lewis University, Evanston, Illinois. She came back to the Chicago area to teach, mostly 4th and 5th grade, for 33 years. She and her husband, Ray, moved to Maine in 2012.

They loved the quiet, peaceful beauty of their home in Harpswell and happily shared it with their golden retriever named Sally. Due to her failing health, they moved to Indiana to be near her family. Nancy and Ray were married for 47 years.

Nancy was an active member of Write On Writers for five years and acted as facilitator for one year. While writing was always a hobby of hers, the beauty of Maine gave her added inspiration. She will be remembered for her positive spirit and leadership by all of us at Write On Writers.



The Little Things in Life by Nancy Sohl

I've learned from my dog, a sweet golden retriever named Sally, to celebrate the little joys of life. Sally gets excited about belly rubs and the forgotten tennis ball rediscovered in the corner. She barks in eager anticipation of dinner, even though it's the same food she gets every night. She wiggles and wags in delight when someone says, "Want to go for a ride in the car?" Sally's days are filled with little celebrations.

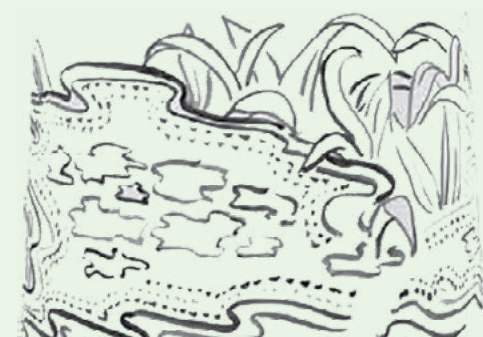
We moved from the Chicago suburbs to Harpswell two years ago. Since moving here, I've come to understand Sally's

celebrations. The hummingbirds at my feeder and the bull frogs in the pond make me smile. I am awed by the beauty of the star-filled night skies, the picturesque bays and coves around every corner, and the snow that blankets the trees. Here the seasons are marked by the new lambs born at the farm, the lady slippers that bloom in the woods, the reopening of the lobster pounds, and the amazing colors of fall.

Life here is good. Sally and I both know now it's the little things in life that are worth celebrating.

By The Brook by Betty Bavor

The meandering brook on our farm Always a place to be calm A waterfall over a rock formation Falling water sounding like an ovation Some rocks were placed to make a dam Creating of a pool where I swam Along this tranquil peaceful brook Is where I chose to dream and look In nature's beauty I could unwind By myself beside our brook it was sublime.



Becoming — Be Going by Bonnie Wheeler

For years we are becoming. Over and over, we began again. From youth we wondered, who are we? We wondered, where are we going? We become wives, mothers, and grandmothers. We work, change diapers, and make meals. Time passes, and in a blur, we enter old age. We went from becoming to be going. We think back. Did we do it well? Time will tell.

Ralph by Virginia Sabin

I miss your quick mind your uncanny grasp of the forest and not just the trees so profound of thought ... and so impish!

[FALCONRY]: Imping. To graft new feathers onto the wing of a bird to repair damage or to increase flying capacity.

Thank you, Ralph

My Tribute by Doris Weinberg

Such a gentle man was Ralph Laughlin. Tall with steady piercing blue eyes. When he looked at you, you had his full attention. I met Ralph when I first joined the Write On Writers and was afraid my silly rhymes were not appropriate for the group. That all changed after I read aloud and he praised my writing. As time passed, with his help and encouragement, I was able to publish my first book.

Ralph used words beautifully, had such a great sense of humor, and was so proud of his own family and their accomplishments. For me, he was my mentor, boosted my self-esteem, and became part of my family too.

I will miss my planned trip to New Orleans, along with my daughter, to thank him properly for all his assistance. He will be remembered by us with so much love. Rest in Peace, Dear Ralph

In Memory Ralph Neil Laughlin by Paul Karwowski

Ralph was a University of Iowa graduate. Upon graduation, he joined General Electric's Marketing Communications Department (advertising group). After 12 years with GE, he went on to work for other industry leaders.

He authored seven books, the latest being *Scribblings — The Brunswick Years*, a compendium of prose and poetry done while living in Brunswick.

He and Dianne, his wife of 55-plus years, resided in New Orleans, Louisiana, for the past year, yet retained strong ties to Maine. Their three grown children live and work around the globe.

Other books include: *Beyond The Pool, The Day The World Cried As One, Random Thoughts Of A Wandering Mind, 1,001 Bites Of Chinese Fortune Cookie Wisdom, Food For Thought... In The Bed, and Tarzan: The Greystone Legacy Under Siege*. All available on Amazon books.

Ralph was a member of People Plus for eight years. He volunteered in the kitchen for the men's and ladies' breakfasts, monthly lunches, Thanksgiving dinner,

and parties. He was known as Frank's "Wingman."

Ralph was a valued member and contributor to Write On Writers. In addition to his own books and writings, he mentored and aided other writers in the group with the publication of their books.

He and his wife, Dianne, also started Books A La Carte, a group of readers who meet to discuss books at People Plus.

Even though they moved to Louisiana to be close to their family, Ralph still sent his writings to be read at the group's meetings. He will be sincerely missed at our table.

Time by Ralph Laughlin

The Past is Memory. Don't let it haunt you. The Future is speculation. Don't let it scare you. The Present is now. Live it. Embrace it. Life is too short To do anything else.



March-ing toward spring at People Plus!!

They're Back!

Help with your tax returns is once again being offered at People Plus, with COVID-19 protocols in place.

Assistance will take place on Tuesdays and Thursdays, dealing with basic/simple federal and state returns. Also, only one year can be prepared during the appointment.

Clients will be asked to pick up pertinent documents from People Plus to fill out before

their appointment. Tax clients will NOT sit with tax preparers during their appointment, but must remain on the People Plus premises — in a car or the designated waiting area located inside — during entire appointment. Clients will sign documents once they are completed.

Registration and masks are required.



THE TERRIFIC TRIO OF TAX PREPARERS (Peter Renault, Sonia St. Pierre, Roger Walker) are back at the Center in March to service community members this spring with help filing their taxes! If you're lucky enough to get an appointment, make sure you come with all your documents prepared and that you wait in your car. Thanks so much to all of the volunteer tax preparers for their service again this year!

Free Zoom Tutoring!

Wednesday mornings. Free 45-minute Zoom training sessions with Mt. Ararat High School senior Jasmine Giffin at the Center. Members only. Masks and registration required.



Exercise 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 & masks, live via Zoom, or watch on video. Masks and registration required, payment via punch card (\$5/class).

Register for activities @729-0757

Yoga – Twice a Week!

Tuesdays, 10:30 am or Thursdays, 11:30 am Take classes in-person or via Zoom. Class size limited, members only, 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).

Video Library

Are you hunkering down for rest of winter? Don't forget to check out the People Plus video library. It's filled with exercise videos, art classes, guest videos and tapes of past presentations at the Center. Visit www.peopleplus-maine.org and click on the Free Videos tab and choose the type of video you are looking for.

Activity Punch Cards

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



"Still here for you!"

Chicks Do Chores (AND SOMETIMES CHUCK)

- WE'LL TACKLE YOUR TO-DO LIST!
- ★ ATTICS • BASEMENTS • DECKS • FENCES • GARAGES • GARDENS • OFFICES • YARDS ETC.
- ★ CLEAN • CLEAR-OUT • FILE • DUMPSTONS • LABEL • MOW • MULCH • PAINT • RAKE • SPLIT/STACK WOOD • TRIM • WEED ETC.
- ★ RUN ERRANDS FOR YOU OR WITH YOU!

MARY ELLEN ROSENBERG - OWNER

CALL OR EMAIL FOR ESTIMATES OR SCHEDULING - CDC4U@COMCAST.NET

207-729-5760

- *Fully Insured
- *Bonded
- *LLC



www.chicksdochores.com



SO GREAT TO SEE ALL THE GUYS at the Men's Tailgate Coffee last month! With surprise visits from the chief of police in both Brunswick and Topsham, as well as the town manager and assistant town managers of Topsham, we felt like we were munching muffins with royalty!

Good Eats – Good Friends!

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

Women's "Tailgate Tea Party" Outside

Thu, March 4, 1:30 pm. Enjoy a hot beverage and a treat while socializing with the ladies. Wear green! Members only, limited space, registration and masks required.

Men's "Tailgate Coffee" Outside

Thu, March 11, 1:30 pm. Enjoy coffee, hot cider, and treats while socializing with the gents. Members only, limited space, registration and masks required.

St. Patrick's Day Lunch Bunch Outside

Thu, March 18, 12 noon (Rain/Snow Date Friday, March 19). Join us for a St. Patrick's Day-themed lunch. We will prepare a version of the classic Irish meal — Frank and Stacy are working on ideas. We'll have a fun dessert too. Wear your green! Members only, registration and masks required. 25 people max. Don't miss it!



LONGTIME MEMBER RUSS KINNE, (left), chats with Topsham police chief Marc Hagan and Topsham assistant town manager Mark Waltz about how much he loves living in the town of Topsham!



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.

Center Clubs: FREE to members

- Apple Club via Zoom**
Thu, March 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**
Wed, 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.

Do you live alone?

The Good Morning program is a FREE daily safety check-in phone call providing peace of mind. In partnership with Brunswick Police Department

Sign up now!

FMI 729-0757 www.peopleplusmaine.org

Building Protocols

- Enter through the lobby entrance from the parking lot. Respect those in line and maintain a six-foot distance. You might need to wait outside for a bit.
- Masks are required in order to enter the Center. We will give you a mask if you forgot one. You will be greeted at the Center door and asked several health questions:

- Do you have a cough or sore throat?
 - Do you have a fever or feel feverish?
 - Do you have shortness of breath?
 - Do you have a loss of taste or smell?
 - Have you been around anyone exhibiting these symptoms within the past 14 days?
 - Are you living with anyone who is sick or quarantined?
 - Have you been out of state in the last 14 days (except to "safe" states or where a negative test result has been received in accordance with state of Maine quarantine requirements)?
- Do not come to the Center if you answer yes to any of these questions!**

- We will take your temperature with a forehead scanner. You will be asked to use hand sanitizer.
- Upon entering the lobby check in with Sarah (who will be behind a protective plastic screen at the front desk). She will confirm you are on the registration list (registration is required for all activities).
- You will be asked to sign a COVID-19 Authorization/Waiver on your first visit.
- Once Sarah checks you in, proceed to your activity. Use the markings on the floor to maintain social distancing 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.

Mon	Tue	Wed	Thu	Fri
9:00 Loosen Up 10:15 Zumba via Zoom	8:30 AARP Tax Aid 9:00 Chair Yoga 10:30 Yoga 3:00pm Spanish Club via Zoom	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 via Zoom	8:30 AARP Tax Aid 9:30 Art with Connie 11:30 Yoga 1:30pm Women's "Tailgate Tea Party" Outside	9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qigong
9:00 Loosen Up 10:15 Zumba via Zoom	8:30 AARP Tax Aid 9:00 Chair Yoga 10:30 Yoga 3:00pm German Club via Zoom	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 via Zoom	8:30 AARP Tax Aid 9:30 Art with Connie 10:00 Apple Club via Zoom 11:30 Yoga 1:30pm Men's "Tailgate Coffee Break" Outside	9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qigong
9:00 Loosen Up 10:15 Zumba via Zoom 7:00pm Civil War Book Club	8:30 AARP Tax Aid 9:00 Chair Yoga 10:30 Yoga	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 via Zoom	8:30 AARP Tax Aid 9:30 Art with Connie 11:30 Yoga 12:00pm St. Patrick's Lunch Bunch Outside	9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qigong
9:00 Loosen Up 10:15 Zumba via Zoom	8:30 AARP Tax Aid 9:00 Chair Yoga 10:30 Yoga 3:00pm French Club via Zoom	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 via Zoom 6:30pm Bruns.Coin/Stamp	8:30 AARP Tax Aid 9:30 Art with Connie 11:30 Yoga	9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qigong
9:00 Loosen Up 10:15 Zumba via Zoom	8:30 AARP Tax Aid 9:00 Chair Yoga 10:30 Yoga	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 via Zoom		

People Plus Business Hours
Monday-Friday
8:30 am to 1 pm
Call 729-0757 to register for events
FMI www.peopleplusmaine.org



Get Curious!



The McLellan
Live better.

Come for a tour, leave with an idea!

207-725-6200 | info@themcclellan.com

Themcclellan.com | 26 Cumberland St. Brunswick, ME

Be Curious, Open a New Door!

Curiosity, wonder, spontaneous delight or any experience that bursts open the human spirit brings meaning to one moment, one day, one life. At The McLellan we are "Constantly Curious!" What can we do next, what have you always wanted to do, what can we explore, what beautiful thing awaits us if we just stay curious. We believe curious people, "Live better!" We are 18 independent senior living home apartments with the opportunity to arrange for age-in-place services. Be curious, call us today and be open to a brand new door!

One-on-one, individualized care in a clean and safe space!

REFORM PHYSICAL THERAPY 439 Lewiston Road (Route 196), Topsham
Don't neglect your health, reform it! 207-725-4400 www.Reform-PT.com

Pre & Post-Surgical Care • Chronic Pain Treatment • Balance Related Issues

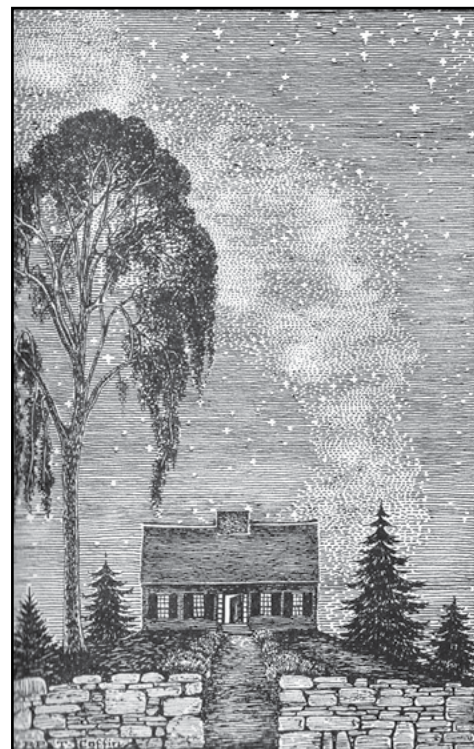
IN NETWORK WITH: Medicare, MaineCare, Martin's Point, Anthem BC/BS, Humana, Tricare, AARP, United Healthcare, Aetna, Today's Options, the VA, and others!

Clinics also located in Yarmouth & Kennebunk!

Reception Room
Personalized Catering
Spacious Chapel
Private Family Room
"Help Yourself" Kitchen

Stetson's Funeral Home
12 Federal St. Brunswick, Maine 04011
www.stetsonsfuneralhome.com
207.725.4341
apurinton@gwi.net
Anthony B. Purinton • Funeral Director

A Coffin worth remembering



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.

Tell me you remember who Robert Peter Tristram Coffin was, please?

Poet laureate of Brunswick?
Local boy done good?
Professor of English extraordinaire?
Father-in-law

Norman used to tell stories of "seeing" Coffin around Brunswick, described him as "robust ... rotund ... always surrounded by people." I find comfort, and can rationalize in my own mind that he and I have often been in many of the same places at different times.

Born in the shadow of Bowdoin College on March 18, 1892, most of Robert P.T. Coffin's early years were spent at the family's salt-water farm on Harpswell's Great Island. His grandparents "kept store" at Brunswick's Gurnet Neck, he went to school in a one-room rural school on Prince's Point, and from his earliest days, he was a serious observer and student of what life used to be like in Maine. I'm figuring it's more than a coincidence his birthday shares the same week with Maine's birthday, which is March 15!

Coffin graduated from Brunswick High School in 1911, and went to Bowdoin College that same fall. He graduated from Bowdoin in 1915, gaining the highest grades in his class. Already offering glimpses into his future, he'd been elected Class Poet, was editor of the Bowdoin Orient, was elected to Phi Beta Kappa and served as "odist" for his class on Ivy Day.

After Bowdoin, he attended Princeton as a Henry Wadsworth Longfellow Fellow, and served later as a Rhodes Scholar at Oxford, England. It would be during this time in England when he'd be smitten with an urge to write his books like "Crowns and Cottages, The Dukes of Buckingham," and "Laud: The Storm Center of Stuart, England." Coffin's first published work in poetry was "Christ Church," completed

in 1924. In 1935, a published collection of poems titled "Strange Holiness" won him a Pulitzer Prize in poetry. He produced 43 volumes of poetry and prose, fiction and nonfiction, novels and biographies, before his untimely death at age 62, on Jan. 21, 1955. By the time of his death, he'd returned to Bowdoin as a teaching professor, and had become an accomplished public lecturer, his broad, trademark moustache and tossed, blondish hair made him a fixture around Maine and gave him the appearance of what he often called "looking like a pirate."

Coffin's thousand or more poems came with an almost singular thread: his life, growing up on the coast of Maine. Reading his work can make you feel a winter gale,

smell a seaside fir, and taste the smells of a well-tended barn. Fishermen, farmers, old maids, uncles, school marm and hired men were his stock in trade. He saw himself a fortunate person, observing and living the "old ways," listening and learning from the "ancient people." His talent let him document, in his own words, what their lives must have been like.

His "Portrait of an American," tells his father's life story, while "Captain Abbie and Captain John" tells the story of the sea-going Pennell family in Brunswick. "Kennebec, Cradle of Americans" gained him real national prominence, and his "Lost Paradise" laments his life after leaving his boyhood home, and the lifestyle it demanded. Several of his works, like "One-Horse Farm, Maine Doings," and "On the Green Carpet," feature "decorations

Speaking Frankly Frank Connors (guest contributor)



by the author." Coffin was an accomplished artist like none other that I have seen, lovely lines in black and white creating a perfect image of the most common of subjects. Boys shooting ducks from a dory comes to mind, kids dancing around bonfires, helping to load hay, or swimming at the local swimming hole. He created a large dozen images of the classic Maine cape, sheltered on the shore



under a massive Maine pine (or elm) ... houses so pure, so simple, they look like you might want to move right in.

Yup, I still collect his work. You may well remember I built a coffin in which to store his treasured books. Today, Brunswick remembers Coffin with a short street leading to Bowdoin College's athletic fields, and with a tired old school, now sitting vacant, and wondering what's next.

My Jane went to that school when it was shining new, and my grandson Silas attended classes there during its last, tired days. When Silas was in the first grade, I recall talking to him about Coffin and he referred to him as "that scary old guy ... with the big picture at the front entrance."

As another birthday for Coffin, and Maine, approaches, wouldn't it be great to come up with a new way to remember Robert P.T. Coffin?

Expert care when you need it.

If you are unable to see your primary care provider, the **Mid Coast Hospital Walk-In Clinic** offers expert care for minor medical problems.

Open every day **7 a.m. to 7 p.m.**
22 Station Avenue, Brunswick
(207) 406-7500

For life-threatening concerns and critical situations, call 9-1-1.



QUICK CARE



VIRTUAL TELEHEALTH VISITS



ONLINE CHECK-IN



MID COAST HOSPITAL COORDINATION



LOWER COST THAN EMERGENCY DEPARTMENT



EMERGENCY-TRAINED SPECIALISTS



FULL INTEGRATION WITH MID COAST MEDICAL GROUP

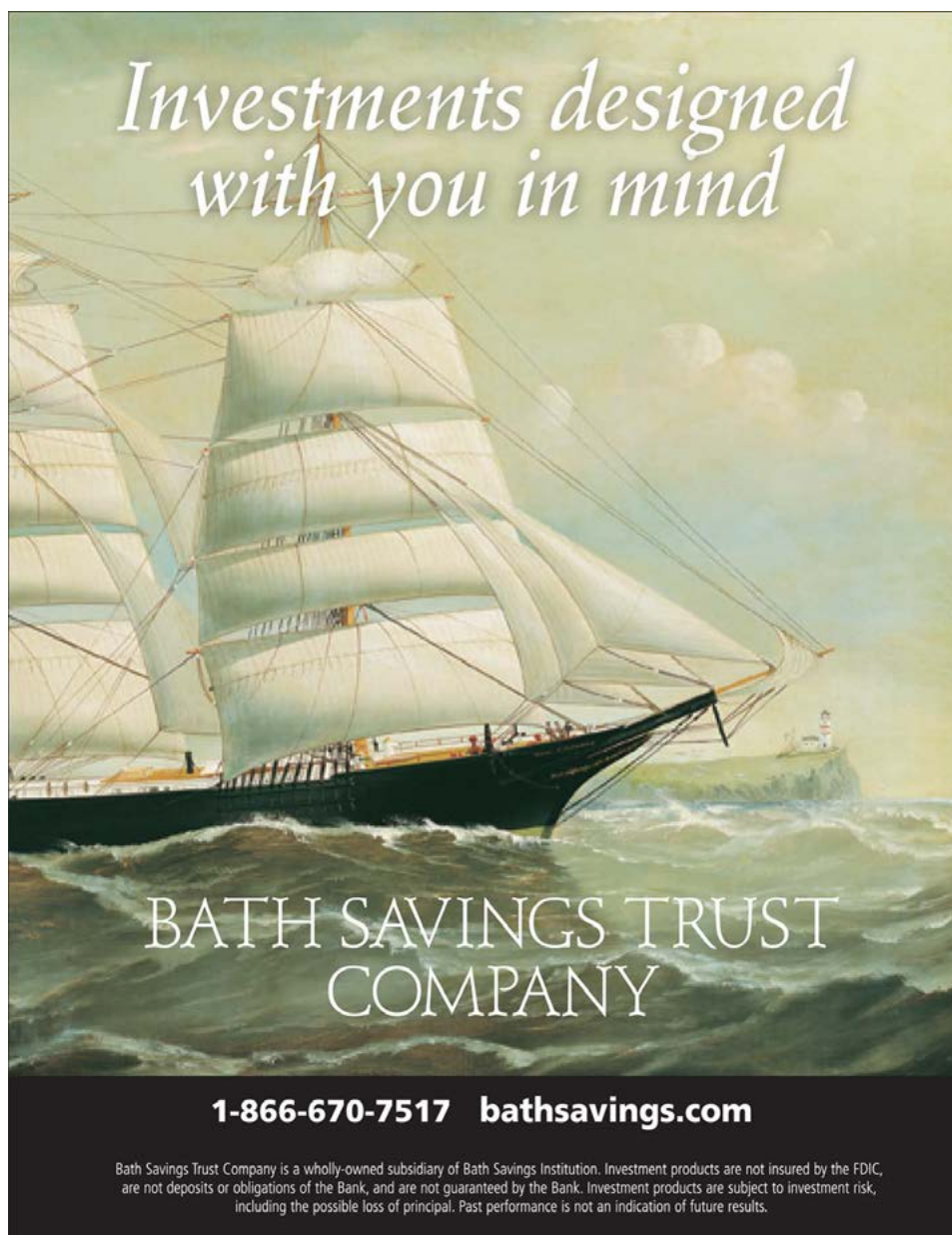


CONVENIENT LOCATION

MID COAST HOSPITAL
Walk-In Clinic

WWW.MIDCOASTHEALTH.COM/WALKIN

Investments designed with you in mind



BATH SAVINGS TRUST COMPANY

1-866-670-7517 bathsavings.com

Bath Savings Trust Company is a wholly-owned subsidiary of Bath Savings Institution. Investment products are not insured by the FDIC, are not deposits or obligations of the Bank, and are not guaranteed by the Bank. Investment products are subject to investment risk, including the possible loss of principal. Past performance is not an indication of future results.

A year of successes continued from page 1

indoors and 217 indoor classes have been held following strict CDC guidelines. Using the new Zoom links, 268 classes and clubs have met since March.

While many in-person programs and events had to be canceled, other programs were re-imagined and turned out to be very successful, such as the Center's annual Senior Health Expo, which went "virtual" with online videos and write-ups for the vendors; drawing hundreds of followers, viewers and participants. This year's upcoming Music in April has also been retooled into an online,

month-long, silent auction and raffle event, available to everyone.

Throughout all of this, People Plus has emerged as a vital link to the citizens of Brunswick and our surrounding communities. Stacy's Community Update videos, which now total more than 100, (and at one point were recorded five days a week), provide valuable information to those most impacted during these turbulent times; have had thousands of views and have been seen in more than 30 countries.

People Plus' reaching out has garnered many

responses. Here's what some people have said: — "Hi Stacy, I just wanted to tell you how impressed I am with everything you and People Plus are doing. The videos, Frank's stories, the exercise videos, all the updates, and the plans for Bingo, Apple Club, etc. are really amazing. (And that just mentions a few of the things and the reaching out that you and People Plus are doing.) Thank you so much." — "Thanks for all your help. You are all doing an awesome job — it's the only place I feel safe going to." — "We watch your video during our dinner every night to get all the information." — "Hello Stacy and People Plus staff. You are

all amazing and thank you for the update, all the news and videos. I really enjoy the exercises in the beautiful new parking lot with people! Tomato plants are much appreciated and out of their pots; in the ground, so happy to grow deeper roots. The pasta was delicious and thank you for masks to keep us safe." So, yes, while the pandemic has drastically impacted how things are "normally" done at People Plus, there was no way it was going to stop what we do best — creatively serve the people who pledge to care for our teen and senior community members — the people who mean so much to us.

A look at this year's successes!



Our free, supplemental outreach during the pandemic began March 16, 2020. Since then we've provided:

- 1,300 grocery trips
- 750 prescription/medical deliveries
- 1,000+ "Midcoast Meals" deliveries
- 238 food pantry pick ups
- 526 locally grown food deliveries
- 538 update, exercise & interest videos with 13,140 views from 36 countries!
- 15 flower deliveries
- 1,000+ check-in calls to 75 seniors
- 1,016 birthday calls
- 1,200 face masks distributed to 425 community members

Using CDC protocols, we modified our spaces for activities:

- 175 classes outside
- 28 club meetings outside
- 25 meals outside
- 3 presentations outside, including a safely spaced holiday concert
- 268 classes & clubs via Zoom
- 217 classes inside
- 468 haircuts inside



STORM POLICY

When Brunswick schools are closed due to weather, all People Plus activities are canceled for the day. Check www.peopleplusmaine.org, or local media for closure information.

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

The "Club" Provides a warm, intimate environment, safely encouraging interaction between participants that enhances mental acuity, congeniality, safety and comfort.

Re-opening soon, call for more information.
Convenient Bath location - 9 Park St. www.respite-care.org Tel. 27-729-8571



Mary Alice Treworgy Limited Edition Giclee print of Monhegan Lighthouse with Oil Shed, value \$175, donated by artist

Coca Cola Gift Set, value \$25

"Calico Crustacean" by Richard Carney, Local Artist, value \$500.

PLAYMOBIL Aquarium, value \$60

Vintage Dansk Teak Salad Bowl and Servers designed by Quistgaard for Dansk - value \$150



Patchwork Gardens Gift basket, value \$60



Joy Susan Vegan Leather Cross Body Convertible bag, value \$48.00



Hand-carved and painted loon by Richard Nickerson, value \$150

Music in April 2021

continued from page 1

Pejepscot Station, and others. Also new this year, there will be a Music in April supplement in The Times Record newspaper on Friday, April 2. Distributed within the Times Record circulation, mailed to all our members — watch for it at the end of March — and available at local eateries and grocery stores, the supplement will have a full rundown and description of all the auction items — which is currently totaling in the hundreds. The supplement also will include sponsor information and log-in instructions — it's really easy! — for bidding on auction items, which also will be available on our website at peopleplusmaine.org. As we said, anyone can participate in this year's auction!

"Like everything else this year Music in April will be different, but it will be special," said Jeanne Mayo, a longtime organizer of the event. "We will have an online auction for our 19th Music in April. Have we really done this for 19 years? WOW! PLEASE join us often, bid often, it is crucial for our budget! We need you in 2021. Anticipate a spectacular MIA for 2021!"

Thank you again to our lead sponsors for the 2021 Music in April, including Rousseau Management, Mid Coast-Parkview Health, and Bangor Savings Bank for sticking with us this year, along with other sponsors: Avita of Brunswick & Sunnybrook, Bar Harbor Bank and Trust, Bath Savings Institution, Bill Dodge Auto Group, Brackett Funeral Home, CHANS Home Health & Hospice, Coastal Landing Retirement Community,

Edward Jones Investments, JHR Development, LLC, Kennebec Savings Bank, Maine State Music Theatre, Mechanics Savings, Mid Coast Senior Health Center, Norway Savings Bank, Primerica, Priority Real Estate Group, Riley Insurance Agency, Rusty Lantern Markets, Spectrum Generations, The Highlands, and The Times Record.

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. As always, thank you for continuing to support People Plus and its members.



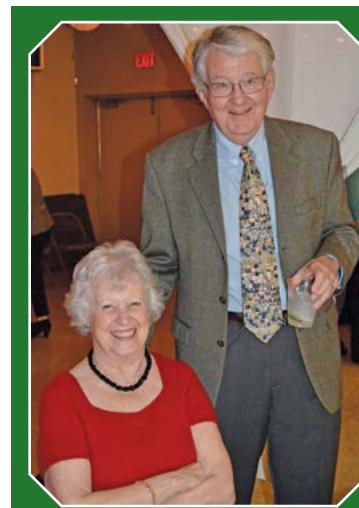
Wood Fish print, value \$60



Tacori Sterling Silver 38" Necklace from Springer's Jewelers with faceted candy-drop gems, value \$650



Whimsical Gnomes, value \$15 and \$20



Books A La Carte

Here are the latest book recommendations.

FICTION

A Piece of the World by Christina Baker Kline. This is a fictional memoir of Christina Olson, the woman in the famous Wyeth painting "Christina's World," by the author of "Orphan Train." It is a well written mixture of fact and fiction. It includes the story of the bond between Olson and Andrew Wyeth.

SPY NOVEL

A Dandy in Aspice by Derek Marlowe. If you are a fan of John Le Carre, you might like this one. It was written in 1962 at the height of the Cold War. It is the story of Eberline, a man who is a Russian spy (a mole) embedded in the British Secret Service. Someone is killing British agents and Eberline is sent out to kill the assassin — himself. It is a fast-paced story with lots of Cold War atmosphere.

MYSTERY

Three Blind Mice by Agatha Christie. A lot of mystery fans are not aware that Christie also wrote short stories. Both Hercule Poirot and Miss Marple appear in this collection. The highlight of the work is "Three Blind Mice," the basis of the famous play "The Mousetrap," which opened in 1952 and ran continuously until shut down by COVID.

NONFICTION

On Writing by Stephen King. This is a memoir, not a textbook. It is a very well-written account of King's life and writing history. It includes a description of the accident which nearly killed him.

The Negotiator by George Mitchell. This memoir is the true story of Mitchell's very interesting life. It includes a history of his positions as Senate Majority Leader, U.S. envoy to the Middle East, maker of the Good Friday Agreement, which brought peace to Northern Ireland, and many others. Very informative and entertaining.

Comments: news@peopleplusmaine.org

WOW! 100 COMMUNITY UPDATE VIDEOS!

The People Plus community update video began in March 2020 as an answer to the global pandemic. We needed a way to share information with our members and community in an easy to access fashion. Since then our videos have been viewed nearly 14,000 times on vimeo.com as well as locally on Brunswick TV three and Harpswell TV 14. The videos have reached approximately 75,000 households.

Gone but not forgotten – in Memory of

Benjamin Higgins July 3, 1928 — Jan. 19, 2021	Dianna Smith Aug. 9, 1959 — Dec. 31, 2020	Mercedes Haines Sept. 16, 1934 — Dec. 29, 2020
Skip Stinson July 20, 1948 — Dec. 27, 2020	Betty Masse June 13, 1929 — Jan. 30, 2021	April Furbush April 12, 1947 — Jan. 25, 2021
Rosanna Chute Nov. 22, 1924 — Jan. 10, 2021	Agnes Uhde Feb. 25, 1928 — Jan. 30, 2021	Ann Beal Sept. 23, 1942 — Jan. 2, 2021

Funeral Alternatives is a locally-owned and operated family business.

FA GROUP FUNERAL ALTERNATIVES

Maine's Cremation Authority
Simple cremation \$1425.00 Complete

46 Bath Rd, Brunswick • 406-4028 • www.funeralalternatives.net



Brunswick Area Teen Center

What a year it's been!

I found this month's article especially hard to write. Once I realized it has been a year this month since COVID-19 hit us so hard we had to shut everything down...

Last year, during the first week of March, the Teen Center space had its new flooring put in, the second week we were just starting to bring everything back from the basement and boxes that we had to store for floor work...

We shut ourselves in, canceled all travel (this is my second year having to forgo an annual trip to somewhere far away with sand), and hung on for the wild ride this past year has taken us on.

Toilet paper, Lysol wipes, and any type of cleaning stuff disappeared, causing panic (could you have imagined that a few years ago?), food shortages occurred, freezers were selling out everywhere, to mask or not to mask was a constant question...

Over these many months we have sadly missed loved ones we have not been able to spend time with. There has been too much loss and fear these past 12 months.

People, with time, got creative though! Zoom, Zoom, Zoom became the norm for seeing others. Outdoor dining boomed. Food and store deliveries skyrocketed. Many people became seamstresses creating thousands of masks for others...

It has been an intense year of change and uncertainty. But that's enough about this past year!

At the same time I have been thinking all these thoughts, I have also been feeling hopeful about times to come. Spring is coming. Animals start coming out of

Teen Center News

Jordan Cardone



hibernation and hopefully we humans also will be able to do so soon as well. We get to change the clocks forward this month. St. Patrick's Day is coming up and was named "Friendliest Day of the Year" by Guinness Book of World Records...

We are getting closer to the end of the school year, the toughest most challenging and exhausting school year students, families and our Education Departments have ever experienced. This will be a huge reason to welcome in summer this year!

We greatly miss those teens who have not been able to get to the Teen Center since last March, and my biggest hope is that we can all be back together come September!

So, congratulations on surviving a year now. Seriously, everyone deserves a pat on the back, this hasn't been easy. Good job everyone!

Jordan and the Gang!

"Chowdah to go" supports Teen Center

It's that time of year! The Teen Center program is grateful to once again be one of the local nonprofits to share in the proceeds from the annual Lenten Fish Suppers at St. Charles Borromeo Church in Brunswick.

Due to COVID-19 restrictions, the 2021 version is a little different. It has changed to the Lenten Fish Chowder Takeouts for the six Fridays in Lent, starting on Feb. 19 and running through March 26, from 5-6 pm.

"We know seeing familiar faces and congregating cafeteria-style will be sorely missed, but we can still support the church and our local nonprofits by stopping by and picking up chowder to go! Yum," said Teen

Center Coordinator Jordan Cardone. "Thank you to the volunteers who will be behind the scenes this year, cooking and packing up these meals to go. One of the best ways to thank them is to swing by on one of the Fridays."

Masks are required when making pick-ups. A pint of homemade fish chowder, package of oyster crackers, and a wrapped dessert will be offered for \$10.

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



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

Since its founding in 1954 by Brunswick High School Principal Mario Tonon, the Brunswick Area Student Aid Fund has been helping area students with funding their post-secondary education. Over 4,700 awards have been granted.

Help us make a difference in a student's life!

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

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

Advertisement for Lenten Suppers at St. Charles Borromeo Church, featuring fish chowder takeouts. Includes contact information and details about the event.

Desperate for Drivers!

Can you help a neighbor in need?

In the last year, People Plus has coordinated over 30,000 miles of FREE rides for home-bound residents of Brunswick, Topsham and Harpswell. But we can't do it alone - we need your help with the driving and shopping!



Special 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!

Ways to obtain your COVID-19 vaccine

Local and state action concerning the COVID-19 vaccination is a rapidly developing program, but this is what we know:

Vaccine appointments: Mid Coast Hospital is continuing to coordinate a large-scale regional vaccination clinic at the Brunswick Recreation Center located on Brunswick Landing (where we have our Senior Expo). Vaccination is by appointment only. Seniors age 70+ can now make appointments.

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 can also make appointments.

If you are 70+, 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 - they are getting tons of phone calls! If you don't have an email address, use your child's or a friend's - it may be quicker! Vaccines will be given

Monday-Saturday, 7:30 am to 8 pm.

Vaccine Consult Line: The new Maine CDC Vaccine Consult Line is up and running for any general vaccination questions you may have. Call 866-962-6062. Open Monday-Friday, 8 am to 5 pm. This is not a vaccination appointment line, but they can respond to most vaccination-related questions from the public.

Help at People Plus: Please contact us at People Plus (729-0757) if you need help using the phone system, you haven't heard back, or need a ride to an appointment.

Vaccines at Walmart, Sam's Club pharmacies: Walmart is taking appointments for COVID-19 vaccines at its stores across Maine. The vaccine will be administered at 24 Walmart stores and two Sam's Club (you do not have to be a member) locations.

For more information, go to: www.maine.gov/covid19/vaccines/vaccination-sites www.maine.gov/covid19/vaccines (for the latest dosage statistics in Maine)

Annual campaign continued from page 1

According to Office Manager Betsy White, as of Feb. 19, the annual campaign funding total for People Plus is \$55,844, (which includes \$2,407 in membership donations).

This money supports homebound elders, the Volunteer Transportation Network, and keeps the membership and classes at the Center inexpensive, with free lectures, free gaming and language clubs, free events and more.

Additionally as part of the annual campaign, we 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 and gifts of stock can be counted toward those matches.

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," said Ellen.

A gift of stock put toward the challenge match from Dick and Smoky Morrell would

help bring that gift to its total. "We hope it'll encourage others to give," said Dick Morrell. "Stocks, cash or check - it all spends."

With a goal of \$65,000 for the annual campaign this year, we only have \$9,000 left to raise! "With gifts of stock in our repertoire, we just might get there before June," said Executive Director Stacy Frizzle-Edgerton. "Thanks to everyone who has donated thus far and thanks in advance if you can still give."

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.

If you would like to support People Plus with a donation, a gift of stock, or want more information, please visit www.peopleplus-maine.org or call the Center at 729-0757.

Even the green clink bags full of your redeemable's have helped us reach our fundraising goal! Every nickel helps. As always, thank you!

"Clynk" is solid fundraiser, one nickel at a time

Perhaps you didn't know you can save your returnable bottles and cans to benefit the People Plus Center. The "CLYNK" returnable program, sponsored by Hannaford Supermarkets and endorsed by the Center, is one of those "under the radar things we do," that benefits both the Center and our community.

Green "CLYNK" bags, which are pre-barcode with the Center's unit numbers, are always

available at our reception desk. You need only to fill the bag with your returnables, scan and drop it at the drop-off in the parking lot when you next shop, and the Center receives credit for the accumulated deposits.

People Plus has received over \$720 just from CLYNK returnables! Thank you for recycling, and thank you for supporting your Center. Let's keep it going!



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

Advertisement for Rousseau Management, Skilled and Assisted Living in Midcoast Maine. Includes contact information for Coastal Landing Retirement Community, Coastal Shores Residential Care, Dionne Commons, Neighbors, Inc., and Horizons Living & Rehab Center.

Advertisement for Mid Coast Medical Group. Includes the text "It's time to check in on your health." and "Your health is too important to delay!" along with the website www.midcoasthealth.com/mcmg.

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.sethlevy.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

"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 Patricia Longworth. 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 Patricia Longworth



My name is Patricia Longworth. I'm 94 years old and I reside in Topsham.

I grew up in Central Falls, Rhode Island, with a sister and two brothers. We had a lot of family nearby.

We lived in a community where we could walk everywhere. My friends and I were active in our church groups and the local YWCA. After high school, I went to the Katharine Gibbs secretarial school. I worked in Pawtucket, Rhode Island, for a lawyer until 1956 when Jack and I started our family.

After moving to Maine in 2001, to be closer to our daughter and two grandsons, Jack and I joined People Plus. My daughter encouraged us to join the Center, and we agreed it would be a good place to meet people.

I have always enjoyed volunteering, so People Plus offered me several opportunities to continue to stay active. I was a Monday morning desk volunteer for more

than 10 years and a volunteer driver for some time.

I also have helped out with the lunches at the Center, which are always a good time. People Plus has been a great way to stay active and maintain my social connections.

I have very fond memories of my years working at the reception desk at People Plus, doing work I enjoyed and seeing and talking to people. I have enjoyed all of the social gatherings, such as ladies breakfasts and lunches.

If there is one thing from my life I would like people to know about me, it's that I've had a happy life.

Help record history with 'Letters to COVID'

When this pandemic finally ends, it will be important to be able to reflect back on how it impacted people's lives. To that end, an effort is being made to keep track of those feelings and thoughts.

At the Pejepscot History Center, they rely on the past to understand the present, yet their archives hold few records of personal reactions to the last pandemic, in 1918. To prevent this from happening again, they have partnered with Longfellow Days 2021 to gather "Letters to COVID."

As part of this year's theme, The Art of Writing Letters, they are asking the public to write a letter to COVID, sharing your experiences during the current pandemic. PHC will share some of them on its website, and in the future, they also may be used in print media, exhibitions, by researchers, and in other formats.

Include your name or submit anonymously if you wish. PHC welcomes submissions from all ages, abilities, genders, races and ethnicities, personal identities, viewpoints, and circumstances — they'll provide a rounded picture of the complexities of the pandemic.

PHC encourages physical letters, which can be mailed to Pejepscot History Center, 159 Park Row, Brunswick, ME 04011. Electronic letters can be sent to swhouse@pejepscotthistorical.org or submitted via Messenger. These will be accessioned into PHC's collections to document our lives during the time of COVID-19.

Tax help from Midcoast CASH

Midcoast CASH has teamed up with GetYourRefund.org to connect you to our IRS-certified virtual volunteers. Filing will be done virtually, and safety precautions will be in place at our drive-thru Scan & Go sites.

If your household made less than \$57,000 in 2020, there are three free, safe, and easy ways to file your taxes:

OPTION 1: Visit www.getyourrefund.org/ midstme to start your online intake process. You'll answer a series of questions, upload documents, and receive phone calls from our team before we e-file your return.

OPTION 2: File your own taxes (with access to helpline support) at myfreetaxes.com.

OPTION 3: No mobile device or computer? No problem! Call (207) 295-6340 to be sent an intake packet. Complete all forms, gather your documents, and head to one of our Scan & Go sites in Boothbay, Brunswick, Damariscotta, Topsham, and Wiscasset. All your documents will be scanned into GetYourRefund for you and your original documents will immediately be returned to you. You'll receive phone calls from our team before we e-file your return.

For more information or questions, call

Kelly at (207) 295-6340 or email uwcash@uwcmcm.org.

Midcoast CASH partners and sponsors include: Bath Savings Institution, Bowdoin College — McKeen Center for Common Good, CEI, Davenport Trust, First National Bank, General Dynamics — Bath Iron Works, John T. Gorman Foundation, Internal Revenue Service/VITA, Lincoln County Regional Planning Commission, Maine Women's Fund, Midcoast Maine Community Action, New Ventures Maine, Norway Savings, and is an initiative of United Way of Mid Coast Maine.

People Plus PEOPLE PLUS MEMBERSHIP APPLICATION Date _____
PO Box 766 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757 • www.peopleplusmaine.org

Name (1) _____ Phone _____ Birthdate _____ Female Male
Email _____ Emergency Contact _____ (name) (phone) (relationship)

Name (2) _____ Phone _____ Birthdate _____ Female Male
Email _____ Emergency Contact _____ (name) (phone) (relationship)

Mailing Address _____ City _____ State _____ ZIP _____
 I do NOT need the People Plus monthly newspaper mailed to my house. Cash/Check (Payable to People Plus)

Yearly Membership Dues (Scholarships Available)
Brunswick (___New Member ___Renewal): \$30 per person
Other towns (___New Member ___Renewal): \$35 per person
 \$300 for **Lifetime Membership** (65 or over)

Membership Dues: \$ _____
Additional Donation*: \$ _____
(*donations above membership dues are tax deductible)
Total: \$ _____

OFFICE USE: Accounting Data Membership Card Sent

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

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

Senior Companion and Personal Care Services
1 to 24 hours
Yarmouth, Freeport, Cumberland, Falmouth
729-0991

AGING EXCELLENCE
SeniorsOnTheGo.com

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

spectrum generations
co-located at People Plus
35 Union Street, Suite 1
Brunswick, ME
207-729-0475
www.spectrumgenerations.org

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

Monthly Update

March 2021



National Intellectual and Developmental Disabilities Month

March is National Intellectual and Developmental Disabilities Month, and we would like to take the opportunity to introduce you to our Case Management team who serve these members of our communities. **Spectrum Generations has 9 case managers serving 7 counties; we're here to help you and your family navigate the many complexities of available resources.**

With effective and responsive coordination, Spectrum Generations' case managers link consumers to resources, enhancing their quality of life and inclusiveness in their communities.

We are here to help:

- Follow the wishes and needs of each individual through a person-centered planning process
- Enable people to explore a full range of options
- Develop formal and informal supports
- Advocate for the interests, preferences, and dreams of the individual
- Assist individuals and families in independently coordinating their own supports and services if they so desire
- Be free from conflict of interest
- Support the development and expression of self-determination and self-advocacy
- Provide a wide range of available resources

For more information on resources that are available, contact Sandra Labelle at (207) 620.1667 or slabelle@spectrumgenerations.org



Volunteer Spotlight

Geoff and Ruth Ragsdale have been volunteering at our Midcoast Regional Center for 14 years! We are

fortunate to have volunteers who always go above and beyond. Often, Geoff is providing Spectrum Generations with names of new consumers who would benefit from our services, consumer follow-up, and wellness checks. Thank you both for being a part of our family.



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

Proud to partner with People Plus



Diabetes Prevention Program

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

Slow internet, no computer, or only have a small phone screen? No problem! Our FREE tablet loaning program can help you – just in time for these workshops!

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

Virtual Medicare 101

Let us guide you



Do not wait until you are 65! You should begin learning about Medicare three to six months before you are eligible. Knowing the answers to your questions will help you make the best choice from the many Medicare options.

Our live Virtual Medicare 101 Sessions will guide you through the four different parts of Medicare. You'll learn how to enroll, what services are covered, and what estimated costs will be for your coverage. Sessions are held every 2nd and 4th Mondays and 1st and 3rd Thursdays from 1:00-3:00 p.m.

Please call us at 1.800.639.1553 for more information.

Thank you to the students at Friends School of Portland who crafted valentine notes for our Meals on Wheels Consumers.



Friends School of Portland, is an independent preschool through 8th grade school arising from Quaker faith and practice and built upon long-held standards of exceptional Friends schools. Embracing the Quaker belief in the unique worth of each individual, they seek students from diverse ethnic, economic and family backgrounds.

Connie Bailey celebrates 30th anniversary at People Plus

Connie Bailey is a very talented artist, who passes on her vast skills to others with both in-person and video classes here at People Plus. Now, as a special treat, we get a glimpse into her personal, private collection with a new art show in the Center's Café Gallery.

"It's a retrospect of my work," said Connie, who began teaching art at People Plus in 1991. "It even includes my first piece of artwork done when I was 13 years old."

Connie, who grew up in Michigan, has a degree in art education from Eastern Michigan University. She began experimenting with the wax-resist process called Batik in 1989. Batik originated in Java as a method of dying fabric. Recent years have found artists using the same process to dye various kinds of paper.

Connie first exhibited her Batiks in the summer of 1991. She has received 114 awards since 1983, mostly for her Batiks, and she is in many private and corporate collections. She works in many other mediums, including scratchboard and colored pencil, but Paper

Batik continues to be her primary medium. She has taken part in several outdoor and indoor group shows.

When asked about her philosophy on art instruction and art itself, Connie said, "I want to teach. But I want my students to have fun and learn things which will enrich them and others."

Connie is a member and past curator/manager of Sebascodegan Summer Gallery in Harpswell. She is a charter member of the Nature Artist's Guild of the Morton Arboretum in Lisle, Illinois, Merrymeeting Art Association in Brunswick, and Designing Women.

A big thank you to Rick Carney of Old Bottle Sea Glass of Maine for his art show the previous couple of months at the Center.

Connie's outstanding artwork goes on display in mid-March. It is open to the public and may be seen during normal business hours (Monday-Friday, 9 am to 1 pm) at the Center. To view more of her collection, please go to cgbailey.com.



WE ARE SO HONORED to have an original show from our longtime instructor and gallery coordinator Consuelo Bailey. Connie, as we call her, has been teaching at the Center for about 30 years and hung a show of her lifetime achievements. These pieces of art date back to her early school days throughout her life and are not available for sale!

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. I'm Annee Tara.

Q. The community where you live?

A. I live in Brunswick.

Q. Professional occupation?

A. I was trained as a lawyer and practiced for several years. After a number of jobs in both the public and private sectors, I ultimately migrated to Central Maine Community College where I spent 18 years, mostly as the Development Director.

In 2006, it seems like yesterday, I left the college and since then have been fortunate to have done a lot of interesting things. So now I call myself a "freelancer." I spend a lot of time as a volunteer in our community, but I also have had the opportunity to do some other things. For instance, I've served as an election observer in countries in Eastern Europe and the former Yugoslavia that are working to develop democratic institutions.

Q. How many years on the People Plus board and positions served (committees, etc.)?

A. I joined the board of People Plus in 2016. My committee work has been in the area of governance (the most fun part of that is recruiting new members for the board and committees!) and planning (we adopted a five-year plan in 2019). Now I chair a committee that looks at our progress toward the goals we established then.

Of course, 2020 has given us all a new way of looking at how our work furthers our mission to "support an engaged, healthy, and independent life for older adults, while joining others to build community for all ages."

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 the San Fernando Valley part of Los Angeles and attended college in Southern California as well. When I graduated I applied to be a VISTA volunteer in Alaska — and was accepted!

I spent a year just north of the Arctic Circle in a village called Selawik, where I learned more than in any other year of my life — except maybe the first one: where water comes from, how wild animals become dinner for people, what cold and darkness do to people's personality — and also what long days do (seems we're all solar charged).

After that I moved to Northern Maine for a year and then decided I needed a craft. Since I'm not that good with my hands and had no background in math or science, I went to law school. Even though I haven't practiced law in many, many years — "once a lawyer, always a lawyer" I guess. I hope my way of processing things is helpful in whatever work I do.

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

A. I believe that it's really important for healthy aging to stay physically, mentally, and especially socially active. People Plus' mission matches that belief perfectly.

Being on the board has given me the opportunity to support that mission way beyond what I can do from the sidelines. Besides, it's a way I, myself, can stay physically, mentally, and socially active — in support of my own healthy aging!

Hanging out with the gents at the Center and more ...

The obvious big plus for me about the Center is people — hence its name and resulting purpose. But due to the ramifications of the coronavirus pandemic, and having the ability to do my newspaper job remotely from home, I hadn't seen any of our members for a very, very long time. So something had to be done to remedy the situation.

At the gentle urging of Stacy, I decided to attend a recent Men's Coffee and Muffins gathering in the People Plus parking lot, and I'm glad I did. Despite chilly temperatures, there was a warm feeling as the baker's dozen of gents shared conversation on a variety of topics.

You could easily tell they enjoyed each other's company amid these unusual times, and didn't seem at any loss for

words. While everyone was sporting masks, I believe a lot of smiles were present for most of the hour we had together in the afternoon.

There was a "heavy" law enforcement contingent on hand, with our executive director having invited the police chiefs from both Brunswick and Topsham. At first, I was little worried that Frank Connors, who also was in attendance, might be "wanted" for committing some sort of crime. But they didn't put him in cuffs, so my good-guy image of him remains intact.

Anyway, I'm thankful that I made the effort to come. It reminded me of what a special place People Plus holds in the community, and why I shouldn't be such a stranger at the Center.

Dudley the dog ...

My wife, Vicky, and I continue to derive a great deal of enjoyment from Dudley, the newest member of our small family. The little puppy isn't so tiny anymore, weighing more than 16 pounds, and we're finding out the hard way that most items — like pencils, straps of paper, socks, etc. — that were once out of reach for him, are no longer safe from his clutching teeth.

Curious as to the various breeds that make up our lovable troublemaker, we decided to have a doggy DNA test performed. We had been informed when obtaining Dudley from the adoption center in Camden that he was part Chihuahua, but we were greatly surprised when the results put that particular type at 46 percent. He also has a variety of terrier breeds within him, which we feel conform to several of Dudley's characteristics. One thing is for sure, we continue to be astounded over how long his four legs are; hence, the attention to "nothing is safe" around the house.

But we love everything about Dudley ... and are now even sharing our bed with him at night. Oh, we are definitely smitten!

Value of volunteering ...

As if I didn't have enough on my plate — with my People Plus duties, working at a bike shop, and creating my weekly cycling blog — I'm now volunteering at my local food distribution center. This

Simply put



Patrick Gabrion

all came about by way of association, as my wife was recently named director of the Hallowell Food Pantry. So when she needed extra help, I was an obvious candidate.

Truth be told, while reluctant to pitch in at first, I'm glad I have the opportunity to give back within my community. We, as a family, are fortunate with our own situation in life, but that isn't always the case for many other people. Try as they might to overcome barriers that might be in their way, some folks sometimes just need a little assistance and thank goodness places like the food pantry are available to them.

When Vicky retired as a registered nurse, she still wanted to continue caring for people, but in a different environment. This position is perfect for her, and I'm very proud of what she is accomplishing.

The big takeaway for me, when I help give out food boxes on Fridays, is how grateful people are to receive them. It's a good reminder of how many Mainers are struggling with food insecurity these days. As I stated earlier, I'm very lucky for what I have, but I'm even more appreciative that I have a chance to make someone's day a bit better.

WE MISS SEEING YOU AT THE CENTER!!

New and renewing members for February

Memberships received as of February 18, 2021.
* indicates new membership
* indicates donation made with membership

Bath
Peter Savage *
Shirley Savage *
Joan Smith

Bowdoin
Faye Plummer

Bowdoinham
Allison Green
Grace McCarthy *

Brunswick
Millie Ackley
Cheer Allan
Gary Tim Banks
Michael Anne Banks
Shirley Bello

Dennis Belt
Nancy Belt
Lois-Jean Berry *
Donald Bizer
Priscilla Bizer
Darlene Breton *
Vivian Breton
Cynthia Carney
Michael Chalufour *
Kathleen Cyr
Lois Fournier *
Gayla Galbraith
Teresa Golan *
Sally Hartikka *
Deborah Heath *
Nancy Hoffman *
Daniel Kornegay * *
Mary Kornegay * *
Ed Langbein
Linda Marquis
Bruce Myer *
Pat Myer *
Beverly Nickerson
Richard Nickerson
Ruth Phillips

Lorraine Ring
Dorothea Sulzer *
Claire Wallace
Bill Weatherbie *

Harpswell
Pamela Craig
Liz Sutton *
Leeds
Nancy Yocono *

Orr's Island
Dexter Kamilewicz *
Gretchen Kamilewicz *

Topsham
Margie Bowers *
Vivienne Finneran
George Hardin
Paul Karwowski
David Peck *

Woolwich
James Trout
Pamela Wright * *

When you are contemplating a move...

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

- * Choice of two meals daily
- * Activities and Social Events
- * Light Housekeeping
- * Private Bathroom & Kitchenette
- * Other services available for a reasonable monthly fee.
- * Scheduled Local Transportation
- * Heat and Electricity
- * Maintenance Service
- * Free Laundry Room

Find your way to
142 Neptune Drive
Brunswick, ME
837-6560
www.coastallanding.com

COASTAL LANDING
RETIREMENT COMMUNITY

A Place Where You Belong

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

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

THE HIGHLANDS
A GRACE MGMT COMMUNITY

30 Governors Way • Topsham, ME 04086
(207) 725-2650 • www.HighlandsRC.com

Someone you care for needs Assisted Living or Memory Care.

Make the best decision.

Now more than ever, families are turning to Northbridge Communities in Brunswick, as the safest choice for Senior Living and Memory Care.

Call our helpful advisors:

Sunnybrook
A Northbridge Senior Living Community
207.443.9100

Avita of Brunswick
— A Northbridge Memory Care Community —
207.729.6222

Two Northbridge communities conveniently located in Brunswick, ME
Sunnybrook: 340 Bath Road | sunnybrookvillage.com Avita: 89 Admiral Fitch Avenue | avitaofbrunswick.com

43RD ANNUAL NEW ENGLAND AUTO AUCTION™

Now Inviting Consignments.

AUGUST 20-21, 2021



THE COBB COLLECTION

Select vehicles will be sold to support the legacy of this distinguished collection.



1938 MG VA TICKFORD DROPHEAD COUPE
by Salmons & Sons



1937 MG SA SALOON
formerly owned by automotive executive Bob Lutz



New England Auto Auction™

at Owls Head Transportation Museum

207-594-4418 • auction@ohm.org • owlshead.org

Online Bidding Powered By: **proxibid**