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People Plus 19th Annual



Online Auction April 1-30!

Find the auction link at www.peopleplusmaine.org





Coastal Landing Retirement Community

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

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

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

EXERCISE ROOM



MOVIE THEATER



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

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

DINING HALL



CHAPEL



literally at the front door.

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

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

When contemplating a move...

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

Included in your monthly rent:

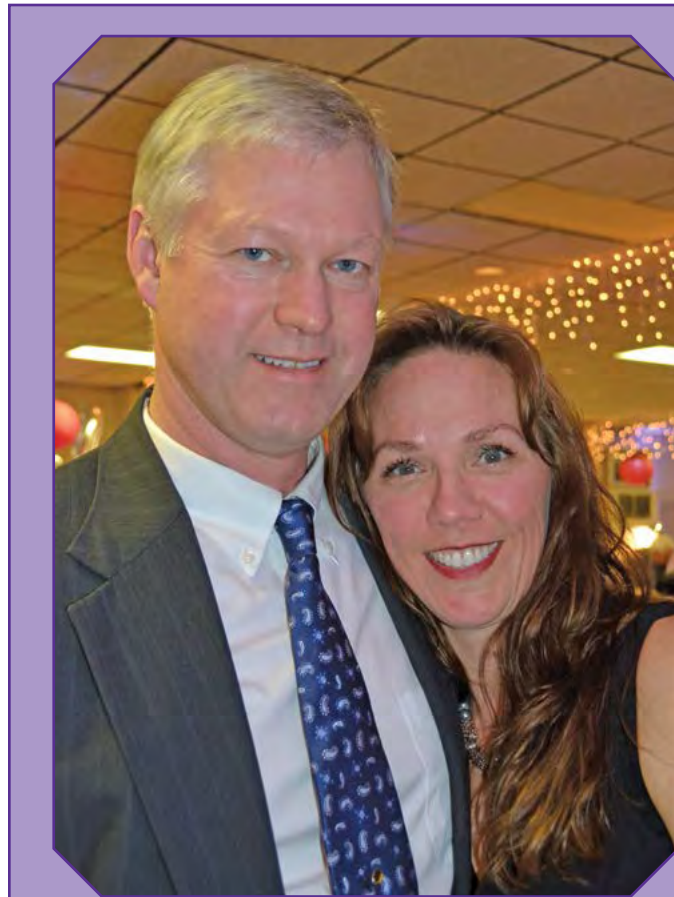
- * Choice of two meals daily
- * Activities and Social Events
- * Light Housekeeping
- * Private Bathroom and Kitchenette
- * Cable TV
- * Scheduled Local Transportation
- * Heat and Electricity
- * Maintenance Service
- * Free Laundry Room

Other services available for a reasonable fee.



www.coastallanding.com

142 Neptune Drive, Brunswick, ME
837-6560



Welcome to the 19th annual People Plus Music in April fundraising auction!

This year is a little different - but still fun! We have created an online auction! We are thrilled that after canceling last year's gala and a year of the COVID-19 global pandemic, we are able to bring you this fun way to partner with us to raise funds for our senior and elder communities!

We have spent the year collecting, cataloging and organizing what we think is the BEST AUCTION we have EVER had! We hope that you will find many items that you just HAVE TO HAVE! And please tell all your friends about it, too! The more bidders - the better!

It has been a difficult year for everyone, yet we have stayed focused and find ourselves on the other side of a financially challenging and damaging year. On March 16th, 2020, we temporarily closed the People Plus Center to regular foot traffic due to the outbreak of the coronavirus. We expected this closure to last about two weeks...

Reimagining our services, we immediately switched gears to keep seniors safe, healthy and connected from home. Combating isolation, we recorded informational videos, exercise classes and educational lectures - all to keep our members engaged, interested and moving. We made over 1,000 daily check in calls. We coordinated over 100 volunteers to pick up and deliver groceries,

prescriptions, food pantry boxes, masks, essential goods and medical devices. We continued driving people to the doctor, for dialysis, cancer treatments and most recently for vaccinations. We needed your help then and NOW!

In June, we resumed programs outside - following CDC guidelines. Seniors were thrilled to have a place to exercise, enjoy a meal and socialize with friends - all safely spaced outside. In winter we brought classes and clubs safely inside - and saw hundreds of members wear their masks as they exercised, attended clubs, and got haircuts! It's been challenging, but WE DID IT!!

Now, one year later, most of our members are vaccinated and we plan to expand our programming as more seniors safely return to the Center. AARP tax aid was back, Table Tennis started again, our World Affairs club is about to restart, and we are working on plans to bring back card games this spring!

I'm so proud of our staff and volunteers and the work they have accomplished over the past year, at the Center that Builds Community. And together we want to thank you for helping us do all of this amazing work! We could not have done it without your financial support.

Thank you and HAVE FUN BIDDING!

Stacy Frizzle-Edgerton
Executive Director, People Plus

Start Your Bidding April 1st! Here's how!

Find the auction link on our website: www.peopleplusmaine.org

You can buy fantastic auction items, raffle tickets or donate straight to our cause - for the entire month of April in our online auction.

- Launching on Thursday, April 1 at 6 pm, you can find the auction link on our website at www.peopleplusmaine.org. Browse our catalog which will open with 50 items and close with over 150 items by the end of the month.!
- **NEW ITEMS will be added every Thursday afternoon - so check back often!**
- See something you like? Register as a bidder and make a bid! The system sends notifications if someone out bids you, so you can increase your bid!!
- The "game" gets really fun the last week when the bidding really heats up!

- Mobile bidding from your phone is also available by downloading the Auctria app.
- The auction will close at 10 pm on Friday, April 30 and the highest bidders will be notified via email. You can either pay online with a credit card or we will accept cash or check when you pick up your items at the Center. (Note - if there is a bidding war on an item, the auction time for that item may be extended)
- If you win, you will be notified with dates and times that items can be picked up from People Plus during the week after the auction closes. Most items can be shipped at buyer's expense.

Don't forget to buy your raffle tickets, too!



Auction items by category

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* item list is accurate as of print date and subject to change

Find the auction link at www.peopleplusmaine.org



Music in April Raffle - Handmade Kayaks Package!

Buy your raffle tickets now! This gorgeous pair of handmade kayaks was gently used and generously donated by Margo and David Knight. Using the "strip building" technique, the Knights hand crafted these boats by gluing together each individual piece of wood. This painstaking process ensures a beautiful and watertight construction. This package also includes gently used and lovingly cared for handmade storage bags, paddles, PFDs, boat pumps, paddle float bags, and a complete Thule car roof rack system (convertible for either boats or skis)! Total package value is over \$5,000.

\$20 per ticket supports homebound elders.

Here's how to buy a ticket:

- Visit our website: www.peopleplusmaine.org and click the "Give now" button or the Music in April auction link OR
- Call the Center at 729-0757 OR
- Stop by the Center (mask required), during business hours

Raffle drawing will be on Friday, April 30th.



One of a Kind Items



"Calico Crustacean" by Richard Carney, Local Artifact Artist. Large pottery lobster, approximately 20" H x 11" W. Made from Franciscan Desert Rose pottery shards recovered from underwater, value \$500

Case of Assorted Red Wines Personally Selected by our Board of Directors, value \$250

Hand-made Maine T-shirt Quilt. Coveted annual hand-made t-shirt quilt from our secret quilt maker! This year's Maine themed quilt features t-shirts from your Maine favorites with a soft black fleece backing. Perfect for a camp, your senior headed to college or any Maine fan, value \$150



Gourmet Chinese Meal for Eight (8). Take a trip to China in your own home as "Chef" Mike Feldman prepares a menu to be developed from extensive list of over 50 Chinese delicacies, including Szechuan dishes from Chengdu region and less-spicy Cantonese dishes, with wine pairings and delicious dessert. Good until March, 31, 2022. Not ready for friends to gather in your home - this year he also offers the meal made for "take-out"! value \$1,200



Three (3) home-made deep dish fruit pies made by Jane Connors (2 chances to win). Jane makes the best pies from scratch! Expires April 1, 2022, value \$60

Case of Assorted White Wines Personally Selected by our Board of Directors, value \$250

Pasta Making Dinner For Four (4) with Gentleman Farmer in Maine. Learn how to make your own hand rolled pasta with Jonathan and Stacy Edgerton (The Gentleman Farmer in Maine), at their home, the Mossy Ledge Farm in Bowdoin. Fulfilled between November 1, 2021 and February 28, 2022, this fun event for up to four (4) people will teach you how to make a delicious pasta and sauce while creating memories to last a lifetime, value \$750

"Wheel of Fortune" Package. Includes Four (4) Production passes for Wheel of Fortune show taping at Sony Pictures Studios in Culver City, CA which NEVER expire! Plus autographed photo of Pat Sajak and Vanna White! Also Wheel of Fortune reusable shopping bag and hat, value \$150

Dinner for Eight (8) with Gentleman Farmer in Maine at Mossy Ledge Farm. Includes prosecco and a walk around the farm grounds at 5pm followed by appetizers from the wood fired oven under the grapevine covered pergola. Dinner will be served on the sunporch followed by dessert. Wine pairing for each course will be provided. Must be used by September 15, 2021. Mossy Ledge Farm is located in Bowdoin, Maine and your hosts will be Jonathan Edgerton and Stacy Frizzle-Edgerton, value \$1,000



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Find the auction link at www.peopleplusmaine.org



40 South Street, Suite 305 • Marblehead, MA 01945 • 781-631-5015
jhrdevelopment.com



Frank Says... If you win the raffle, I'll join you for a kayak ride... I might even bring a sandwich to share!



Gift Certificates

- WellTree Inc. \$100 Gift Certificate.
- Moody's Seafood \$50 Gift Certificate
- Ten (10) Guest Passes to Boothbay Railway Village, value \$140
- Family Day at Maine Wildlife Park and Sam's Pizza Night, value \$40
- Maine Maritime Museum Admission Certificates, value \$70
- Boston Duck Tours Passes, value \$90
- Portland Museum of Art Guest Passes, value \$72
- Skillsins Greenhouses \$100 Gift Card



White Water Rafting Adventure with North Country Rivers, value \$300



- Private Shopping Party with J'Adore Consignment, Bath, ME, value \$200
- Dunkin \$25 Gift Card
- Anew Studio Classic Skin Treatment, value \$65
- Habitat for Humanity ReStore \$100 Gift Certificate and Hat, value \$120
- Massage from Serene Healing Arts Center, value \$70
- Escape Room Brunswick \$50 Gift Pass

- Family Pizza Night from Warmings Market, value \$25
- The Cabin \$50 Gift Certificate
- Firehouse Subs Gift Certificate, value \$37
- PORTLAND STAGE Ticket Voucher, value \$110
- Chilton Furniture \$150 Gift Card
- Four (4) Wheel Alignment from Bodwell Motors, Inc., value \$100
- Maine Forest Yurts Overnight Stay, value \$140



More Gift Certificates

- The Brunswick Inn - One Night Stay for Two (2), value \$200
- Edible Arrangements \$50 Gift Certificate
- Gulf of Maine Books \$25 Gift Card
- Wheel Alignment from Tire Warehouse #1, value \$105
- Wheel Alignment from Tire Warehouse #2, value \$105
- Pet Grooming \$25 Gift Certificate
- Gift Certificate for Eight (8) Fresh Lobsters #1, value \$80
- Red's Eats \$25 Gift Card



- Pepper's Landing Lobster Co. \$25 Gift Card
- Aki Japanese Cuisine \$25 Gift Card
- Pat's Pizza \$25 Gift Card
- Eveningstar Cinema Package, value \$40
- Dolphin Marina and Restaurant \$25 Gift Card
- Midcoast Pizza & More \$25 Gift Card
- Monkey C Monkey Do Gift Pass for Family of Four (4), value \$80



- Bruno's Wood-Fired Pizzeria \$50 Gift Card
- The Great Impasta \$25 Gift Card
- Broadway Deli \$50 Gift Certificate
- Fore Street \$50 Gift Card
- Fore Street \$100 Gift Card
- Target \$50 Gift Card
- Dinner and a Show in Lewiston, value \$75
- Freeport Family Outing, value \$43
- Nail World \$25 Gift Certificate
- Smitty's Cinema Family Four Pack, value \$40

- Gift Certificate for Eight (8) Fresh Lobsters #2, value \$80
- Cook's Lobster and Ale House \$50 Gift Card
- L & P Bisson Sons Market \$25 Gift Card
- Island Treasure Toys \$25 Gift Card
- Sea Dog Brewing Company \$25 Gift Card
- Game Box \$50 Gift Card
- AAA Annual Membership (or renewal) and Travel Bag, value \$65



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207.729.6222

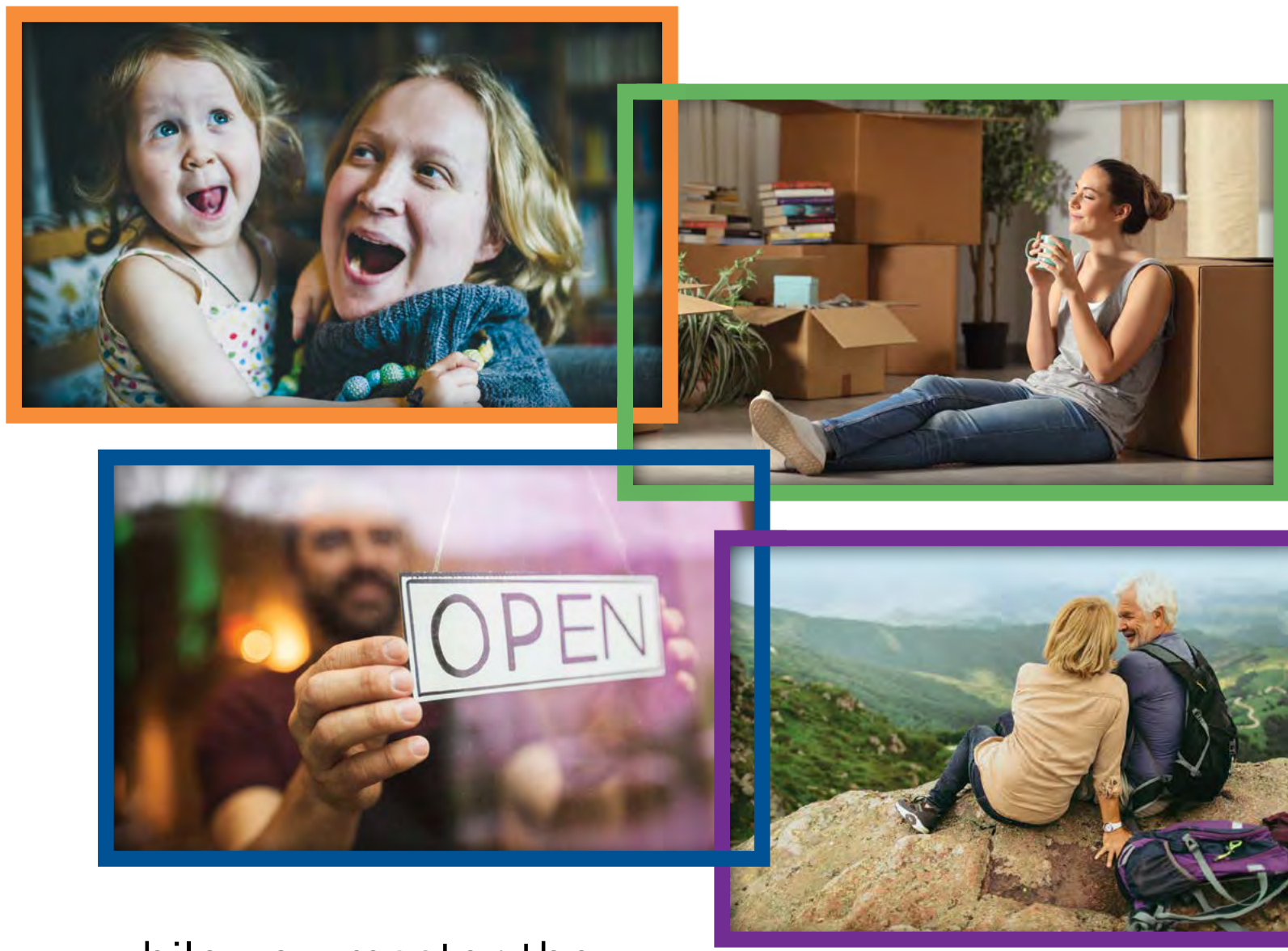
Sunnybrook: 340 Bath Road | sunnybrookvillage.com

Avita: 89 Admiral Fitch Avenue | avitaofbrunswick.com



Find the auction link at www.peopleplusmaine.org

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Gift Baskets

Coca-Cola Gift Set, value \$25



Girl Scout Cookie Basket, value \$75

Tess' Market Gift Basket, value \$140

Writing Supplies from The Mix, value \$50

Ikea "Marketplace" Basket, value \$60

Patchwork Gardens Gift Basket #1, value \$60



Hatch on Maine "Maine" Gift Set, value \$46

Dog Lover's Basket, value \$50

Starbuck's Gift Basket, value \$44

Patchwork Gardens Gift Basket #2, value \$60

Rusty Lantern Market Gift Basket, value \$250

Dog Bed and Vanity Basket, value \$200

"For the Birds" Package, value \$44

Boston Red Sox Fan Package, value \$228

Bicycle Tune Up and Coffee While You Wait, value \$100

Maine Red Claws Gift Basket, value \$100



Adult Cat Adoption Package, value \$130

Hand-crafted ANK Ceramic Vase with Flowers, value \$85

Make Your Own Bread Gift Set, value \$107

Tea Time Basket, value \$79

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Find the auction link at www.peopleplusmaine.org



Frank Says...

Bid high and bid often Folks, it's for a good cause!



Brackett Funeral Home

Our History tells you who we are.

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

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

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





Kids and Baby

PLAYMOBIL Aquarium Building Set, value \$60



Hand-made Bunny set, value \$40



Baby Blue Basket, value \$79

Baby Pink Basket, value \$62

Heist Electronic Cooperative Game, value \$29

Brunswick-opoly Game, value \$20

PLAYMOBIL City Life Playset, value \$40

Handmade Baby Quilt, value \$50



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Find the auction link at www.peopleplusmaine.org



Video selections keep folks informed and entertained

Communication and engagement are two of the biggest challenges for our senior community during this period in history. In an effort to combat isolation and disengagement which can lead to depression, People Plus is staying connected with a wide array of FREE videos including community updates, exercise classes, art classes, guest presentations on varying topics (including previously recorded presentations/events at the Center), our new "Storytime with Frank" series, News & Views TV shows, People Plus Cooks! TV shows with additional cooking videos, Senior Health Expo exhibitor submissions, Teen Center videos, "how to" for building protocols, and other fun videos.

One of the more popular videos is Executive Director Stacy Frizzle-Edgerton's Community Update video, providing information on

local community news and services, fun activities to do while home, and current events both locally and at the state level.

People Plus also offers dozens of videos featuring guest hosts and instructors. With topics designed to entertain and engage, these videos include exploring nature, book readings, beekeeping, birdwatching, gardening, building a sauna, cold water plunging, healthy nutrition tips, cooking shows and so much more.

With over 13,000 views to date, our videos have become popular locally and abroad. We even have a fan base on the Scottish Isles!

Our free videos are all available on www.peopleplusmaine.org, and many will air on Brunswick TV3 & Harpswell TV14.

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



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For the Home

Cozy Blanket and Pillow Set, value \$87



Gentleman Farmer in Maine Handcrafted Cherry Cutting Board, value \$150

Be Home Pottery Serving Trays - Set of Two, value \$80

FLYNN Pottery Vase, value \$152

Dansk International Designs Bistro Mugs, value \$464

Set of Four (4) Polish Mugs, value \$90

"Window Silly" by Will Wilkoff, value \$40

Hand-crafted Coffee Scoop, value \$30

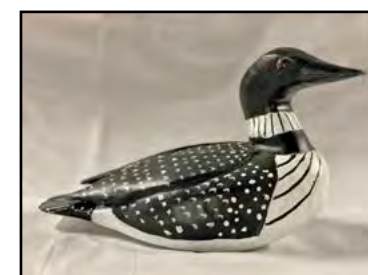
Hand-painted Lighted Snowman Jug, value \$25

Hand-crafted Magnifying Glass, value \$30

Hand-crafted French Rolling Pin, value \$45

Hand-crafted Ice Cream Scoop, value \$30

Hand-carved Loon, value \$150



Beveled Glass Mirror, value \$50

Granite Lazy Susan, value \$225

Hand-made "Spring" Quilt, value \$150

Maine Woolens Harmony Chevron Throw, value \$100

Marine Motif Art - Basketball Star, value \$20

Open Range Horse Wall Decor, value \$20

Fiore Gourmet Gift Pack, value \$33

Fiore Citrus and Berry Gift Pack, value \$28

Fiore Savory Gift Pack, value \$28

C&M Ceramics Vase, value \$129



Georgetown Pottery "Lupine" Small Oil Candle, value \$25

Fitzzy's (Maine) Blueberry Ware, value \$25

Char-Broil Performance Stainless 4-Burner Liquid Propane Gas Grill, value \$300

Handcrafted Yin and Yang Tea Light Holder, value \$50

Fish Wood Art, value \$67

Torre & Tagus Silo Glass Tapered Lantern in Purple, value \$64

Faux Antler Wall Hanger and Bowl Set, value \$34

Sherwin Williams Paint & Roller Set, value \$72

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Find the auction link at www.peopleplusmaine.org

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Brunswick Branch Relationship Manager Erinn Rossignol

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Member FDIC

People ^{Plus!}

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

At People Plus, we never paused!

Over 11,433 services provided in the past year!

- 2,681 rides given by over 100 drivers providing over 26,000 miles of free transportation
- 1,300 grocery trips
- 750 prescription/medical deliveries
- 1,000+ "Midcoast Meals" deliveries
- 238 food pantry pick ups
- 526 locally grown food deliveries
- 1,000+ check-in calls to 75 seniors
- 1,016 birthday calls
- 1,200 face masks distributed
- 538 update, exercise & interest videos with 14,039 views from 36 countries!
- 175 classes outside
- 28 club meetings outside
- 25 meals outside
- 268 classes & clubs via Zoom
- 217 classes inside
- 468 haircuts inside
- 3 presentations outside, including a safely spaced holiday concert



Jewelry

Hand-beaded Necklace and Earring Set, value \$20

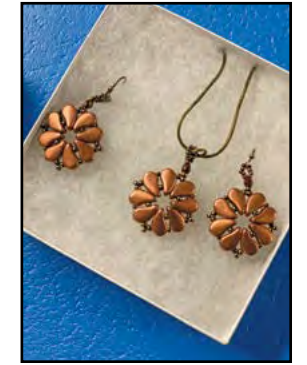
Dainty Open Circle Necklace, value \$24

Hand-beaded Necklace and Earring Set in Copper Tones, value \$20



Sterling Silver Music Themed Charm Bracelet, value \$70

Tacori Sterling Silver & Gemstone Necklace from Springer's Jewelers, value \$650



Keith Field Maine Tourmaline Earrings, value \$350



Hand-beaded Bracelet, value \$35

Fashion earrings, value \$16

Hand-beaded Necklace, value \$35

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Find the auction link at www.peopleplusmaine.org

People ^{Plus!}



Keep moving with People Plus!

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

Following Maine CDC protocols, we are continuing our theme of "physically distanced, socially connected!"

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

All of our classes are fun and accessible to everyone at all fitness levels AND are free the first time - so you can try it out! Check our online calendar for class details.

Or if you just want to try it from home, we have an entire video library available at www.peopleplusmaine.org with hundreds of exercise classes, programs, and more! Try any class - any time - from the comfort of your home for FREE!

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

Activity Punch Cards. Safe & convenient. FMI call 729-0757 or stop by to purchase your card! \$25 for 5, \$50 for 11.



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Frank Says...

What do you call a boy hanging on the wall??? ART!! Did you see all the great artwork in the auction?? Go bid now!

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time to
check
in on
your
health.



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In these unprecedented times, it is more important than ever to look after your health. **Mid Coast Medical Group** is here for you.

With enhanced safety measures in place, we are available to provide important health screenings, lab work, and testing, as well as primary care and specialty care appointments.

As we start the new year, now is a good time to reach out to your provider to ensure you are up to date with needed care.

Your health is too important to delay!

Becoming Senior Social Butterflies

By Meggie Olson, OTR/L, Manager of Social Events & Volunteers Mid Coast Senior Health · 207-373-3646



Mid Coast Senior Health has any aging need covered all in one place, including *Assisted Living at Thornton Hall*, *Memory Care at The Garden*, *Long-Term Care at Mere Point*, and *Nursing and Rehab at Bodwell*. A complete range of healthcare services and living options are provided, including rehabilitation, assisted living, memory care, skilled nursing care, respite care, and hospice. We allow individuals to experience highest level of independence possible, while receiving the right level of care in the most supportive setting.

Quite often, those that become residents have an assumption that they will age alone, with occasional visits from family. In addition, we've seen that older adults have fallen victim to the adverse effects of the COVID-19 pandemic, which has hindered many social experiences. According to a study by the National Poll on Aging, in June 2020, about half of adults age 50 to 80 reported feeling isolated from others, compared to their feelings before the pandemic.

The value of **socialization** in senior care centers is truly immeasurable. Among the benefits of living with others is the support that residents receive from each other. Our residents are also exposed to many aspects of their lives that they experience before senior living. They can find fulfillment every day through companionship and participation in social events and stimulating activities. Whether it is through their knitting group, or visits from the local aquarium, residents of our senior care facilities are never bored – if they so choose. Diversity and inclusion of all interests allows the residents to either try new things or enjoy hobbies they have always loved. It is important that our resident understand that it is ultimately up to them, but having a fulfilled life at all phases of development is what we aim to achieve.

As a healthcare organization committed to the health and wellness of our community, we offer a variety of activities that promote the physical, emotional, and spiritual wellbeing of our residents including exercise classes, walking groups, meditation sessions, and even pet therapy. Along with physical activity, arts and music are an integral part of healthy development and sense of being, even as one ages. Recognizing the power of the arts in health and healing, we offer a depth of cultural programming including drawing, ceramics, dancing, singing, and community-based music and theater performances. Residents can be as social as they please by joining holiday parties, weekly wine and cheese pairings, dessert buffets and social teas provided by our

dedicated activities staff. Additionally, regularly engaging residents in cognitive challenges such as current and historical event discussions, book club, trivia, and puzzles help residents pursue lifelong learning and keep their minds sharp.

Even our memory care community features activities that benefit our residents' overall wellbeing and quality of life. With a small number of residents living at *Memory Care at The Garden*, our team members are able to learn each resident's unique personal characteristics so they may customize programs and offer meaningful opportunities to each resident. Additionally, *The Garden* offers architecture and interior decor with soothing design elements that are helpful to individuals with memory loss, quiet and comfortable gathering areas for meaningful family visits, inviting common spaces that encourage enjoyable social interactions, professionally maintained outdoor garden and patios, and campus nature and walking trails.

It is imperative that memory care residents have opportunities to experience stimulating activities that can ease their condition. Activities like gentle exercise and movement programs, recollection groups, crafting, food tastings, and music programs can strongly help those with memory loss. On the other side of the senior care experience are the caregivers, who also need to care for themselves. Caregiving for a loved one is likely to bring out many different emotions, both positive and negative. Feeling frustrated is a common experience, and taking care of oneself is one of the most important things a caregiver can do. It is important to get time to oneself, eat healthy foods, and apply some type of active activity to daily routines.

Our **Respite Care Program** offers a short- to long-term respite stay options in order to provide relief to caregivers. The program offers stays as short as one week, as long as a month, or even open-ended. It includes all of the basic services and amenities enjoyed by senior care residents including state-of-the-art medical care, nursing and professional care, and activities seven days a week, as well as in-home podiatry, dental, therapy, salon services, housekeeping, and laundry.

The care that Mid Coast Senior Health offers truly covers the full range of needs for aging individuals to caregivers. We acknowledge that everyone involved with senior care needs to be appreciated and honored. It can be extremely difficult for our elderly community members to try to understand the changes they are going through, but offering support through activity groups, making friends, or making sure the caregivers are fit to give the support that their loved ones need, all contribute to a fulfilling experience.

For more information about Mid Coast Senior Health services, including an interactive online tool to assist with selecting what services your loved one might need, visit www.midcoastseniorhealth.com/about/levels-of-care.



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

Mid Coast Senior Health's Assisted Living at Thornton Hall offers a home environment with caring services that encourage each resident to live life to the fullest.

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

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



MID COAST SENIOR HEALTH
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WWW.MIDCOASTSENIORHEALTH.COM

Paintings and Prints

“Pemaquid Light” original painting and gift cards, value \$320



“Autumn Reflections” Original Pastel Painting, value \$365

Ansel Adams Framed Print, value \$150

“Jack-in-the-Pulpit” original artwork, value \$80

Whimsical Blue and Green Gnome Painting, value \$20

“Strawberries in the Topsham Library Garden” original artwork, value \$80

Mary Alice Treworgy Limited Edition Giclee Print of Monhegan Lighthouse with Oil Shed, value \$175



“Kids in the Woods” Original Oil Painting by Catherine Finnerman, value \$200



Framed Nepal scene photograph, value \$150

“Sentinels” by John Gable - Signed Artist Proof, value \$75



continued on page 23

Find the auction link at www.peopleplusmaine.org

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Call Henry at 729-8033 for a personal tour.



25 Thornton Way, Brunswick, Maine
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ThorntonOaks.com

Proud Supporters of People Plus & "Music in April"



VTN drives an important service

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



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

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

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

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

Serving adult residents of Brunswick, Harpswell, Topsham, and the surrounding region, VTN's numbers tell a remarkable story: in the last fiscal year, there have been nearly 3,000 provided rides, covering almost 30,000 miles. Since mid-March, when stay-at-home orders started, over 1,000 deliveries have been made by VTN drivers. The program currently has 603 riders signed up and more than 100 drivers.

One of those drivers is Hugh Hardcastle of Harpswell. Talking about the VTN program, Hugh said, "It allows people to stay in their homes longer and safely. It also allows people to get around (to needed appointments). For me, I get to meet a lot of

people that I otherwise would have never met. I get to know people and I enjoy that."

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

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

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

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

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

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

Join our team – volunteer to drive or shop TODAY!



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



VTN DRIVER DONOR DORR has lead the charge, driving more than any other volunteer.



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



LONGTIME VTN VOLUNTEER GLADYS SZABO has been giving free rides for over 10 years. Thanks, Gladys!

Frank Says... Don't forget Mother's Day is coming up! Get something nice for her from the auction!

PEOPLE PLUS "MUSIC IN APRIL" 2021

Being part of the community means **CARING**



Date: April 2021

Location: Online

For more information, contact your Edward Jones Financial Advisor.



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Financial Advisor
32 Pleasant Street
Brunswick, ME 04011
207-729-1133



Linda J Piper, AAMS®
Financial Advisor
32 Pleasant Street
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207-729-1133

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MAKING SENSE OF INVESTING



As invested members in our Brunswick Community, Rusty Lantern Market is pleased to support People Plus and the 19th Annual Music In April Festival.

Music in April



FRESH. FAST. FOR YOU!



Vintage

Vintage Dansk Teak Salad Bowl and Servers, value \$150



Vintage Friendship Pottery Bowl, value \$75

Vintage Handpainted Casserole Carrier, value \$20

Vintage Antique Salesman's Sample Victorian Couch, value \$150

Vintage Tiered Metal Basket Storage, value \$100

Vintage Glass Canister Storage Set, value \$60

Vintage 3-Tier Pantry Metal Wire Tree Stand, value \$75

Vintage Countertop 3-tier Metal Tree Stand for Mugs, value \$45



continued on page 24

Find the auction link at www.peopleplusmaine.org



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OFF THEIR **Rockers**

An eclectic rock-and-roll band supporting non-profits and having fun.



Off Their Rockers is jamming to support People Plus!

Clothing and Bags

Plaid Pashmina Scarf, value \$22



Made in Maine Cozy Combo, value \$55

Land's End Women's Winter Down Puffer Vest, Zesty Orange, value \$60

Infinity Scarf, value \$28

Land's End Women's Winter Down Puffer Vest, Azure Blue, value \$60

Hand-made Red and Blue Ladies Mittens, value \$25

Joy Susan Vegan Leather Bag, value \$48

Hand-made Blue and White Ladies Mittens, value \$25



Hand-made Men's Mittens, value \$25

Italian Fringed Scarf/Shawl, value \$45

Infinity Scarf, value \$25

Red French Silk Scarf, value \$35

Vera Bradley Hipster Cross-Body Bag, value \$70

LL Bean Medium Bigelow Day Pack, value \$90

Leisure 30-inch Wheeled Duffle Bag, value \$80

continued on page 31

Find the auction link at www.peopleplusmaine.org



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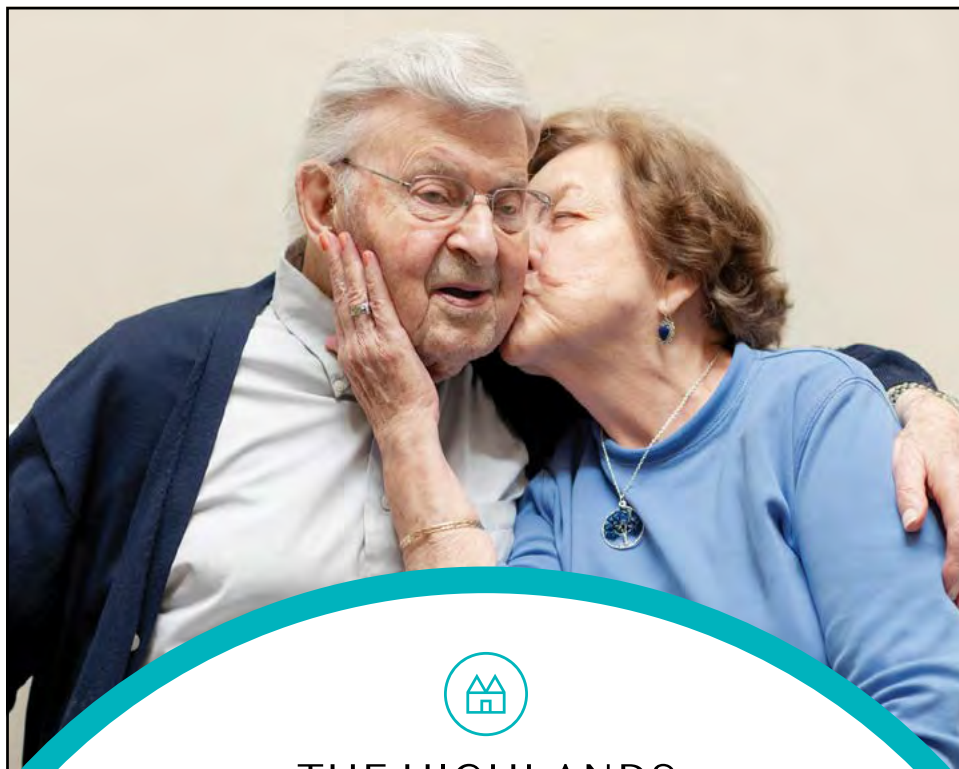
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Let's make a deal at People Plus

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

So little for so much. The activities are endless; from lectures on countless subjects to classes on everything under the sun, with online/video options to keep you connected while staying home. Want to join a French, German or Spanish club? We've got it. Want to exercise and work on your balance? We've got that too. There are classes and clubs involving art, playing bridge, riding bikes, writing, and so much more.

And what a great way to meet your friends and make new ones. It is just a very friendly place to gather and spend part of your day. The companionship alone is worth the price of membership. Remember, People Plus is one of the reasons the Brunswick area is one of the very best places for seniors to live in our great state of Maine.

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



Frank Says...

**Have you bid on Jane's pies yet??
Get on it!**

Special Membership Price!

Register during April - **\$25 for one year!**
Call or stop by the Center M-F, before 1 pm
to purchase your membership!

LOW YEARLY MEMBERSHIP RATES

Brunswick residents: \$30
All other residents: \$35

People Plus Classes, Games, Clubs

GROUPS

(Free, members only):

Outing Club

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

Walking Club

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

CLUBS

(Free, members only):

Apple Club

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

Cafe en Francais, French Club via Zoom

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

Cantina Espanol, Spanish Club via Zoom

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

Civil War Book Club

Second Monday of the month, 7 pm.

Kaffeestunde! German Club via Zoom

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

Write on Writers via Zoom

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

GAMES

(Free, members only):

Bridge Online...Together

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

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

Art with Connie Bailey
Thu, 9:30 am. All levels welcome. Explores different mediums each month.

Chair Yoga

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

Gentle Barre

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

Loosen Up!

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

Qigong

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

Tai Chi

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

Yoga

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

Zumba "Lite" via Zoom

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



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



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People Plus Building Protocols

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

You will be greeted at the Center door and asked several health questions:

Screening 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

Mon	Tue	Wed	Thu	Fri
Music in April Online Auction – All Month Long! Find the auction link at www.peopleplusmaine.org				
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	8:30 AARP Tax Aid 9:30 Art with Connie 11:30 Yoga 1:30pm Women's Tailgate Tea Outside	9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qi Gong
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 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	8:30 AARP Tax Aid 9:30 Art with Connie 11:30 Yoga 12:00pm Lunch Bunch On Us Outside	9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qi Gong
	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 12:00pm Gentle Barre 12:45pm Outing Club 2:00pm Write On Writers	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
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 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 Qi Gong

a COVID-19 Authorization/ Waiver on your first visit.

- Once Sarah checks you in, proceed to your activity. Use the markings on the floor to maintain social distancing.
- Enter the hall or activity room and head directly to a chair. Chairs are safely distanced in pre-measured spots. At each chair is a plastic bin for shoes, jacket, other personal items. Remain in your seat area with your mask on.
- After class, retrieve your belongings and exit through the door in the room you are in (which leads directly to the

parking lot). Do not go to the lobby.

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



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

- Lunch Bunch On Us**
Third Thursday at noon. Check our calendar for the monthly meal served outside.
- Men's Tailgate Coffee**
Second Thursday at 1:30 pm. Coffee and a treat and good company.
- Women's Tailgate Tea**
First Thursday at 1:30 pm. Tea and a treat and good company.

SERVING OUR COMMUNITY



We'll pick it up!

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

Want a phone call?

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

Got masks?

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

Staying Connected!

Watch our community update videos, exercise videos, art classes, guest videos and recordings of past presentations at the Center. Visit www.peopleplusmaine.org and click on the Free Videos tab and choose the type of video you are looking for. You can also view programs on Brunswick TV3 & Harpswell TV14.



Are You Signed Up Yet??

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

to participants and their families, the Good Morning program is ideal for those who live alone or have recently returned from the hospital or rehabilitation facility. For more information, call People Plus at 729-0757 or Brunswick Police non-emergency number at 725-6621. To download an application, visit www.peopleplusmaine.org/good-morning-program.



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



We miss our Music in April partners!

Though this year's event looks a little different, we want to thank our partners who have made the Music in April Fundraising Gala a success year, after year, after year.

We look forward to seeing you next year!

A big shout-out to Big Top Deli for feeding our wonderful Music in April volunteers each year!



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BOKA "Bowdoin's Original Co-ed Acapella group" is a co-ed, collegiate a cappella group based at Bowdoin College. We perform and arrange songs ranging from classic rock to pop to traditional melodies.

BOKA aims to strike a balance between musicianship and fun, believing that if our audiences can see how much we love making music, our excitement will be infectious.



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We beverage cater all types of events at your location including weddings, anniversaries, birthdays, reunions, holiday & corporate events.

Licensed and insured, we offer full bar events or beer & wine only events.

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TOUCHING BASE



Music that Fits
522-6243

Lawrence, Bob, and Dave create a full sound while keeping the volume low enough for people to enjoy both music and conversation.

Golf Packages



Two (2) Hours of Virtual Golf #1, value \$80

Two (2) Hours of Virtual Golf #2, value \$80

Fifteen (15) Dozen Salvaged Golf Balls, value \$150

Brunswick Golf Outing for Four (4) Plus Dinner, value \$355



A "Foresome in the Midcoast" Package, golf for four (4) at 2 Resurrection Golf Clubs, value \$400

Find the auction link at www.peopleplusmaine.org



Frank Says...

Did you see Stacy and Jonathan are offering a dinner again this year?? You don't wanna miss out on that! Take me with you!

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