

Plus! People NEWS!

The center that builds community

People Plus
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Brunswick, ME
04011-0766

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April 2021

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

Music
in April

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SURPRISE! When the Planters' Nutmobile calls and tells you they will be in the local area and they ask to come visit, you say, "Come for our monthly lunch!" One of only three in the world, they are currently on tour around the country and made a stop at People Plus last month!

While members enjoyed a homemade Irish stew and biscuit for Lunch Bunch outside and a delicious homemade Pistachio cake for dessert, Mr. Peanut walked around to say hi and handed out peanuts and stickers to all. One member exclaimed "I feel like a kid again!"

Annual campaign goal within sight!

Come on, we're almost there! Thanks to a whole lot of people, we are marching closer to the finish line in the People Plus annual campaign, and with your help we can make it happen.

Our goal is \$65,000. And according to Office Manager Betsy White, as of March 16, the funding total was \$58,429, which includes \$2,717 in membership donations. That means we've got \$6,571 to go, so please consider helping out the Center.

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

Along with all the "usual ways" to donate money to the organization's annual campaign, such as by cash, check, etc., you can also consider giving a gift of stock.

April, May and June are the last three months of our fiscal year here at People Plus. And we almost always have the need for what we call a "Hail Mary" request.

Last year, Jeanne d'Arc Mayo wrote a

continued on page 12

Bid high! Bid often!

Month-long Music in April online auction and raffle are here

It's finally here! The long-anticipated People Plus Music in April online auction and raffle. And with so much excitement in the air, it lasts all month long.

The bidding for our wonderful auction items launches on Thursday, April 1 at 6 pm and runs through Friday, April 30 at 10 pm. Over the years, the annual Music in April fundraiser — this being the 19th edition — has brought in more than \$500,000 for the Center, providing a solid financial backbone for the programs and services it provides to older adults.

Here's how the auction works:

Find the auction link on our website at www.peopleplusmaine.org. Browse our catalog which will reach more than 150 items, with new ones being added every Thursday afternoon. So check back often!

See something you like? Bid on it! The system sends notifications if someone out bids you, so then you can increase your bid — because you REALLY wanted that item. The "game" gets really fun during the last week, when the bidding heats up!

As mentioned earlier, the auction will close at 10 pm on April 30 and the highest bidders will be notified. 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. (Please 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 when items can be picked up from People Plus the week after the auction closes. Most items can be shipped at a buyer's expense.

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

The auction will feature things like Wheel of Fortune ticket vouchers and signed photo, propane grill, original paintings, pottery, vintage items, toys, jewelry, a Chinese dinner for eight, pasta-making class for four, three of Jane Connors' homemade pies, along with gift certificates to local restaurants and activities, such as white-water rafting, night in a yurt, museum passes and Boston Duck Tours.

"We are super excited about the online auction bidding wars that will probably happen in the last week or so of the auction. With new items dropping in every Thursday there should be something fun and new to check out all the time! And being notified that my item has been outbid by someone else will definitely encourage me to bid a little higher!" said

continued on page 9

Music
in April

Federal tax deadline
extended to May 17.

Need Help?

AARP tax appointments are continuing through April, see page 4.



Teen
Center
Scoop-a-Thon



Monday, May 10 through
Thursday, May 14

Stop by Gelato Fiasco for takeout or order online for pickup anytime during May 10 through 14, and Gelato Fiasco will donate \$1 from every pint or dish sold those days to the Brunswick Area Teen Center. Purchases will count from all customers and no special code is needed. Choose from your favorite flavors or select Brunswick Teen Center Bubblegum Gelato, a new flavor created just for this year's event. Gelato Fiasco and People Plus are delighted to be able carry on this tradition during the pandemic!

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:

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Your chariot awaits ...

Well gosh, it's been a long year. Whoever thought it would be a whole year when this thing started? I think we originally planned on a couple of weeks for it to blow over, didn't we?

I have to admit that these have been the longest two weeks of my life!

So now here we are, a year later, and the vaccine is giving us all hope and shining the light at the end of the proverbial tunnel.

It has been an incredibly gratifying time to work at People Plus. While we still provide all of the happy happy, joy joy stuff at the Center every day, like exercise and meals and take-out and haircuts, we've also been focused a lot on helping people get through this pandemic. And one of the most important jobs we have done recently is getting people to their vaccination shot appointments.

We provided more than 26,000 miles of free transportation and deliveries in the last year. A huge part of that was taking people to medical appointments and it hasn't stopped. In fact, it has ramped up and I don't anticipate it is going to change anytime soon.

We take people for their shot appointments whether they are a People Plus member or not and whether they are signed up as an official rider or not.

We don't care who you are right now, we just want to get you to your shot!

So last Friday at 4:10 pm when my phone rang I answered it ... even though I knew it was going to be work-related.

And it sure was.

Every once in a while someone falls through the cracks in the system and this phone call was just such a situation. I was told there was an 87-year-old woman whose ride for the vaccination clinic had not shown up. She and her 67-year-old daughter (with whom she lives) were extremely worried they were not going to be able to get out to the former Navy base for their shot. (They live almost in Freeport — about as far away from Brunswick Landing as you can get and still call it Brunswick.)

And it takes a solid 20 minutes when you're not dealing with Friday afternoon traffic.

I was with my daughter Juliet, who is nearly 16 and practicing for her driver's license. And she was driving us through the drive through line at the Starbucks at Cook's Corner, so I was able to answer and put it on speakerphone.

The information came out loud and clear that someone needed help. I looked over at Juliet and despite our plans for a Friday afternoon coffee outing and shopping trip, she whispered to me, "I can drive mom. I need the hours for my license anyway. Let's go get her."

I've never been more proud of my girl than in that moment.

So off we went to pick up a stranded 87-year-old woman (who probably should've had her vaccination the first week of February) and her daughter, who is unable to drive due to a handicap.

It took us at least the full 20 minutes to get to their house and they could not have been more happy to see us. They stood waiting out in the sunshine and biting cold wind with matching homemade knitted hats and their canes. Waiting there for what probably felt like their knight in shining armor to show up driving Cinderella's glass carriage.

Instead it was just Juliet and me in my minivan, but you would've thought we were driving that famous chariot with how excited they were to see us.

It took a solid seven or eight minutes to load them both very gently and carefully into the van but eventually off we went — all the way back through town to the Brunswick Rec Center for their appointment.

The volunteers at the clinic knew we were coming and that we were running late. They had everything organized and arranged for us when we got there. Including the offer of a wheelchair which "Beth" as I will call her for the story, very contritely declined. She said she would walk herself into that building for her "gosh-darned virus vaccination if it was the last thing she did."

Soooooo walk they did. They walked very slowly up the ramp to their appointment. We watched them go in through the door to the greeters and knowing it would be at

From the Executive Director

Stacy Frizzle-Edgerton



least 30 minutes, we ran an errand and then came back. While we were out, Juliet asked if she could drive more "old people" around for their errands and medical appointments when she got her license. It was very sweet, but I had to very sadly tell her that she would have to be at least 18 before she could become a volunteer driver.

So back to the Rec Center we went and I waited in the car while Juliet went to let them know we were ready to take them home. She came out ahead of them to show them where we were. She was so patient and slow and careful with them. So unlike her regular self; always busy and in motion.

Another 10 minutes to get them bundled back into the car and off we went before we turned into a pumpkin.

Luckily with Juliet driving I was able to get all of their information during the car ride, including their names, address, and their phone number — of which they were a little unsure. So to be on the safe side I called myself from their phone just to make sure we got it right. Knowing their phone number was going to prove critical because I had decided then and there that I would take them for that second shot in 21 days.

Back at their house, just before they went inside, Beth asked us what our favorite colors are. And I can't help wondering what that was about. Maybe I'll find out the answer in a couple weeks when I pick them up.

And I'm already really looking forward to seeing them again.

On the way home, I told Juliet what a good job she had done and that I couldn't be more proud of her. She half smiled in response, and back to her normal, sassy, teenaged-self, she looked over at me and said, "You know I'm driving them to the next appointment too."

From Anita's Plate

Anita Nugent
(207) 504-6439

info@nutritionforeveryday.com



I was meeting with a client, when he told me that he can't wait to get up in the morning. I said that is great and asked him why?

I can't wait to get up in the morning!

He said that he makes the egg breakfast that I suggested. Cooking up onions, mushrooms, spinach and peppers. Adding an egg and scramble. Then topping it with salsa.

Just last week another client calls the same breakfast, "Anita's egg and vegetable festival!"

I love hearing this, because isn't this what we want to do most days? Eat food that we love that is really good for us. Part of it is having great recipes and the ingredients on hand.

One of my new favorites is the unfolded eggroll. It is like eating the inside of an eggroll for dinner! There are so many great

recipes to try and to make up with what you have on hand.

Check in with yourself and see if you are happy with what you are eating. Is it healthy for you? Is there something that you can add to what you are making to add more flavor and nutrition? I am now adding chopped red cabbage and micro greens to my wraps and salads.

I have a client that uses the juice from sauerkraut as her salad dressing! Over the weekend, I made this month's featured recipe and it was delicious! So I hope that someday you will say "I can't wait to get up in the morning to eat the delicious and nutritious meals I have planned."

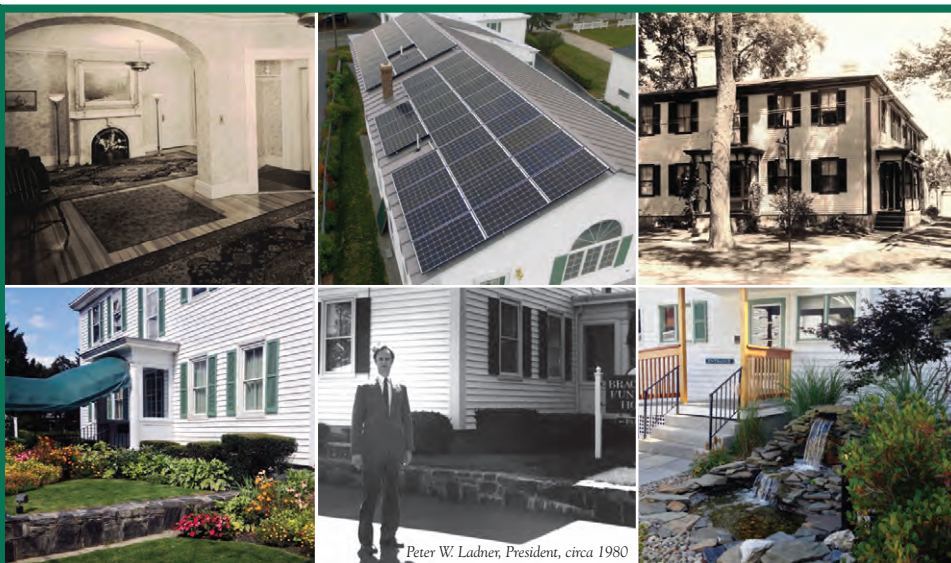
African Peanut Soup

Ingredients:

- 2 Tb. olive oil
- 1 medium onion, chopped
- 1 Tb. ginger, minced
- 1 jalapeño, seeds and ribs removed, diced
- 4 garlic cloves, minced
- 1/2 t. pepper
- 2 t. cumin
- 2 Tb. tomato paste
- 1 (14 oz.) can crushed tomatoes
- 4 C. chicken stock
- 1 sweet potato, peeled and diced
- 1 (14 oz.) can chickpeas, drained
- 1 cup creamy natural peanut butter
- 4 cups kale, roughly chopped
- 1 C. cooked chicken
- peanuts, crushed
- cilantro, chopped (optional) for garnish

Directions:

1. In a large pot, heat olive oil over medium heat. Add onions and sauté until softened, about 3-4 minutes.
 2. Add in ginger, jalapeno and garlic and stir until fragrant about 1 minute. Add the pepper, cumin and tomato paste and cook for another 2 minutes, stirring until paste darkens.
 3. Add the crushed tomatoes, stock, sweet potatoes, chickpeas and peanut butter. Bring to a boil and stir until fully combined. Turn the heat down to low and simmer for 15 minutes, until sweet potatoes are tender.
 4. Add in kale and shredded chicken and cook for another 5 minutes.
- Serve warm topped with cilantro and crushed peanuts. Enjoy!



Peter W. Ladner, President, circa 1980

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Pens & Paintbrushes

Silent Friends *By Betty Bavor*

Through stages of life we learn, adventure, make memories, share family and friendships
 It never enters our minds that someday this circle of people will be clipped
 Getting old is for everyone else, our parents, trusted mentors, celebrities, vintage stars
 Then one day as this older generation fades away we realize a few of us have joined the bars
 We pledged never to forget each other; we have pictures, letters, trophies, nick-knacks and gifts
 Reminders of the good times and maybe a challenge or two, all together in our hot little fists
 I face the fact I am getting old and friends are passing — tears are shed, prayers are said
 Power Point technology provides celebration and proof of a life well lived for family and friends
 It takes awhile to realize and adjust to the empty chair — my thanks for having them in my life never end there
 When friends are laid to rest, I believe they are reunited with loved ones and someday I too will join my heavenly family who is never forgotten
 It is God's plan and when he needs us, he will call us — angels will be waiting to take us to an unbroken calm and waking up in our heavenly home
 Loved ones, parents, siblings, cherished friends and those who have touched our lives are waiting for us to come
 "God be with you till we meet again"

Music, Music, Music!

By Doris Weinberg

Like many young girls,
 I was given dance lessons to learn grace.
 Unfortunately, it didn't help much,
 in class I was just taking up space.
 I probably was about ten,
 when mom realized I could not dance.
 I was a klutz at ballet and tap,
 and to perform — I would not take a chance!
 So, we switched to my hands
 and gave piano lessons a try.
 I was not a star,
 but I could at least get by.
 I started taking lessons,
 after school at a friend's house.
 She took hers first,
 while I sat quiet as a mouse.
 I learned the basics
 and did fairly well.
 Starting high school, I switched to a music school
 with more advanced clientele.
 The French School of Music
 was well-known in our town.
 Run by two mademoiselles,
 who really made you "clamp down!"
 My weekly lesson was right after school,
 and her expectations were extremely high.
 She knew if I had not practiced,
 and I could never lie.
 Once a year was a grand recital,
 this would terrify me.
 But my parents would attend,
 looking just as proud as could be.
 Although I never played the piano,
 with the thought of it being a career.
 I gained something else,
 from studying all those years.
 I have a love of classical music
 right to this very day.
 I enjoy a symphony concert,
 and wish I could join and play.
 Today students learn instruments in school,
 but 75 years ago that was not the rule.
 I hope students today take advantage of this,
 if I could do it over, it's something I wouldn't miss!



LEARN TO DRAW with Connie Bailey



THERE ARE LOTS OF WAYS TO LEARN TO DRAW here at the Center! You can either join Connie Bailey's class in person on Thursdays or watch all of her lessons on video in the comfort of your home for free! You, too, could become a master artist in your own time. Or at least learn how to draw a lot better than you do now! For more information on taking Connie's art class or any other classes here at the Center, check our website at www.PeoplePlusmaine.org.

Art with Connie Bailey – Thursdays, 9:30 am. Please bring #2 pencil, sketch pad, TV tray to lean on (if you have one), and your own water. Members only. Class size is limited and masks are required. Registration is required and payment is via punch card (\$5/class).



Never Too Late To ... *By Russ Kinne*

The song says "never too late to fall in love" — and I guess that's right. You see lots of "seniors" who are still chasing the opposite sex. Seems to be built into our human genome; good thing, too, or the human race wouldn't even be here! But that never-too-late situation does crop up elsewhere occasionally.
 Picture the salesman in a fancy-car agency, which has huge signs saying **BIG SALE, THIS WEEKEND ONLY! THESE PRICES NOT VALID AFTER SUNDAY NIGHT!** when a workman in scruffy clothes comes in on Tuesday morning, tossing a huge roll of \$100 bills from hand to hand, and says, "Too late to buy a car?" You can guess what the salesman's response would be — "No SIR! — not for a good customer like you. What color would you like?" As they say, circumstances do change situations.
 And then, imagine a teacher with a very difficult student, who turned in his homework for the first time ever and three days late, with the comment "too late to hand this in?" No, of course not; she'd take it, and gratefully too. Again, things change.
 And the photo store that had a film pickup promptly at 5 o'clock every day. A woman came in at 4:58 with two rolls of film for processing, saying "Boy, I just made it, didn't I?" So the clerk said, "Never too late," took her film, gave her a receipt,

and then tossed the film into the "tomorrow pickup" bin. Deceitful, yes; but not actual lying.
 It doesn't work well when traveling, though. When I used to ride trains regularly, I saw that I could count on their being 10 minutes late arriving, but they usually left right on time. So then you knew you could have that extra cup of coffee or beer, or snack, and still meet the train. A gamble, yes; but life's more exciting that way.
 Airlines try hard to keep their schedules, but safety maintenance must be done and sometimes departures are late. I only remember once when we left early — in India, on a domestic flight, we left a half-hour EARLY! I talked to the pilot later, and he explained that there was no such thing as a walk-up-at-the-last-minute passenger; they made their reservations months in advance. All the scheduled passengers were aboard the aircraft, so they took off!
 What an interesting place — but different!

One More Hour *By Doris Weinberg*

I have the whole day ahead of me,
 and a long list of things to do.
 I will accomplish them one at a time,
 and be finished when the day is through.
 I will begin by changing my bed linens,
 and starting on the laundry wash.
 I am up to number three on the list,
 and half the morning is gone, oh gosh!
 It is time for some lunch then walk the dog,
 and pay several bills in the drawer.
 But the phone has now interrupted me,
 and I still have my list with more.



Bella

By Nonie Moody

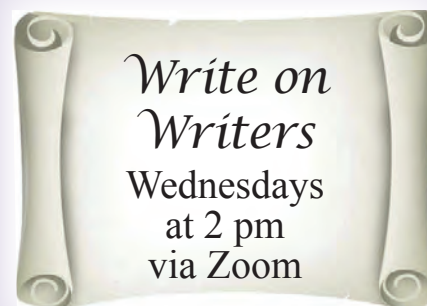
She is here our sweet Bella, Bella
 A cute middle-aged rescue cat
 With a pretty brown and white face
 Who stops to enjoy a little soft chat.
 She purrs when giving me head bumps
 Something she lovingly undertakes
 As she slowly walks back and forth
 For my attention there are no mistakes.

Bella snuggles on kitchen chairs
 With nearby warmth from the heaters.
 The grandchildren's emotions run high
 As they get close to her seat, she stirs.

Bella's hiding places are many
 As she darts and dashes from children.
 She doesn't bite or scratch but takes
 Their attention without reaction.

Bella is a quiet cat without lots of meows,
 But watching her curious investigating
 As she opens any door and walks in
 As if to say, "Oh, I'm just checking."

Bella doesn't chase strings and feathers
 But races the runway of our lengthy interior
 Putting on her four brakes and skids on the
 Hardwood floor until crashing into furniture.



Missing Little

By Doris Weinberg

I was fairly young during the war,
 probably between nine and thirteen.
 I do remember rationing,
 causing us to eat more beans!

We made fewer trips into the city,
 and my mom could not find nylons to wear.
 She really disliked the rayon ones,
 although she had several pairs.

Certain foods were rationed,
 and we collected tin cans at school.
 We even had a bomb shelter in the basement,
 because that was another rule.

I remember nighttime air raid drills,
 dark shades and wardens on the street.
 I would watch them from my window,
 thinking they were pretty neat.

I was too young to know the seriousness,
 but there was one thing I really did miss.
 Sugar was scarce and maybe rationed,
 you would never find a Hershey's Kiss!

Chocolate syrup was made with molasses,
 and it tasted pretty bad.
 My favorite drink got pushed aside,
 making my mother mad.

But overall, I did not miss much,
 during those wartime years.
 Over here we were quite blessed,
 being safe and with few fears.

We've always been so fortunate,
 in this great country so fine.
 I certainly hope it is appreciated,
 even during these turbulent times.



Frank Says...

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

Find the auction link at www.peopleplusmaine.org

April is Amazing at People Plus!!



MANY OF THE PEOPLE PLUS MEMBERS PARTICIPATE in not just one but several clubs. This gathering last month included members of the Outing club, Spanish club, and the French club, as they came together to enjoy a St. Patrick's Day treat of a stout beer and gingerbread cake topped with crystallized ginger. It was delicious and there was enough to share with the staff! I was thrilled to take a piece home to share with Jonathan as we are always looking to try new recipes. "And Jonathan really loves a good stout beer," said Stacy Frizzle-Edgerton. Thanks to Linda Trapp, left, for bringing the cake!

Come Play with Us!

Are you interested in coming back to the Center to play Bridge, Cribbage or Mah-Jongg? We are hoping to start these activities sometime this spring. Contact Jill at 729-0757 or programming@peopleplusmaine.org so we can make a list!

Got Your Shot?

Efforts continue to vaccinate as many Mainers as possible, with the state of Maine accelerating the pace for those eligible to receive shots. If you're over age 50, you can make an appointment for your COVID-19 vaccination at the clinic at the Brunswick Recreation Center by calling 877-780-7545. Or visit websites for Walgreens, Walmart, Hannaford or martinspoint.org (for Martin's Point clients).

If you want help booking the appointment, please call us at People Plus at 729-0757. We are working with Mid Coast-Parkview Health to help older adults get registered, especially those without access to email or transportation.

The state changed to an age-based approach for vaccinations. As of March 3, Mainers 60 and older were eligible to be vaccinated. People 50 and older became eligible on March 23, and all Maine residents age 16 and older will become eligible on April 19.

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

— Vaccine appointments

As stated earlier, 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. People age 50+ can now make appointments, as of March 23.

If you call 877-780-7545 to book an appointment, you will be asked to answer some prompts and will be called back. Be patient — they are getting tons of phone calls! Vaccines are given Monday-Saturday, 7:30 am to 8 pm.

— Vaccine Consult Line

The 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.

— Vaccines at Walmart, Sam's Club, Hannaford pharmacies

Walmart and Sam's Club are taking appointments for COVID-19 vaccines at their stores across Maine. You do not have to be a Sam's Club member. Appointments should be made online: Walmart (www.walmart.com/cp/1228302) Sam's Club (www.samsclub.com/pharmacy) Hannaford (www.hannaford.com/pharmacy/covid-19-vaccine)

— For more information, go to:

- www.maine.gov/covid19/vaccines/vaccination-sites
- www.maine.gov/covid19/vaccines (for the latest dosage statistics in Maine)

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).

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).

Center Clubs

FREE to members

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.

Outing Club

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

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. This is her last month! Don't miss your chance for an appointment!

Tax Appointments Still Available

Federal and Maine State Tax Filing Date was Extended to May 17, 2021

AARP Tax Aid has appointments available in April for free tax preparation at the People Plus Center.

Volunteers are providing AARP's annual FREE tax aid service on Tuesdays and Thursdays. New COVID-19 protocols are in place this year - clients will stay in their cars during the appointments and AARP volunteers will come out to get documents and return for signing. Only simple tax filings are eligible. Please call us at 729-0757 to make an appointment.

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).

Good Eats – Good Friends!

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

Women's "Tailgate Tea" Outside

Thu, April 1, 1:30 pm. Enjoy tea and a treat while socializing with the ladies. Members only, limited space, registration and masks required.

Men's "Tailgate Coffee" Outside

Thu, April 8, 1:30 pm. Enjoy coffee, hot cider, and treats while socializing with the gents. Members only, limited space, registration and masks required.

Lunch Bunch Outside

Thu, April 15, 12 noon. Join us for lunch on us. Enjoy a cup of hot soup and crusty bread with drinks and dessert served up at noon at the Center. Members only, registration and masks required. 25 people max. Don't miss it!



Register for activities @729-0757

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Activity Punch Cards

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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 safety protocols. Call 729-0757.

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

People Plus Building Protocols

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

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

- Do you have a cough or sore throat?
- Do you have a fever or feel feverish?
- Do you have shortness of breath?
- Do you have a loss of taste or smell?
- Have you been around anyone exhibiting these symptoms within the past 14 days?
- Are you living with anyone who is sick or quarantined?
- Have you been out of state in the last 14 days (except to "safe" states or where a negative test result has been received in accordance with state of Maine quarantine requirements)?

Do not come to the Center if you answer yes to any of these questions!

- We will take your temperature with a forehead scanner. You will be asked to use hand sanitizer.
- Upon entering the lobby check in with Sarah (who will be behind a protective plastic screen at the front desk). She will confirm you are on the registration list (registration is required for all activities).
- You will be asked to sign a COVID-19 Authorization/Waiver on your first visit.
- Once Sarah checks you in, proceed to your activity. Use the markings on the floor to maintain social distancing.
- Enter the hall or activity room and head directly to a chair. Chairs are safely distanced in pre-measured spots. At each chair is a plastic bin for shoes,

- jacket, other personal items. Remain in your seat area with your mask on.
- After class, retrieve your belongings and exit through the door in the room you are in (which leads directly to the parking lot). Do not go to the lobby.
- Rest rooms are available for use.
- Maintain 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.

Mon	Tue	Wed	Thu	Fri
<i>Music in April Online Auction!</i> Find the auction link at www.peopleplusmaine.org		Programming Note: • No Apple Club in April. FMI 729-0757	1 8:30 AARP Tax Aid 9:30 Art with Connie 11:30 Yoga 1:30pm Women's Tailgate Tea Outside	2 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qigong
5 9:00 Loosen Up 10:15 Zumba via Zoom	6 8:30 AARP Tax Aid 9:00 Chair Yoga 10:30 Yoga 3:00pm Spanish Club via Zoom	7 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 8:30 AARP Tax Aid 9:30 Art with Connie 11:30 Yoga 1:30pm Men's Tailgate Coffee Outside	9 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qigong
12 9:00 Loosen Up 10:15 Zumba via Zoom 7:00pm Civil War Book Club	13 8:30 AARP Tax Aid 9:00 Chair Yoga 10:30 Yoga 3:00pm German Club via Zoom	14 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	15 8:30 AARP Tax Aid 9:30 Art with Connie 11:30 Yoga 12:00pm Lunch Bunch On Us Outside	16 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qigong
19	20 8:30 AARP Tax Aid 9:00 Chair Yoga 10:30 Yoga	21 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	22 8:30 AARP Tax Aid 9:30 Art with Connie 11:30 Yoga	23 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up
26 9:00 Loosen Up 10:15 Zumba via Zoom	27 8:30 AARP Tax Aid 9:00 Chair Yoga 10:30 Yoga 3:00pm French Club via Zoom	28 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	29 8:30 AARP Tax Aid 9:30 Art with Connie 11:30 Yoga	30 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qigong



Frank Says...
Have you bid on Jane's pies in the auction yet?? Get on it!
Find the auction link at www.peopleplusmaine.org



Say YES to Life



Say YES to a BETTER YOU!

Where we live influences how we think and feel. When we get into daily life patterns, it is easy to say, "No, not right now." When we change where we live there's a new sense of self exploration. What we thought we lost in a "house," we gained in the "home" of our heart, soul and mind. New windows of light, new smiles of friends, new possibilities for a "BETTER YOU!" The McLellan is an independent lifestyle community in the heart of downtown Brunswick for those 62 or BETTER. For those who want to focus on the home in their heart rather than the home in their house!

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PING PONG IS BACK! We were excited to welcome Table Tennis players to the Center last month after a break of an entire year! Following Covid protocols (single play only, masks, windows open, fans) the half dozen players had a lot of fun catching up with each other and playing some matches. They claimed to be a little rusty on their skills but still had a great time and enjoyed being together more than anything else. "It wasn't really even about playing table tennis this week, it was more about getting caught up and seeing familiar faces after a year long break," said Steve Winter, the club coordinator. As more seniors become comfortable with venturing out, we look forward to resuming our suspended classes and clubs at the Center this spring!

CLYNK

"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 Suprmarkets 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, 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!

BAG IT

TAG IT

DROP IT

Are You Signed Up Yet?? *Happy Spring!*

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



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

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

Frank Says...

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

Find the auction link at www.peopleplusmaine.org

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Books A La Carte

Our latest book recommendations:

NONFICTION

Four Lost Cities by Annalee Newitz. This is the story of four “lost” cities — Pompeii, Angkor Wat, Cahokia (Illinois) and Catalhoyuk (Turkey). Archaeologists have studied the remains of these cities and have pieced together a fascinating history of them, describing their rise and fall and the daily lives of the inhabitants. The most famous is Pompeii. The archaeologists attempt to discover why Pompeii was never rebuilt; what happened to the survivors; and how important the city was. The book is very well-written and is very informative.

The Body by Bill Bryson. Bryson’s books are always entertaining, well written, and full of information, whether he is writing about Australia, Shakespeare, the Appalachian Trail, or language. In this work, he describes in vivid detail the inner workings of the human body.

FICTION

Last Bus to Wisdom by Ivan Doig. In 1951, Donal Cameron, an 11-year-old boy living with his grandmother in Montana, is sent to live with the grandmother’s sister in Wisconsin. They do not get along, and Donal is sent back to Montana. This well-written story tells about his travels and the people he meets along the way. It is the last book by Doig, an award-winning novelist.

Comments: news@peopleplusmaine.org

MYSTERY

The Dorothy Parker Murder Case by George Baxt. In the 1920s, Dorothy Parker met regularly with a group of artistic persons known for their wit in the Algonquin hotel in New York City. The group became famous (or infamous) as the Algonquin Round Table. Others in the group included George S. Kaufman, Ring Lardner, and Robert Benchley. In this fictional tale, a body is discovered in Kaufman’s apartment. Other personalities who appear in the book include Rudolph Valentino, George Raft, and Florenz Ziegfeld.

STEPHEN KING’S FAVORITE BOOKS

In his book *On Writing* (2000) Stephen King included a list of 96 books which he had read and enjoyed. In the 2010 edition of the book, he added 82 more. The books covered all genres. Authors included Lee Child, Dickens, Faulkner, Le Carre, Maugham, J.K. Rowling, Richard Russo, Salman Rushdie, and other well-known writers, as well as many less familiar authors. Here is one of them:

Regeneration by Pat Barker. During World War I, the poet Siegfried Sassoon fought well for England and was a decorated hero. At some point in 1917, he decided to refuse to continue fighting. This book is a fictional account of what actually happened after his refusal. The author weaves her real and fictional characters together into a well-written novel.

Mt. Ararat senior tours Center for Capstone Project

Ella Carter, who is a senior at Mt. Ararat High School in Topsham, recently toured the People Plus Center as part of her Capstone Project.

“My project focuses on environmental sustainability, and I’m encouraging people and businesses to do what they can to achieve those goals,” said Ella, who is 17. She was given a tour of the Center by executive director Stacy Frizzle-Edgerton, who will be her mentor until she graduates. Ella was shown the upgrades and installations at the Union Street facility to help the

environment that include things like wrapped/insulated pipes, recycling of waste in the kitchen, recycling of computers, and the window inserts to keep in the heat. “People Plus is the first place I’ve gone to, but I plan on visiting other businesses in the area,” said Ella. She will be studying in the science field when she goes to college next year, and although she hasn’t made a final decision yet, Ella is leaning toward attending Stonehill College in Massachusetts.



Plots available at Senior Gardens

People Plus is now accepting sign-ups for garden plots in the Senior Gardens on Industry Road. The plots average 20’ x 24’ and it is possible to take only half a plot if desired. There are three water spigots at the front of the garden for watering. Water is for garden-use only and gardeners need to supply their own tools.

As we have a large number of returning gardeners, there are only a few plots now open and they will be assigned to People Plus members on a first-come,

first-served basis. Please call 729-0757 to leave your name and you will then be contacted by Mary Hepburn, the garden coordinator.

It is expected that the gardens will be ready for planting around the first of May, and all gardeners will receive a numbered plot assignment before anything is allowed to be planted. People Plus requests a contribution of \$10 for the season, which runs until the end of October.

Gone but not forgotten – in Memory of

Mary Libby

June 29, 1927 – March 5, 2021

Jacqueline Minott

April 9, 1926 – March 3, 2021

Priscilla Oulette

Dec. 24, 1928 – March 1, 2021

Evelyn Coulombe

May 24, 1924 – Feb. 5, 2021

Toni Rees

Feb. 24, 1946 – Feb. 6, 2021

David Leo Tondreau

Aug. 5, 1931 – Feb. 8, 2021

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Music in April Online Auction Items

One of a Kind Items

Hand-made Maine T-shirt Quilt, value \$150



Gourmet Chinese Meal for Eight (8), value \$1200

“Wheel of Fortune” Package, value \$150

Three (3) home-made deep dish fruit pies made by Jane Connors #1, value \$60



Three (3) home-made deep dish fruit pies made by Jane Connors #2, value \$60

Pasta Making Dinner For Four (4) with Gentleman Farmer in Maine, value \$750

“Calico Crustacean” by Richard Carney, value \$Local Artifact Artist, value \$500



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

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

Dinner for Eight (8) with Gentleman Farmer in Maine at Mossy Ledge Farm, value \$1000



Gift Certificates

WellTree Inc. \$100 Gift Certificate.

Gift Certificate for Eight (8) Fresh Lobsters #2, value \$80

Cook’s Lobster and Ale House \$50 Gift Card

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

Skillins Greenhouses \$100 Gift Card

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

Family Pizza Night from Warmings Market, value \$25

The Cabin \$50 Gift Certificate

Firehouse Subs Gift Certificate, value \$37

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



Escape Room Brunswick \$50 Gift Pass

PORTLAND STAGE Ticket Voucher, value \$110

Chilton Furniture \$150 Gift Card

Four (4) Wheel Alignment from Bodwell Motors, Inc., value \$100

Bruno’s Wood-Fired Pizzeria \$50 Gift Card

Dinner and a Show in Lewiston, value \$75

Smitty’s Cinema Family Four Pack, value \$40

Dolphin Marina and Restaurant \$25 Gift Card

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

Monkey C Monkey Do Gift Pass for Family of Four (4), value \$80

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

Pepper’s Landing Lobster Co. \$25 Gift Card

The Great Impasta \$25 Gift Card

Broadway Deli \$50 Gift Certificate

Freeport Family Outing, value \$43

Nail World \$25 Gift Certificate

Midcoast Pizza & More \$25 Gift Card

Aki Japanese Cuisine \$25 Gift Card

Pat’s Pizza \$25 Gift Card

Eveningstar Cinema Package, value \$40

Fore Street \$50 Gift Card

Fore Street \$100 Gift Card

Target \$50 Gift Card

Maine Forest Yurts Overnight Stay, value \$140



Paintings & Prints

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

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

Ansel Adams Framed Print, value \$150

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

“Jack-in-the-Pulpit” 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



Whimsical Blue and Green Gnome Painting, value \$20

Framed Nepal scene photograph, value \$150

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

Clothing and Bags

Joy Susan Vegan Leather Bag, value \$48



Italian Fringed Scarf/Shawl, value \$45

Infinity Scarf, value \$25

Red French Silk Scarf, value \$35

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

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

Hand-made Men’s Mittens, value \$25

Plaid Pashmina Scarf, value \$22

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

LL Bean Medium Bigelow Day Pack, value \$90

Infinity Scarf, value \$28

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

Made in Maine Cozy Combo, value \$55

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

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

Golf Packages

Two (2) Hours of Virtual Golf (2 chances to win), 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



Frank Says...

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

Find the auction link at www.peopleplusmaine.org

Music in April 2021

Bid high, bid often continued from page 1

Stacy Frizzle-Edgerton, Executive Director People Plus.

Also new this year, there will be a Music in April Auction Guide 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 auction guide will have a full rundown and description of the auction items. The auction guide also includes sponsor information and log-in instructions — it's really easy! — for bidding on auction items. As we said, anyone can participate in this year's auction!

Don't forget to visit our raffle page in the auction for the chance to win a set of gorgeous handmade wooden kayaks, generously donated by Margo and David Knight. Or stop by the Center to buy raffle tickets. The raffle winner will be announced live on Facebook on Friday, April 30 at noon! We will deliver the kayaks in their handmade storage bags within the local area.

This package also includes gently used paddles, PFDs, boat pumps, paddle float bags, and a complete Thule car roof rack system for a total value of more than \$5,000. \$20 per ticket supports homebound elders.

Thank you again to our generous lead sponsors for the 2021 Music in April, including Coastal Landing Retirement Community, Mid Coast-Parkview Health, and Bangor Savings Bank, along with our other wonderful sponsors: Avita of Brunswick & Sunnybrook, Bar Harbor Bank and Trust, Bath Savings Institution, Bill Dodge Auto Group, Brackett Funeral Home, CHANS Home Health & Hospice, Edward Jones Investments, Goodwin Motor Group, JHR Development, LLC, Kennebec Savings Bank, Maine State Music Theatre, Mechanics Savings, Mid Coast Senior Health Center, Norway Savings Bank, Off Their Rockers, Primerica, Priority Real Estate Group, Riley Insurance Agency, Rousseau Management, Rusty Lantern Markets, Spectrum Generations, The Highlands, The Times Record, and Thornton Oaks.

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.

To also browse auction items, find the link on our website: www.peopleplusmaine.org.

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



Music in April Raffle - Handmade Kayaks Package!

Buy your raffle tickets now! This gorgeous pair of handmade kayaks were 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.

Music in April Online Auction Items continued

For the Home

- 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
- Cozy Blanket and Pillow Set, value \$87
- 
- Hand-crafted French Rolling Pin, value \$45
- Beveled Glass Mirror, value \$50
- Sherwin Williams Paint & Roller Set, value \$72
- Hand-crafted Ice Cream Scoop, value \$30
- Hand-carved Loon, value \$150

- C&M Ceramics Vase, value \$129
- 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
- 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




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

Vintage

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

Jewelry

- Tacori Sterling Silver & Gemstone Necklace from Springer's Jewelers, value \$650
- Fashion earrings, value \$16
- 
- Hand-beaded Necklace and Earring Set, value \$20
- Keith Field Maine Tourmaline Earrings, value \$350
- Dainty Open Circle Necklace, value \$24
- Sterling Silver Music Themed Charm Bracelet, value \$70
- Hand-beaded Necklace and Earring Set in Copper Tones, value \$20
- Hand-beaded Bracelet, value \$35
- Hand-beaded Necklace, value \$35

Kids and Baby

- PLAYMOBIL Aquarium Building Set, value \$60
- Brunswick-opoly Game, value \$20
- Baby Blue Basket, value \$79
- Handmade Baby Quilt, value \$50
- Baby Pink Basket, value \$62
- PLAYMOBIL City Life Playset, value \$40
- Heist Electronic Cooperative Game, value \$29
- Hand-made Bunny set, value \$40



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

Brunswick Area Teen Center

Marching into April and nicer weather



April showers bring May flowers ... and I am ready! The flower boxes at the entrance door to reception here at the Center have been cleaned out and are ready for some spring décor.

Early April brings us Lent and Easter Sunday, and all of April brings us continuous shopping/bidding online for wonderful auction items. This is this year's creative way to bring a favorite part of Music in April to you as we go through year number two of having to forgo — in the usual way — our two biggest annual fundraisers, with the Gelato Fiasco Scoop-a-Thon being the other.

Later in April, on the 24th, it is National Pigs in a Blanket Day! I can't believe there is such a day, but there is. It is a good thing that we recently added these to our teen menu and have made them twice in March. We'll be pros by the 24th!

We currently have a

number of behavioral health professionals coming in on a regular basis with their youth clients. It has always been difficult to find places to take their clients and has been even harder during the past year. We love having them come in and the kids are very happy to get out of the house and socialize in a fun environment.

We are hoping as the weather warms up that a few more of our members, who have a bit of a walk to get to the Center now and have said "It's too cold!" this winter, will start coming this spring.

We spent much of March cooking up various foods in the Teen Center, and I would say the most popular activity in March was playing the original Mario Brothers game for the Wii, which we got a used copy of. It brought back lots of memories, as this was one of the first games I remember from many years ago that I always heard being played by my kids. I even learned to play it! Craft projects and drawing continue to be daily activities as well.

We are looking forward to being able to set up our corn hole game outside again and I think it will be a good activity that can be done with plenty of distancing.

We potted lots of plant clippings in February and the ones in the windows in the Teen Center haven't done too much, but they are still alive. We'll give them another month or so and hope for more progress.

So off we go, marching into April and on

Teen Center News

Jordan Cardone



our way to longer days, warmer days, and greener pastures.

Enjoy!
Jordan and the Gang



Do you get our weekly email?

Jill sends a weekly email with all the events happening the following week at People Plus. It's the quickest way to get updated news about the Center! The email also includes a weekly wrap-up article written by Stacy, 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!

BRUNSWICK AREA TEEN CENTER SCOOP-A-THON

All Week – May 10-14, 2021!



During May 10 through May 14, Gelato Fiasco will donate \$1 from the sale of every pint or dish to the Brunswick Area Teen Center.



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!

Find the auction link at www.peopleplusmaine.org



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

— James Tierney, BHS Class of 1965

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



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

Desperate for Drivers!

Can you help a neighbor in need?

In the last year, People Plus has coordinated over 26,000 miles of FREE rides for home-bound residents of Brunswick, Topsham and Harpswell. But we can't do it alone – we need your help with the driving and shopping! We ask that you become a driver today! It is a rewarding and selfless gift to help your neighbors in need. Thank you!!

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



Join our team – volunteer to drive TODAY!



WITH EVERYONE VACCINATED, we were finally able to bring the ladies inside due to very cold and windy weather early in March. Of course masks were still worn and everyone sat 6 feet apart but with only 13 people in attendance, we were able to spread out. They celebrated St. Patrick's Day with carrot and raisin cupcakes topped with buttercream frosting and green sprinkles and chocolate dipped pretzels made by Lynne. We mixed up a spicy chai tea and everyone enjoyed the steaming cups. More than the tea and the cupcakes though, the ladies really enjoy each other's company the most!

Medical equipment loan helps everyone!

Do you have a temporary need of a little support? A wheelchair, crutches, a walker, shower and toileting devices? The People Plus Center maintains a "lending inventory" and it's ready when you are. "It started almost by accident," explained Frank Connors, the retired Center staffer who in the past usually hauled the surplus equipment up and down the stairs to a basement storage area, "We had members who'd used this equipment and no longer needed it, they offered it to us, we saw the need and the opportunity, and away it went!" Now, on a regular basis, members needing equipment to keep them safe and secure at home

have a new source of access. "Everyone wins," Connors said. "We ask people to bring it in clean and in working condition," he added, "we take care of the rest." If you have a specific need, or equipment to loan to the program, call or come by the Center. You do not need to be a member to borrow equipment.



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 <p>DIONNE COMMONS</p> <p>24 Maurice Dr, Brunswick (207) 725-4379</p>	 <p>Neighbors, Inc. The Home Care Company</p> <p>142 Neptune Dr, Brunswick (207) 725-9444</p>	 <p>Horizons Living & Rehab Center</p> <p>29 Maurice Dr, Brunswick (207) 725-7495</p>

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	Ira Anderson Bird, MD
	Margaret Hamilton, NP
	Stemple D. Johnson, MD
	Michael J. Mason, MD, FACS
	Brady C. Mullin, MD, FACS

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)
37 Gurnet Road, Brunswick, 729-4131
27 Monument Place, Topsham, 729-1676
- Tire Warehouse**, 20% off labor
Topsham Fair Mall, Topsham, 725-7020
www.tirewarehouse.net
- Yankee Ford**, 10% off invoice, parts & service
262 Bath Road, Brunswick, 725-1228

BEAUTY/HAIR SALON

- Reflections (Salon)**, 10% off, Mon and Fri
12 Center St, Brunswick, 729-8028
www.reflectionsbylucie.com

CANDY

- Wilbur's of Maine**, 10% off, anytime
43 Maine St, Brunswick, 729-4462

MASSAGE/CHIROPRACTIC

- Augat Chiropractic**,
Free consultation and cursory exam
9 Pleasant St, Brunswick, 725-7177
- Hearts & Hands Reiki**, 10% discount on first appointment. Mon-Fri, 10-6.
751-5339 or mspruce@live.com
- Massage on Maine**,
First visit \$60, always \$10 off for seniors
56 Maine St, Brunswick, 504-6913
http://massageonmaine.com/

DRY CLEANER

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

FLORIST

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

HEARING AND OPTICAL

- Berrie's Hearing and Optical Center**,
10% off a complete set of eye-wear, up to \$500 off costs of hearing aids
86 Maine St, Brunswick, 725-5111
www.berriesopticians.com
- Maine Optometry**,
\$30 off complete pair of glasses
82 Maine St, Brunswick, 729-8474
www.maineoptometry.com

LEGAL

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

RECREATION / ENTERTAINMENT

- Eveningstar Cinema**, Discount bag of popcorn at evening shows (\$1 sml, \$1.50 medium)
149 Maine St, Brunswick, 729-5486
www.eveningstarcinema.com
- Maine State Music Theatre**,
Senior discount (60+) on matinee tickets
22 Elm Street, Brunswick, 725-8769
www.msmt.org

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

RESTAURANT

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

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

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

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

TECHNOLOGY

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

*Benefits subject to change

Annual campaign goal within sight continued from page 1

beautiful fundraising letter for us after we were not able to hold Music in April. Her request to all of you to help us bridge the fundraising gap brought in \$18,000 for the organization!

Luckily, because of the support from the town of Brunswick, a PPP loan, community sponsorship and donations, the organization will not need to put out a special appeal letter this year.

"We are going to land in the black by the skin of our teeth," said Executive Director Stacy Frizzle-Edgerton. "We have cut way back on expenses and tightened our belts. It was the only way to get through the year, and we could not have done it without the added support of

our community."

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.

"Our annual campaign is so important to keep offering services, support and connection to our community," said Christine Munroe, Treasurer on the People Plus board of trustees. "During this pandemic, I don't know anybody who has done more to unite and strengthen our community than our creative and energetic Stacy Frizzle and the wonderful caring

employees at People Plus!"

"I am so proud to be a board member and offer support to this incredible organization. Please help us help our community in whatever you can, thank you," added Christine.

If you would like to support People Plus with a donation, a gift of stock, or want more information, please visit www.peopleplusmaine.org or call the Center at 729-0757. Even the green CLYNK bags full of your redeemable bottles and cans will help us reach our fundraising goal! Every nickel helps. As always, thank you!

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. Don't be surprised if you might be asked a few questions some day, after all, everyone has a story to tell. Thank you.

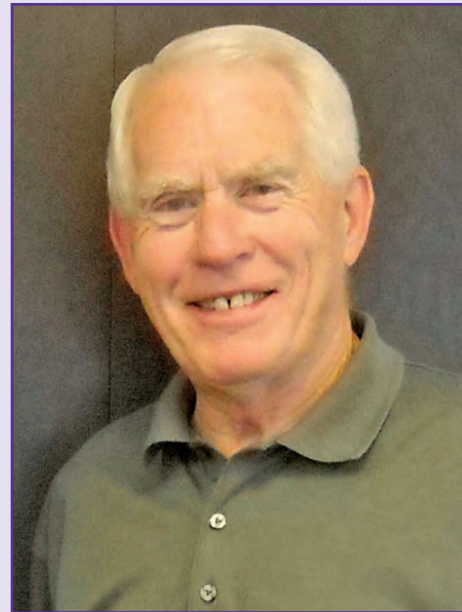
Getting to know Greg Shea

My name is John Gregory Shea, or at least that's what it says on my birth certificate. I have always gone by Greg, because my father was known as John and my parents knew people would be confused. They also thought it would be easier when someone called on the phone.

I grew up and had lived in Auburn, Maine, until my spouse, Susan Wygal, and I were married in 1993. We settled here. We moved to The Highlands in Topsham because I wanted someone else to handle the home maintenance chores for a change. It has been grand since we moved!

I was born in 1942. When that occurred, we were on double Daylight Savings Time because we were in the midst of World War II. The doctor, who delivered me, asked my parents whether they wanted my birth certificate to read March 31 or April 1? My parents, being my parents, chose the latter. That choice has given me many opportunities for personal growth.

My life has been filled with caring family, friends and spouse, for which I am ever grateful. I went to Auburn Public Schools, graduating in 1960. I wanted to go to a military academy



because I wanted to be a pilot.

I was blessed with congressional appointments to Annapolis and the Air Force Academy. I chose the latter because it was brand spanking new. My right knee was severely injured the first month there, resulting in my being "washed back," meaning being sent home for a year.

I went to Bates College during that year, graduating four years later (1964). That fall I went to Boston College Graduate School of Social Work, graduating in 1966. Because the state of Maine financed my attending BC, I returned to work for the (then) Department

of Health and Welfare. I became one of six regional directors in the Lewiston office. In 1974, I left to become the CEO of Tri County Mental Health Services in Lewiston. I retired from TCMHS in 2004.

I joined People Plus after I retired at the request of the (then) Executive Director Sigurd Alexander Knudsen, a very dear friend of many years. People Plus was in its infancy then, primarily serving as a drop-in center in the basement of the church behind our current location on Union Street.

Sig's vision, energy and commitment brought what was known then as Seniors 55 Plus. The organization was moved to the former Catholic church at the corner of Noble and Maine streets in Brunswick. That move gave the organization more visibility, resulting in more members and increased import in the Midcoast Maine area.

I am grateful for my opportunity to have played a role in People Plus' becoming what it is today. I cherish the relationships I developed with the dedicated, skilled and diligent staff through this evolution.

Likewise, I am grateful to have gotten to know and work with the caring and foresighted board who supported and oversaw the process that made People Plus what it is, including the development of the Teen Center, which was a passion of Sig's and resulted in the name change to People Plus.

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 _____	<input type="checkbox"/> Female <input type="checkbox"/> Male	
Email _____	Emergency Contact _____	(name)	(phone)	(relationship)
Name (2) _____	Phone _____	Birthdate _____	<input type="checkbox"/> Female <input type="checkbox"/> Male	
Email _____	Emergency Contact _____	(name)	(phone)	(relationship)
Mailing Address _____		City _____	State _____	ZIP _____
<input type="checkbox"/> I do NOT need the People Plus monthly newspaper mailed to my house.		Cash/Check (Payable to People Plus)		
Yearly Membership Dues (Scholarships Available)		Membership Dues: \$ _____		
Brunswick (___ New Member ___ Renewal): <input type="checkbox"/> \$30 per person		Additional Donation*: \$ _____		
Other towns (___ New Member ___ Renewal): <input type="checkbox"/> \$35 per person		(*donations above membership dues are tax deductible)		
<input type="checkbox"/> \$300 for Lifetime Membership (65 or over)		Total: \$ _____		
OFFICE USE: <input type="checkbox"/> Accounting <input type="checkbox"/> Data <input type="checkbox"/> 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!

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www.spectrumgenerations.org

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

Monthly Update

April 2021



Vaccination Response ← COVID-19

Spectrum Generations held the first vaccination clinic at the Muskie Community Center on Friday, March 5. **This was the first of its kind for Area Agencies on Aging in the state of Maine.** Northern Light Health acted as the clinical partner, supplying vaccines and vaccine administrators. Spectrum Generations staffed the rest of the positions needed; screening, coordinating, assisting, and observing. This also included outreach and registration which occurred three days prior to the event and consisted of three to four hundred phone calls. 70 people were registered. Because of one no call, no show, 69 participated and were vaccinated. Those who participated were all 60 or older and consisted of staff, volunteers, Bridges Home Services consumers, consumers who completed the vaccination assessment, KVCAP drivers, and other older adults in the community.



Do you have **QUESTIONS** about the COVID-19 vaccine?

Spectrum Generations is here to help! Call 1-800-639-1553 and we can help:

- Answer general questions about the vaccine
- Provide information about where and when you can get the vaccine
- Assist you with scheduling appointments when it is your turn to get the TWO doses you need to be fully vaccinated
- Connect you with transportation services to help you get to and from your vaccine location

2020 Champion of the Year

Annual Award →

Congratulations to Townsquare Media for winning Spectrum Generations' 2020 Champion of the year award.

Townsquare Media has helped promote fundraising events and have helped us find volunteers by doing Facebook "lives" and radio interviews at a moment's notice. They have truly gone above and beyond in all areas and for all of our programs.



(L to R) Renee Nelson and Merry St. Pierre and come in every Wednesday to pack food, and Merry drives a route on delivery days.

We thank you!



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

13th Annual Healthy Aging Expo



Spectrum Generations' Cohen Community Center is holding its

13th Annual Healthy Aging Expo

Friday, May 14, from 9:00 a.m. - 12:00 p.m.

(rain date Friday, May 21st)

OUTSIDE EVENT

22 Town Farm Road, Hallowell

Join us for a resource filled day for baby boomers, active agers, retirees and caregivers. Learn about preventative approaches to a healthier life including, fun relaxation tips for good mental health.

All participants will need to wear a mask and practice social distancing.

If you have questions call the Cohen Community Center at 626-7777.

Fundraising event

Golf Fore a Cause →



What better way to take advantage of summer than at one of Spectrum Generations' biggest fundraising events!

Our 19th Annual Golf Fore a Cause tournament, benefiting our programs and services including Meals on Wheels, will take place on Friday, June 25, at the Brunswick Golf Club.

The cost is \$150/individual, \$500/team, and includes 18 holes with cart, bagged lunch catered by Cohen on the Meadows, awards, and much more!

There are also various sponsorship levels available and offer a great way for businesses or individuals to generate positive publicity from their association with our tournament.

For more information email sbrown@spectrumgenerations.org

Let's Connect! Community Resources ← Call our team!

Our Aging and Disability Resource Counselors (ADRC) are dedicated to assisting members of the community to get people connected with resources, such as Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI).

If you are interested in applying, please contact our ADRC team at 1.800.639.1553 to learn more about the application process.

Proud to partner with People Plus



COLD AND WINDY HAS NEVER PHASED OUR OUTING CLUB! This group of stalwart Mainers can be seen having a great time in the sun anywhere around the Midcoast all winter! Gathered here at the lighthouse at Pemaquid Point, they had a great time climbing on the rocks and posing for pictures! And their little dog enjoyed the day, too!



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. Chris Corriveau

Q. The community where you live?

A. I live in Harpswell, on Orr's Island.

Q. Professional occupation?

A. I am a retired Hospice Home Health nurse.

Q. How many years on the People Plus board and positions you've served?

A. This is my first year on the board for People Plus. I have also served on their Development Committee.

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 Rochester, New York, and went to nursing school in Boston and New Hampshire.

I have worked for 40 years in Home Health, mainly at CHANS in Brunswick. It has been a very busy and rewarding experience to serve this community, in Hospice and Home Health. I have learned that compassion is one of the most important qualities that one can develop while serving people. Yes, caring and compassion are the most important practices to me in everyday life

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

A. People Plus builds community and provides services to those in need in our community. People gather at the Center on a regular basis to expand their knowledge base, enjoy exercise, and participate in other interesting classes. They go on field trips together, share meals, games, and classes together.

I started off being a VTN driver for People Plus two years ago. As I got to know the organization, I wanted to do even more with them. I appreciate the services they have provided to the greater Bath-Brunswick community, and the way the staff and board work together to make these services happen. It is my pleasure to serve on this board for People Plus and their community.



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:

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837-6560

www.coastallanding.com



COASTAL LANDING
RETIREMENT COMMUNITY

STORM POLICY

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

Frank Says...

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

Find the auction link at www.peopleplusmaine.org

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

Paint fumes take me back to when I was a 'star'

Painting isn't one of my most favorite pastimes. So when I recently found myself undertaking such a chore — two coats of a nice shade of blue for my wife's office — straightaway I put on some tunes, hoping such a pleasant distraction would help lessen my burden.

Hooking up with Pandora on my phone, I selected '60s, '70s, and '80s hits radio, and almost immediately heard "Runaway" by Del Shannon, which coincidentally happened to be the first 45-rpm record I ever purchased as a kid.

For some reason, as more oldies filled

the air and more paint covered the walls, I started reminiscing about several of the concerts I'd attended over the years. Entertainers like Peter Frampton, Steve Miller Band, Dan Fogelberg, Bob Dylan, Coldplay, Pat Metheny, Stone Temple Pilots, and Bruce Springsteen, whom I saw on two separate occasions. Heck, as a youngster, I even got to see Louis Armstrong at a little-known riverboat show in Michigan.

Maybe it was the effects of the paint fumes, but then I thought about a mock concert I was deeply involved with back

in the sixth grade. Every year, my school held a talent show. With it being 1964, one of the major happenings that year was The Beatles' invasion of the U.S. and their initial appearance on The Ed Sullivan Show. Wanting to be involved — and, of course, win — the elementary school contest, my friends and I decided to pretend to be the lads from Liverpool. How could one miss the top prize with an act like that?

We did it up right with our preparations. We all dressed in the same clothes — just like The Beatles — decked out in jeans and navy blue turtleneck shirts. And the big bonus was the fact that we borrowed actual Beatle-style wigs to wear, to shake it up, baby ... just like the real thing. Also, with me impersonating "Ringo," I was able to obtain the various drums I needed from the high school band.

We attended to one other small detail that we thought would get the place rocking and rolling. We arranged for a number of girl classmates to yell and scream during our performance, just like the mad fans whom everyone witnessed 57 years ago on television on that Sunday night in February.

It's been so long ago, but the day of the show I was probably as nervous as a newborn kitten. The song we decided to lip-sync was The Beatles' "I Want To Hold Your Hand," which at the time was a huge hit in America.

When it was our turn to perform, the announcer said something like, "Here

Simply put



Patrick Gabrion

they are, all the way from England ... The Beatles!" The curtain slowly went up and, right on cue, our friends in the audience went nuts, making so much noise it was even hard to hear the song over the gym's PA system. Which was just as well, given what took place.

Before going on stage, a teacher by the name of Mrs. Braman had asked me what speed the record should be played. I told her it was 45 rpm. But guess what happened? She put it at 78 rpm, so for the first portion of what should have been a fabulous performance, we sounded like Alvin and the Chipmunks. Needless to say, our path to stardom was crushed.

In the end, we didn't capture first place in the talent show. Or second place. Or third place. Mrs. Braman had a group of kids partake every year, and they usually walked away with the top prize. It happened again that year, and our 12-year-old minds were obviously thinking she did that wrong-speed fiasco on purpose.

Regardless, it was a lot of fun being The Beatles for a short moment and having girls fake faint over the four lads from Ithaca. And by the way, my wife's room looks great!

WE MISS SEEING YOU AT THE CENTER!!!

New and renewing members for March

Memberships received as of March 18, 2021.

* indicates new membership

• indicates donation made with membership

AUGUSTA

Ralph Palmer * •

BATH

Nancy Moran *

BOWDOINHAM

A. Frederic Cheney *

BRUNSWICK

Kathryn Baribeau
Donna Begley
Jim Begley
Maureen Bence *
Irene Bouchard
Steve Bowman * •
Dorothy Boyett •
Nancy Desjardins
Ursula Desjardins
Irma Dewitt
Jacqueline Drapeau
Ann Galloupe
Doris Grano
George Hermans •

Arlene Holzman
Lucy Ijams
Cynthia Kennett
Ervil Kennett
Doris Kent
Paul Krakauske
Linda Laferriere *
Marge Leeman
Edward McCartan
Joanne McCartan
Mary Ann McDonals *
Barbara McHarg
Don McHarg
Carolyn Morse •
Caroline Murphy •
Jim Murphy •
Joanne Peabody
William Peabody
Carol Pelletier *
Selma Powers
Paulette Oboyski
Victor Oboyski
Roland Ricard *
Deborah Rice
Janice Rigazio
William Rollins *
Alexandra Rudenko *
Andrea Smith
Mark Temple •
Barbara Tobin

Jean Tompkins

FREEMPORT

Curry Ander *

HARPSWELL

Liliette Breto
Sharon Griffith *
Jere Hoffert

LISBON

Janet Stenberg * •

TOPSHAM

Irene Brunelle *
Ann Carroll *
Robert Chase *
Merle Gott * •
Rachel Gott * •
Donald Kalsched *
Robin Van Loben Sels-Kalsched *
Carol Mulloy *
Judith Redwine *
Linda Schoenfeldt * •
Henry Schwartz *

WEST BATH

Richard Totten
(Lifetime Member)
Sherry Watson *

PEOPLE PLUS COMMUNITY BOARD

I "GOTT" THIS — YARD SERVICES

Services: Mowing, Trimming, Mulching, Pressure Washing, Leaf Removal and General Yard Clean-up. Contact Info: Jim Gott, Mobile 207-844-0478, Email: jmgott68@gmail.com. Free estimates and references available upon request.

Services or items to offer or request? Contact our readers in print & online. Up to 50 words (\$10 donation appreciated). contact news@peopleplusmaine.org.

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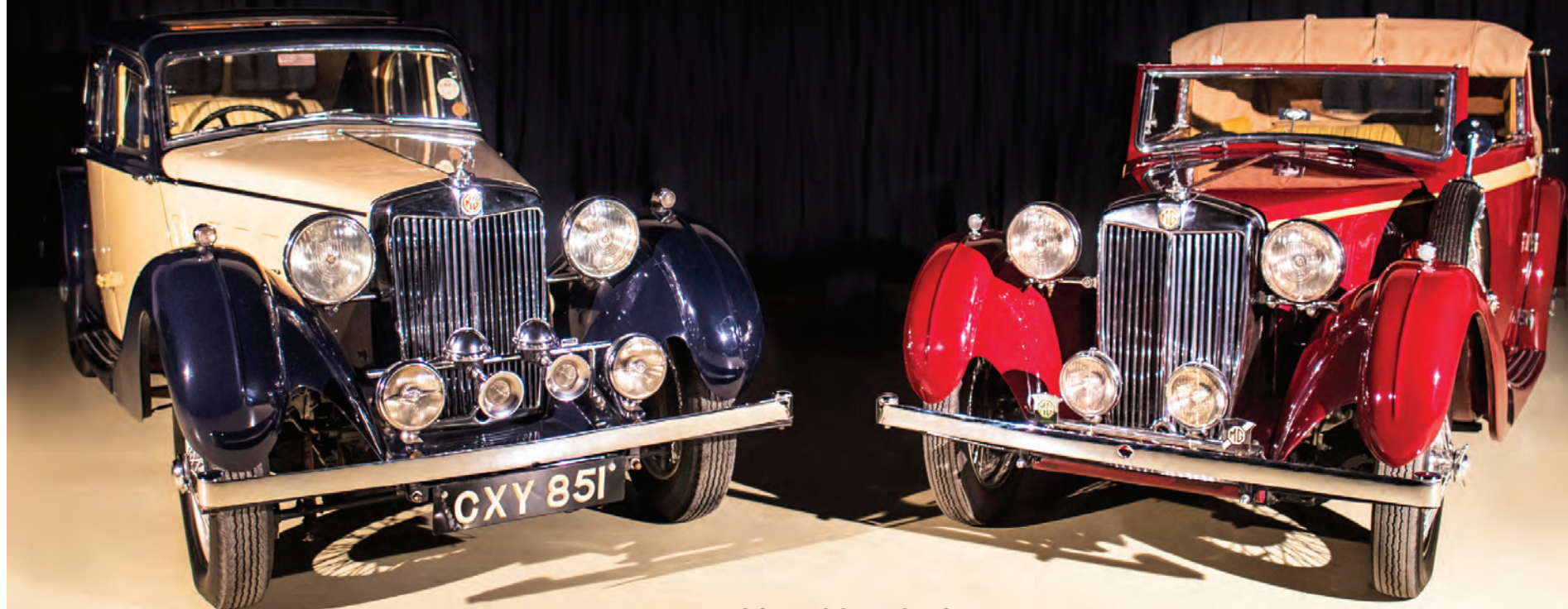
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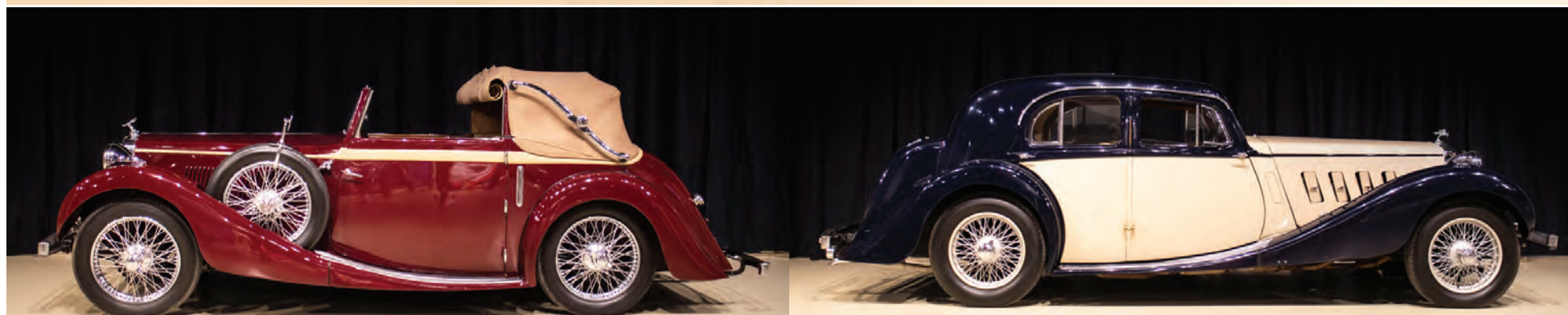
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