



# Plus! People NEWS!

The center that builds community

People Plus  
P. O. Box 766  
Brunswick, ME  
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Non-Profit Organization  
U. S. Postage PAID  
Portland, ME 04101  
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35 Union St. / PO Box 766, Brunswick, ME 04011 729-0757 www.peopleplusmaine.org May 2021 Volume 21, No. 5

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

## Games are back in May – vaccination required!



### And yes, masks, too!

This is so exciting! After being absent for more than a year, the games and remaining missing activities at People Plus are returning to the Center on May 3rd! And with this latest development, it means more of our wonderful members will be back at the Center, engaged in the kind of fun and healthy pursuits that make our Union Street Center so special.

### Games are back... How will we make it safe?

First and foremost, you must be fully vaccinated to play any of the games at the Center. As People Plus continues to follow COVID-19 restrictions, masks will also still be required

while you participate. Windows will be open and hand sanitizer will be used. The games and other activities are for members only, and registration is required so we can plan for the number of players.

### OK — with that out of the way, let's get to the fun stuff ...

Picking up right where they left off before the pandemic, our Bridge, Cribbage, and Mah-Jongg games will all begin the week of May 3rd with the same schedules they had in 2020. Please check the calendar — provided in this newspaper or online — for days and times.

Additionally, Art with Connie Bailey will be returning to the Center's back room on BOTH

Tuesday and Thursday — so call to reserve your spot now!

Another activity returning indoors is Table Tennis. It's happening every weekday (Mondays at 1 pm, Tues-Fri at 9 am). You must bring your own equipment and water, and it is singles play only. If it's raining or too cold, exercise classes will need to use the hall, so Table Tennis could be rescheduled.

Speaking of exercise classes, (continuously offered at the Center throughout the pandemic); they will be moving outside again in May to recapture last summer's success in the parking lot.

Please dress in layers for outdoor classes, as

there may be a chill in the air. As previously mentioned, if it's bad weather outside, we'll move inside, with the recommended spacing and ample ventilation. And, yes, masks will be required.

Current outside exercise classes are Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, and Gentle Barre. Zumba is still inside or via Zoom. Registration is required, payment via punch card (\$5/class), and members only. See class schedule at [www.peopleplusmaine.org](http://www.peopleplusmaine.org) or check the calendar in this newspaper.

We are excited to see people back at the Center and are taking all precautions to keep you (and us!) safe. Can't wait to see you back!!



## BRUNSWICK AREA TEEN CENTER SCOOP-A-THON

Monday, May 10 – Thursday, May 13, 2021!



Stop by Gelato Fiasco for takeout or order online for pickup anytime Monday, May 10 – Thursday, May 13, and Gelato Fiasco will donate \$1 from every pint or dish sold those days to the Teen Center. 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. We are delighted to be able carry on this tradition during the pandemic and support our local teens! See page 9 for details.



## Amazing auction action!

Music in April response simply fantastic

During an extremely challenging fundraising year, we made the most out of things and tried something new at the Center!

The 19th annual Music in April online auction, which concluded on April 30, went better than any of us could've ever hoped for! And certainly better than we anticipated.

Even though she's never produced an online auction, Jill Ellis rose to the challenge and created a wonderful fundraiser, using donations from our members and community businesses to raise much needed funds for the programs at the Center.

The online auction system was fun and easy to use and people ended up bidding against each other like crazy. Several of the items that closed early including two sets of Red Sox tickets which were "won" by Tony Sachs of the Big Top Deli and Charlie Ault of the YMCA Landing facility. They both are huge Red Sox fans and also wanted to donate to the organization.

"What better way to give back and help People Plus keep doing what they're doing for our seniors and teens than to buy tickets to a Sox game and go have the time of my life!?" said

Charlie Ault, when asked what he thought about the experience.

With items ranging from jewelry, to artwork, to vintage home decor, to adventure life experiences, golfing, dining gift cards, cooking classes, theater shows and more, there was really something for everyone in this auction! And People Plus is truly grateful to everyone



IT'S ALWAYS A GOOD DAY TO ENJOY A RED SOX GAME at Fenway Park in Boston! With the stands only partially full due to social distancing, the game certainly had a different feel but it was still enjoyed by all! And they were certainly shorter lines at the concession stands! Thank you again to Tony Sachs and Charlie Ault for bidding on and winning the Red Sox tickets!

who donated these items.

We were unable to hold Music in April last year and the loss of our normal \$65,000 income has deeply impacted our yearly budget. Setting this year's goal at \$45,000, we are hopeful that the income generated through sponsorships, the kayak raffle, and online auction sales will be enough to reach that.

"We started doing monthly raffles last summer and those have brought in about \$15,000 since July 2020. If we combine that income with this month's auction and raffle, we might just get close to that \$65,000," said Stacy Frizzle-Edgerton, Executive Director. "And that would be just the most amazing tribute to everyone that has pitched in to keep this Center going through the COVID-19 pandemic."

Thanks to everyone of you who has bought a \$20 raffle ticket, a \$900 dinner out, a \$25 gift card or any of the other hundreds of items in the auction. We could not have done it without you! Thank you all and see you next year at the 20th anniversary Music in April fundraiser!



## 'Feed the Teens' Match in May!

Join us in celebrating the 16th anniversary of the Brunswick Area Teen Center, a program of People Plus! To mark this anniversary, Jim Howard of Priority Realty Group has very generously offered a \$5,000 match to help us raise \$30,000 to feed the teens all year at the Center! It has been a terrifically difficult year for these kids as they struggle through the pandemic and they are excited to be able to get back to normal at the Teen Center! Thank you to our early match partners, Bill Dodge Auto Group and Riley Insurance Agency! See page 8 for more information.

## Teen Center Art Show in May!



Don't miss the Teen Center Art Show in the People Plus Cafe Gallery for the month of May, featuring the faces of our teens during the pandemic! See page 8.



# May is Marvelous at People Plus!!



**UNBELIEVABLY, THE WEATHER HAS BEEN GORGEOUS** almost every month this year for our outdoor lunches! And even when it's not, our members still come to the Center ready to eat and share a laugh. In April our volunteer crew of Gladys, Rose and Betty (left) baked fresh biscuits and made creamy chicken pot pie to go with them! Served with a salad and a delicious Mississippi mud pie prepared by Carmella, the gang at lunch could not have been more pleased!

## Games are Back!

Bridge, cribbage and Mah-Jongg will resume at the Center in May. We are excited to have you back! We will return to our pre-COVID schedule — check the calendar for days and times. **You must be fully vaccinated in order to play.** Masks will be required while you play, windows will be open and hand sanitizer will be used. Members only. Registration is required so we can plan for numbers. Please see our indoor protocols if you are returning to the Center for the first time this year.

## Good Eats – Good Friends!

(We'll be OUTSIDE so dress for the weather!)

**Women's "Tailgate Tea Party"**  
**Thu, May 6, 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"

**Thu, May 13, 1:30 pm.** Enjoy coffee and a treat while socializing with the gents. Members only, limited space, registration and masks required.

## Lunch Bunch "On Us"

**Thu, May 20, 12 noon** (rain date Friday, May 21). Join us for lunch on us. We'll have lunch, drinks and dessert served up at noon at the Center. Members only, registration and masks required. 25 people max. Don't miss it!

## Exercise classes outside

We will be exercising outside again in May — be prepared with layers. If it is raining or too cold, we'll be inside with recommended spacing and ample ventilation. Masks required. Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, and Gentle Barre. Registration required, payment via punch card (\$5/class). Members only. See class schedule at [www.peopleplusmaine.org](http://www.peopleplusmaine.org).

## Zumba: Back in person!

**Mondays, 10:15 am.** We would love to have you back for Zumba in person. You'll be inside, masks and spacing required with windows open. Registration is required so we can plan for numbers. We will still have a Zoom option.

## Two days of Yoga at 11!

**Tuesdays & Thursdays, 11 am.** We have Yoga with Ann Kimmage on Tuesdays and with Leslie Ballin on Thursdays. Now both classes are at 11 am. Come once or twice a week!

## Center Clubs: FREE to members

To connect with People Plus clubs, please contact the Center at 729-0757 or [reception@peopleplusmaine.org](mailto:reception@peopleplusmaine.org)

**Apple Club**  
**Tue, May 18, 1:30 pm** Have some questions about your Apple device (iphone, ipad)? Find answers at this monthly club. Members only, registration & masks required.

**Outing Club**  
**Wednesdays, 12:45 pm.** Meet for a hike each week (either locally or at a different location). Members only, masks required for check-in.

**Easy Riders Biking Club**  
**New Day and Time - Tuesdays at 12:30**  
Meet for a bike ride each week either locally or off-site location. Members only.

**Activity Punch Cards**  
Safe & convenient. FMI! 729-0757 or stop by the Center! \$25 for 5 punch, \$50 for 11 punch (1 free).

**World Affairs**  
**Fridays, 11 am.** Meet to discuss topics of the week. Space is limited. Members only, registration & masks required.

**Write on Writers via Zoom**  
**Wednesdays, 2 pm.** Meet to share stories and writings. Members only, registration required.

**Cantina Espanol via Zoom**  
**1st Tuesday, 3 pm.** Spanish language club meets via Zoom to chat in Spanish.

**Kaffeestunde! via Zoom**  
**2nd Tuesday, 3 pm.** German language club meets via Zoom to chat in German.

**Cafe en Francais via Zoom**  
**4th Tuesday, 3 pm.** French language club meets via Zoom to chat in French.

Register for activities @729-0757

## Boat tour to feature Birds of Casco Bay

Looking for a fun weekend event, while enjoying the beauty of Maine? Then sign up for the Birds of Casco Bay — Boat Tour, scheduled to take place on Sunday, June 6, from 9 to 11:30 am.

Join the crew of Seacoast Tours of Freeport and Derek Lovitch of Freeport Wild Bird Supply on a special tour of the islands and waters of Casco Bay. They'll explore the inner islands of Freeport, Brunswick, and Harpswell, searching for osprey, eagles, eiders, Common Terns, and an occasional seal basking in the sun on the ledges of hidden coves. The tour will focus on the common breeding water and shoreline birds of the region, providing photographic opportunities whenever possible, but



## Programming Notes:

Please check the calendar for class times as there are many changes to the schedule starting in May

- Loosen Up will go back to just one class at 9 am
- Tai Chi and Qigong will move to 10:30 am
- Yoga classes both now at 11 am

## Table Tennis is back!

Every week day, times vary. Weather permitting — if it's raining or too cold, then the hall will not be available. Check with the Center. Ample ventilation, single play only. Bring your own equipment and water. Members only, registration required. Masks required.

## Building Protocols for inside activities

• Masks are required in order to enter the Center. We will give you a mask if you forgot one.

• Enter through the lobby entrance from the parking lot. Respect those in line and maintain a six-foot distance.

**Do not come to the Center if you answer yes to any of these 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 10 days?
- Are you living with anyone who is sick or quarantined?
- Have you been out of state in the last 10 days (except if you are vaccinated or to "safe" states or where a negative test result has been received in accordance with state of Maine quarantine requirements)?

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
9:00 Mah-Jongg 9:00 Loosen Up 10:15 Zumba 12:00pm Bridge 1:00pm Table Tennis	9:00 Table Tennis 9:00 Chair Yoga 9:30 Beg/Int. Bridge 9:30 Art with Connie Bailey 11:00 Yoga 12:30pm Easy Riders Club 3:00pm Spanish Club: Zoom	8:45 Cribbage 9:00 Mah-Jongg 9:00 Table Tennis 9:00 Loosen Up 10:00 Meals on Wheels 10:30 Tai Chi 12:00pm Gentle Barre 12:45pm Outing Club 2:00pm Write On Writers	9:00 Table Tennis 9:30 Beg/Int. Bridge 9:30 Art with Connie Bailey 11:00 Yoga <b>1:30pm Women's Tailgate Tea Outside</b>	9:00 Mah-Jongg 9:00 Table Tennis 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:30 Qigong 11:00 World Affairs
10	11	12	13	14
<b>May 10th-13th. Teen Center SCOOP-A-THON! Buy a cup or pint and Gelato Fiasco will donate \$1 to the Teen Center!</b>				
9:00 Mah-Jongg 9:00 Loosen Up 10:15 Zumba 12:00pm Bridge 1:00pm Table Tennis	9:00 Table Tennis 9:00 Chair Yoga 9:30 Beg/Int. Bridge 9:30 Art with Connie Bailey 11:00 Yoga 12:30pm Easy Riders Club 3:00pm German Club: Zoom	8:45 Cribbage 9:00 Mah-Jongg 9:00 Table Tennis 9:00 Loosen Up 10:00 Meals on Wheels 10:30 Tai Chi 12:00pm Gentle Barre 12:45pm Outing Club 2:00pm Write On Writers	9:00 Table Tennis 9:30 Beg/Int. Bridge 9:30 Art with Connie Bailey 11:00 Yoga <b>1:30pm Men's Tailgate Coffee Outside</b>	9:00 Mah-Jongg 9:00 Table Tennis 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:30 Qigong 11:00 World Affairs
17	18	19	20	21
9:00 Mah-Jongg 9:00 Loosen Up 10:15 Zumba 12:00pm Bridge 1:00pm Table Tennis <b>1:00pm Balance/Falls Clinic Outside!</b> 7:00pm Civil War Book Club	9:00 Table Tennis 9:00 Chair Yoga 9:30 Beg/Int. Bridge 9:30 Art with Connie Bailey 11:00 Yoga 12:30pm Easy Riders Club 1:30pm Apple Club Outside	8:45 Cribbage 9:00 Mah-Jongg 9:00 Table Tennis 9:00 Loosen Up 10:00 Meals on Wheels 10:30 Tai Chi 12:00pm Gentle Barre 12:45pm Outing Club 2:00pm Write On Writers	9:00 Table Tennis 9:30 Beg/Int. Bridge 9:30 Art with Connie Bailey 11:00 Yoga <b>12:00pm Lunch Bunch On Us Outside</b>	9:00 Mah-Jongg 9:00 Table Tennis 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:30 Qigong 11:00 World Affairs
24	25	26	27	28
9:00 Mah-Jongg 9:00 Loosen Up 10:15 Zumba 12:00pm Bridge 1:00pm Table Tennis	9:00 Table Tennis 9:00 Chair Yoga 9:30 Beg/Int. Bridge 9:30 Art with Connie Bailey 11:00 Yoga 12:30pm Easy Riders Club 3:00pm French Club: Zoom	8:45 Cribbage 9:00 Mah-Jongg 9:00 Table Tennis 9:00 Loosen Up 10:00 Meals on Wheels 10:30 Tai Chi 12:00pm Gentle Barre 12:45pm Outing Club 2:00pm Write On Writers 6:30pm Brunswick Coin/Stamp	9:00 Table Tennis 9:30 Beg/Int. Bridge 9:30 Art with Connie Bailey 11:00 Yoga	9:00 Mah-Jongg 9:00 Table Tennis 9:00 Hair Cuts with Margarita 10:00 Meals on Wheels 10:30 Qigong 11:00 World Affairs
31				
<b>Memorial Day: Center Closed</b>				

- We will take your temperature with a forehead scanner.
- You may be asked to use hand sanitizer for your specific activity
- Upon entering the lobby check in with Sarah. 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.
- 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.

## Protocols for outside activities

- Exercise classes will be held outside weather permitting — please dress in layers.
- Classes will be inside if raining
- Face masks are required and maintain distance of 6 ft.
- Registration is required
- Please bring your own water bottle

\*Indoor and outdoor protocols follow state recommendations and are subject to change.

## People Plus Hours

**Monday-Thursday:**  
8:30 am to 4 pm  
**Friday:**  
8:30 am to 1 pm  
Call 729-0757 to register.  
[www.peopleplusmaine.org](http://www.peopleplusmaine.org)

**October 7th at the Brunswick Rec Center.**  
We can't wait to be back! Mark your calendars, clear your schedules, cancel your trips and call your friends, because the **People Plus Senior Expo** is **BACK!!**

## Art with Connie Bailey – now twice a Week

**Tuesday and Thursdays, 9:30-11:30 am.** Please bring #2 pencil and sketch pad. Members only. Class size is limited and masks are required. Registration is required and payment is via punch card (\$5/class).

## Balance & Falls Clinic returns



**Mon, May 17, 1 pm.** Dr. Christina Levesque, PT, DPT, of Reform PT, is returning to People Plus with her popular class — the Balance and Falls Clinic. The gathering will take place on Monday, May 17, at 1 pm outside at the Center. Christina will teach class participants what balance means, how to prevent a fall, and how to properly handle a fall if one occurs. She also will discuss the many benefits of physical therapy, as well as how the process of starting physical therapy works.

Class will meet outside in our parking lot, weather permitting. Registration and masks are required.

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THESE TWO EASY RIDER BIKING CLUB MEMBERS, Corey Hammond and Laurent Roy, are continuing the tradition of the group started by the recently deceased Dr. Richard Giustra. And they're doing it while channeling their love of vintage bikes taught by group member Eddie Cardali who passed last year. The group has grown in size and will meet at a new time of Tuesdays at 12:30 to venture on their rides! Contact the Center for more information if you like to go on casual bike rides and are looking for friends with whom to do it.

Books A La Carte

Our latest book recommendations:

NONFICTION

North by Shakespeare by Michael Blanding. For hundreds of years, controversy has dogged the works of William Shakespeare. Did he write them? If not, who did? Many writers have written about other possible authors of his works. In this book, Blanding writes about the researcher Dennis McCarthy, who examined the works of Sir Thomas North, a member of Queen Elizabeth's court, McCarthy attempts to explain how Shakespeare, the son of a glove maker, could have had detailed knowledge of places he had never seen. McCarthy thinks that Shakespeare borrowed many ideas from North's work. Could Shakespeare have done the same thing with the writings of other authors?

A Walk in the Woods by Bill Bryson. Some books should be read more than once. This is one of them. Many people have read this humorous account of two men walking the Appalachian Trail. Others have seen the movie loosely based on the book. The book is much better. When first reading this well-written book, it is easy to become engrossed in the humor and overlook the wealth of detail about the history of the trail and the vivid descriptions of the areas through which the trail winds through and over.

HISTORICAL FICTION/ MYSTERY

The Mystery of Mrs. Christie by Marie Benedict. In 1926, Agatha Christie went missing for 10 days. On the 11th day, she reappeared, claiming amnesia. She had discovered that her husband had been having an affair. How could Christie, a famous, well-known author, have stayed hidden? In this book of historical fiction, Benedict researched records, police reports, and newspaper accounts to fill in much detail of the event. Benedict also provides

significant information about Christie's life prior to the disappearance.

MYSTERIES

The Old Fox Deceiv'd by Martha Grimes. This is one of the early books in the Inspector Richard Jury series, written before Grimes got too involved with a cast of characters living in a small town, ala Louise Penny. In this work, Jury is sent to a small town on the Yorkshire coast in England during winter. A woman wearing a costume is brutally murdered. Who was she? Was she an imposter? Was she supposed to be in that costume? The book is well written, fast moving, and rich in characters, dialogue, and setting. Jury has to deal with a variety of suspects, the local police, and the weather.

Duplicate Keys by Jane Smiley. Smiley, a Pulitzer Prize winner, is probably best known as the author of Moo. In this mystery, she tells the story of six friends who move to New York City to work in the music industry. As time went on, success was limited but they remained friends — or so it seemed. One day, two of the six are found murdered in an apartment. All six had keys to the flat, as did various other friends and even some strangers. Smiley uses sharp writing to describe the interactions of all the characters.

The Lost Adventures of Sherlock Holmes by Ken Greenwald. In the 1940s, radio broadcasts of Sherlock Holmes stories were aired. The scripts, based on Conan Doyle's works, were written by Dennis Green and the famous mystery writer Anthony Boucher. The adventures in this book, written by Greenwald, were based on the scripts, which were discovered after being lost for some years. In the stories, Greenwald speculates on such questions as: How did Holmes and Moriarty become enemies? and Why did Holmes buy a bee farm? These stories are not only for fans of Holmes, but for all mystery lovers.

Comments: news@peopleplusmaine.org

Music in April 2021 Thank You! to all of our sponsors and community partners for making this year's Music in April better than we could have ever hoped for! You've helped us bridge the gap and we couldn't do it without you! See you next year! Fortissimo Sponsor COASTAL LANDING Crescendo Sponsors MID COAST-PARKVIEW HEALTH Bangor Savings Bank Forte Sponsors Bill Dodge Auto Group Edward Jones Investments Goodwin Motor Group Norway Savings Bank Off Their Rockers Priority Real Estate Group Rusty Lantern Markets Spectrum Generations Avita of Brunswick & Sunnysbrook Bar Harbor Bank and Trust Bath Savings Institution Brackett Funeral Home CHANS Home Health & Hospice Kennebec Savings Bank Maine State Music Theatre Mechanics Savings Mid Coast Senior Health Center Riley Insurance Agency Rousseau Management The Highlands The Times Record Thornton Oaks Mezzo Sponsors JHR Development, LLC Primerica



IT'S BEEN FUN HAVING BARBARA QUINN HELPING OUT at the Center. She is working with both Betsy and Sarah to provide coverage for their jobs when they need summer vacations. And she is so talented that Jill has pulled her into helping out with the auction as well! It feels like she's been on the staff at the Center for ages! Thanks Barbara for helping out anywhere you're needed and for being such a lovely "back-up" addition to the team!

Do you get our weekly email? Programming Coordinator, Jill Ellis, sends a weekly email with all the events happening the following week at People Plus. It's the quickest way to get updated news about the Center! The email also includes a weekly wrap-up article written by Stacy our Executive Director, a Teen Center update from Jordan and of course, Frank's weekly Two-Cents article. If you aren't getting it, just email programming@people-plusmaine.org or leave a message at 729-0757 and Jill can add your email address to the list! People Plus will be closed Monday, January 18 for the Martin Luther King Holiday

Gone but not forgotten – in Memory of Priscilla Ouelette Dec. 24, 1928 – March 1, 2021 Constance Parsons Oct. 21, 1933 – April 4, 2021 Dr. Richard Giustra June 1, 1940 – April 14, 2021 Jaqueline Minott Sept. 4, 1926 – March 3, 2021 Ann Barry Nov. 7, 1937 – April 7, 2021 Rosalind Wright Harris Oct. 11, 1923 – April 15, 2021 Nellie Coulter Oct. 29, 1934 – March 12, 2021 Carol Bisson April 5, 1946 – April 10, 2021 Carol Jack Nov. 26, 1939 – April 24, 2021

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# May is all about the Teens at People Plus!

## Help 'Feed the Teens!' this year!

### Jim Howard offers \$5K match

Local real estate developer Jim Howard has issued a \$5,000 "match" challenge to help "Feed the Teens!" at the Brunswick Area Teen Center program at People Plus.

Howard, CEO of the Topsham-based Priority Real Estate Group, hopes to raise funds with his match of \$5,000. This is the 10th consecutive year that Howard has put forth a match challenge — encouraging others to join him in raising funds for the Teen Center. The campaign takes place the entire month of May.

"Jim Howard has been a great supporter of the Teen Center program for years and has come by the Center to spend time with the kids. While there, he shared some of his personal experiences as a teen and the struggles he endured and overcame," said Jordan Cardone, Teen Center Coordinator. "Jim's match helps to generate much needed funds. Thank you, Jim!"

The funds raised will go toward feeding all those hungry teenagers, a key part of their program at the Union Street facility, where snacks, drinks and a full meal (dinner) is served every day to the kids, amongst the many other services provided.

"The kids come in starving after school and begin eating fruit, yogurts

and snacks immediately. Then they want to know, 'what's for dinner?' as many of them might not eat again that night," said Stacy Frizzle-Edgerton, Executive Director of People Plus, who oversees all programming at the Center.

"The pandemic year has been incredibly hard on the area teens and we are thrilled to see our community come together to show them that they are supported. We hope that people will join the movement to keep them fed as they venture out in the world again," said Frizzle-Edgerton.

The Teen Center celebrates its 16th anniversary this summer and looks forward to seeing loads of kids at the Center. Over the years, we have seen numerous kids come and go as we tick off thousands of visits a year from our youth population. Offering a safe and free after-school and summer program, the Brunswick Area Teen Center provides not only food, but also access to technology, mentoring, games, and creative outlets.

If you would like to make a donation toward the \$5,000 challenge goal, please go online to [peopleplusmaine.org](http://peopleplusmaine.org) or send a check to PO Box 766, Brunswick, ME 04011. Thank you for your support!



## May art show looks into the eyes of our teens

We think the teens who come to the Center are pretty amazing people. Like everyone else, the pandemic has had a big impact on their lives. But they continue to "hang out" together and do the things that young people do.

As a special treat, they will be featured in our next art show in the People Plus Cafe Gallery.

Jordan Cardone, Teen Center Coordinator, explains: "We have always had a wall full of what I jokingly refer to as 'teen glamour shots' in the Teen Center. After COVID began and we have spent over a year in masks, we continued to take teen photos, mask and all, throughout the pandemic and have created a whole new photo wall."

"It is interesting to see the non-mask wall and the mask wall! Wearing masks has become the norm now and the kids are adamant as ever wanting to be included."

"After feedback, and comments and praise from various sources, we are holding a photo exhibit in the People Plus Cafe Gallery area all through the month of May. The eyes are windows into our souls, and these photos portray the souls of our youth during COVID!"

The art show is open to the public — masks required — and may be seen at the Center during normal business hours (Monday-Thursday 9 am to 4 pm, Friday 9 am to 1 pm).



# BRUNSWICK AREA TEEN CENTER SCOOP-A-THON

### Monday, May 10th through Thursday, May 13th!

## Eating gelato is good for you ... and the Teen Center

### Scoop-a-Thon is back!

Supporting a local business. Supporting our local youth. Eating gelato. It doesn't get much better than that!

Mark your calendar, it's time for the annual Gelato Fiasco Teen Center Scoop-a-Thon, and it's happening over four days — May 10, 11, 12, and 13. And yes, multiple visits are strongly encouraged.

With last year's event canceled due to COVID restrictions, plenty of work has taken place to make the 2021 version a huge success. The staff at Gelato Fiasco has even created a Teen Center flavor just for the occasion. **Brunswick Teen Center Bubblegum Gelato!** "This will be the 12th time over the past 13 years that Gelato Fiasco has held this event, supporting the Brunswick Area Teen Center program," said Jordan Cardone, Teen Center Coordinator. "They have gone above and beyond, year after year, accommodating throngs of novice scoopers, bringing in extra staff to help make sure all the people get their gelato. The noise, the smiles, the new and also familiar faces and the music (make it a lot of fun)."



Photos from Gelato Fiasco Brunswick Area Teen Center Scoop-A-Thon, 2019.

So, for four days, a portion of all gelato/sorbetto sales will benefit the Teen Center.

Having the event extended over a longer period "will help avoid too many people at once heading to Gelato, since we are still living with COVID," said People Plus Executive Director Stacy Frizzle-Edgerton. "It's plenty of time for everyone to head down there at some point. A huge thanks to the folks at Gelato Fiasco for coming up with a creative way for us to have an event this year!"

And the youth at the Teen Center are especially eager for the Scoop-a-Thon to arrive, having missed out in 2020. "Even if we bring them down (to Gelato Fiasco) five at a time — instead of 20-plus — for gelato, our members are looking forward to our 'field trip,'" said Jordan. "And since this is a four-day event, they think we might be able to go four times!"

Get your taste buds ready for all the wonderful flavors, head on down to Gelato Fiasco on Maine Street in Brunswick, and thank you for supporting the Brunswick Area Teen Center.



### Brunswick Area Teen Center

## Month of May jam-packed with teen activities

We have a lot going on in May! As you can see from our other articles in this issue, May is an extended Gelato Fiasco Scoop-a-Thon, a Teen Center photography exhibit, and raising funds for the matching grant from Jim Howard.

This year, we even have our own flavor of gelato being created, Bubblegum! For nearly two weeks now, I have not been able to get out of my head the chant "bubblegum, bubblegum in a dish, how many pieces do you wish?" A chant that as children we used to say all the time while jump roping. Does anyone else remember that?

I haven't tasted it, but rumor (from The Gelato Fiasco) has it that the Bubblegum flavor has turned out great! But, of course, there will be tons of other flavors for those of you thinking "what? Bubblegum!"

In the meantime, I am printing and framing our photos for the exhibit and really hope that people get a chance to stop by anytime in May to take a look.

As per usual these days, things change fairly rapidly and the latest change we are working with is that on April 26, Brunswick students who attended school two days a week started attending four days a week, and junior high students are being dismissed at 1:15 pm. Although we do have high school students (who are dismissed at 12:15, I believe), the majority of our members are in junior high and, prior to COVID times, during the spring many of the junior high students

### Teen Center News

Jordan Cardone



walked or rode bikes from school to the Teen Center. So now we are going to try a new schedule, opening from 1:15-5:15 pm.

Our program is still limited to no more than 12 members per afternoon, and the kids tend to spread out among the days we are open so that hasn't been an issue. We have been open for 10 months so far during COVID and our precautionary measures

have kept the program virus free! I just had to knock on my desk (wood), hoping we remain that way while more and more kids (hopefully) get vaccinated. The majority of our members are not 16 yet, so we look forward to when the next (younger) age group is eligible.

If you are reading this on May 1, there will be only six weeks of school left! Summer is right around the corner! We'll see you May 10, 11, 12 and 13 when you head to town for some gelato and, yes, you are allowed to go all four days. Actually, we strongly encourage it!

Thank you all for your continued support! Jordan and the gang




**New Hours for Spring 2021!**

**Teen Center Hours**

**Monday-Thursday**

**1:15-5:15 pm**

(summer hours may differ)





**SOAKING UP THE SUN AT THE CENTER!** Suzanne's Friday Qigong class enjoyed the warm sunshine last month while strengthening, stretching and moving their bodies in a gentle rhythmic flow. One of several classes that Suzanne teaches, Qigong is a system of coordinated body-posture and movement, breathing, and meditation used for the purposes of health, spirituality, and balance training. With roots in Chinese medicine, philosophy, and martial arts, Qigong is traditionally viewed as a practice to cultivate "life energy."

**Safety Check-In program looking for participants!**

# Are You Signed Up Yet??

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

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

For more information, call People Plus at 729-0757 or Brunswick Police non-emergency number at 725-6621. To download an application, visit [www.peopleplus-maine.org/good-morning-program](http://www.peopleplus-maine.org/good-morning-program).



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



## A Place Where You Belong

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# 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.



## When you are contemplating a move...

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

- \* Choice of two meals daily
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**THE WORLD AFFAIRS CONVERSATION CLUB** honored the loss of one of their own this month at the Center. Rosalind Harris, the mother of longtime member and former board trustee Alison Harris, moved to Brunswick after a lifetime in New York City. She always had an idea or opinion to share and having worked at the United Nations, she was exceptionally intelligent and well read. She was honored last week at the club's gathering with a beautiful bouquet of orange roses. The group gathered around her bouquet and in tribute to her they all pulled down their masks and gave a smile for the camera! "Ros" you will be missed!

## Sad to lose People Plus members

It is with heavy hearts that we all lean in and on each other during this recent time at the Center where we have lost so many of our own.

With several of our members passing in the last few weeks, we are impacted greatly and will miss them all. There are a few that we saw nearly daily at the Center and some that we only saw once in a while, yet their passing will leave gaping holes in our lives and they are missed.

Dr. Richard Giustra, 80, passed away on April 14, 2021, while Rosalind Harris, 97, died peacefully in her home in Brunswick on April 15, 2021, and Carol Jack passed on April 24, 2021.

Richard enjoyed more than 26 years as the first orthopedic surgeon to establish a practice in Brunswick. He enjoyed wrestling throughout his life, often volunteering to teach wrestling skills at the Brunswick Recreation Center and with wrestling teams at various local schools. He was an avid athlete, who enjoyed biking, racquetball, fishing, scuba diving, and the outdoors. To share his knowledge, he would give

talks about orthopedic problems during programming presentations at People Plus, and he was involved in starting the Center's Easy Riders Biking Group and the Outing Club.

In Maine, and while living at Thornton Oaks, Rosalind was a member of the Friends of Bowdoin, People Plus, the Camden Conference, and the Topsham Garden Club. Until the pandemic, she regularly attended concerts and theater in Brunswick and Portland, lectures at Bowdoin College, the annual Camden Conference on international affairs, the World Affairs Conversation Group at People Plus, as well as many activities on the Thornton Oaks campus.

Rosalind was an avid reader and addicted to solving The New York Times crossword puzzles.

Carol was seen at the Center at nearly all of the women's events and luncheons. She was a bright light and always had a quick wit and a clever word for everyone. Her dear friend Doris Nieman kept us apprised of her illness over the last eight weeks and said that her friend always lit up the room.

# Desperate for Drivers!

## Can you help a neighbor in need?

In the last year, People Plus has coordinated over thousands of 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!**



# Keeping you active.

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**Neighbors, Inc.**  
The Home Care Company

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**Horizons**  
Living & Rehab Center

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(207) 725-7495

*We take your loved ones comfort and health to heart.*

**Membership Benefits**

The following businesses offer discounts for People Plus members.

**AUTO SERVICE/SALES**  
**Autometrics**, 10% off labor  
 21 Bath Road, Brunswick, 729-0842  
**Bill Dodge Auto Group**,  
 10% off parts and service  
 262 Bath Rd., Brunswick, 800-652-6118  
 118 Pleasant St, Brunswick, 729-6653  
 www.billdodgeautogroup.com

**Lee's Tire & Service**,  
 10% off parts (excludes tires)  
 35 Gurnet Road, Brunswick, 729-4131  
 27 Monument Place, Topsham, 729-1676

**Tire Warehouse**, 20% off labor  
 Topsham Fair Mall, Topsham, 725-7020  
 www.tirewarehouse.net

**Yankee Ford**, 10% off invoice, parts & service  
 262 Bath Road, Brunswick, 725-1228

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

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

**MASSAGE/CHIROPRACTIC**  
**Augat Chiropractic**,  
 Free consultation and cursory exam  
 9 Pleasant St, Brunswick, 725-7177

**Hearts & Hands Reiki**, 10% discount on first appointment. Mon-Fri, 10-6.  
 751-5339 or mspruce@live.com

**Massage on Maine**,  
 First visit \$60, always \$10 off for seniors  
 56 Maine St, Brunswick, 504-6913  
 http://massageonmaine.com/

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

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

**HEARING AND OPTICAL**  
**Berrie's Hearing and Optical Center**,  
 10% off a complete set of eye-wear, up to \$500 off costs of hearing aids  
 86 Maine St, Brunswick, 725-5111  
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 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  
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 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)  
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\*Benefits subject to change

**Member Moment**

"Member Moment" gives people who participate in programs and activities at People Plus a chance to tell us a little bit about themselves. 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 Ed Knox**

My name is Ed Knox. I live in Brunswick, and I'm 80 years old.

My father was a minister in a church that moved its pastors often. We were in southern Michigan, upstate New York (three places in Rochester), and Indiana.

My sister and brother were used to a life that meant periodic upset; finding new schools, friends, and activities. We did family prayer, bible reading, piano playing, visiting relatives, picnics, sports in the streets, and bike riding.

We moved to Brunswick in 2001 from Reston, Virginia, and in the same month of our arrival, I joined what became known as People Plus and the writers' group. Great people, kind, understanding and supportive. Some of the essays I wrote eventually became my second book, a series of accounts of my life to this point.

After the September atrocities at the Twin Towers, I offered Sig a series of lectures on Islamic history, Mideast economics, religion, and modern politics. After establishing my credentials — Mideast studies at Harvard, CIA officer in the Mideast, author of one book on the foundation of Israel — he sponsored my talks and then invited me to join the board at People Plus.



Despite the frustrations of working on the board, i.e., finding money, planning programs, worrying about space needs, I loved the sense of community we were building under inspiring leadership. I took the lead on the transition to the current facilities, made easier by the steady support from our town government. My favorite program at the Center is the one I offer on World Affairs, now in its sixth or seventh year.

The one thing from my life I would like people to know is that my wife and I have a blended family, five children, 12 grandchildren, many nieces and nephews. I have lived in Virginia; Amman, Jordan; Abidjan, Ivory Coast; England; Cyprus, and Japan.

If you want to read more of Ed's engaging story, check out his book "Tell Me the News" on Amazon.com.

**Annual Fund \$75,000 goal within sight!**

Our goal for the People Plus annual campaign is \$75,000, and we are almost there, with just a few more dollars to go.

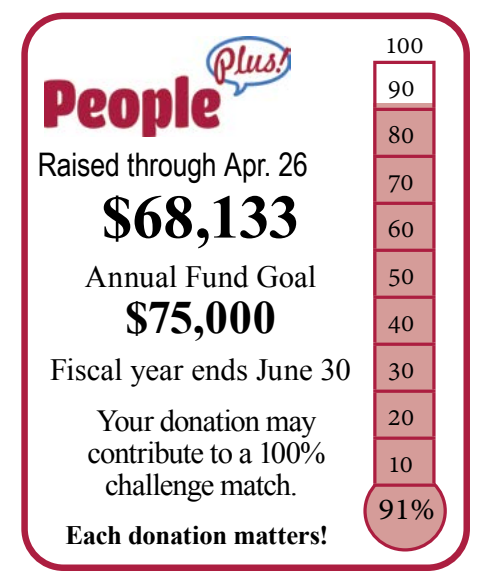
According to Office Manager Betsy White, as of April 26, the funding total was \$65,136, with an additional amount of \$2,997 in membership donations.

The annual campaign's contributions support homebound elders, the Volunteer Transportation Network, and keep 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, such as by cash, check, etc., you can also consider giving a gift of stock.

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

If you would like to support People Plus with a donation, and help push us beyond the \$75,000 mark, please call the Center at 729-0757 or visit www.peopleplusmaine.org. 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!



**"CLYNK" is solid fundraiser, one nickel at a time.**

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

Green "CLYNK" bags, pre-bar-coded with the Center's unit numbers, are always available at our information desk. You need only to fill the bag with your returnables, scan and drop it at the store when you next shop, and the Center receives credit for the accumulated deposits. Thank you for recycling, and thank you for supporting your Center.

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

Name (1) \_\_\_\_\_ Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  Female  Male  
 Email \_\_\_\_\_ Emergency Contact \_\_\_\_\_ (name) (phone) (relationship)  
 Name (2) \_\_\_\_\_ Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  Female  Male  
 Email \_\_\_\_\_ Emergency Contact \_\_\_\_\_ (name) (phone) (relationship)

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

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

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

OFFICE USE:  Accounting  Data  Membership Card Sent

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

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

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Central Maine Area Agency on Aging  
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**Monthly Update**  
 May 2021

**MAY | ARTHRITIS**  
 AWARENESS MONTH

Arthritis is one of the most widespread health conditions in the United States and affects about one in four adults overall. That's over 54 million men and women. Arthritis limitations can include difficulties with moving and performing daily tasks, as well as social and work limitations – so what can you do?

- Use ice and heat**  
 Hot and cold may be opposites, but both can provide arthritis pain relief. Applying cold will reduce swelling and numb the area, while heat loosens up muscles, increasing flexibility, and circulation.
- Modify certain activities**  
 If an activity causes joint pain, change the way you do that activity. Continuing the activity despite pain can damage your joint, while skipping the activity altogether can lead to joint stiffness through lack of use – try to find balance between doing too much and too little.
- Add anti-inflammatory foods and nutrients to your diet**  
 Talk to your healthcare provider about adding more berries, fish, broccoli, avocados, green tea, bell and chili peppers, dark chocolate and tomatoes to your diet. Try to limit or avoid processed foods that promote inflammation, such as refined carbohydrates, friend foods, sugary beverages, processed meats and trans fats.
- Enroll in an evidence-based program**  
 Evidence based programs (EBP's) offer proven ways to promote health and prevent disease among adults. They are based on research and provide documented health benefits, so you can be confident they work. Older adults who participate in EBP's can improve long-term effects of chronic diseases – like pain from arthritis!

**Communities of Strength**  
 OLDER AMERICANS MONTH  
 #OlderAmericansMonth

In tough times, communities find strength in people—and people find strength in their communities. In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is Communities of Strength, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

- Here are some ways to share and connect:
- Look for joy in the everyday:** Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.
  - Reach out to neighbors:** Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a homecooked meal.
  - Build new skills:** Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.
  - Share your story:** There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

**Upcoming Programs**

**Better Health NOW with Pain**

This free, evidence based program is ideal for those who are experiencing a pain condition like arthritis. Some of the topics in this program include pacing and planning, medication management, the Moving Easy Program, and many others.

*"While the tips, activities and information is all highly important, I most appreciated the sense of camaraderie I felt. Meeting weekly with the same small group of people, being led by the same folks made me feel like part of a group whose members all had similar ideas in joining the program."*  
 — Healthy Living for ME class member, March 2021

- Workshop Dates**
- Thursdays, May 6 – June 10 11:00 a.m. – 12:00 p.m.
  - Wednesdays, May 19 – June 23 4:30 p.m. – 5:30 p.m.
  - Thursdays, May 20 – June 24 1:00 p.m. – 2:00 p.m.

Participants must pre-register to receive their toolkit materials and will work with a certified leader via telephone. FMI or to register, call Jen at (207) 620-1642 or email jpaquet@spectrumgenerations.org

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

*Proud to partner with People Plus*

**19TH ANNUAL GOLF FORE A CAUSE**  
 June 25, 2021  
 TEE TIME - 1:00 p.m.  
 \$125 PER GOLFER  
 \$500 TEAM (FOURSOME)  
 REGISTER NOW!

For more information on registering or becoming an event sponsor, email sbrown@spectrumgenerations.org



### Tax prep goes without a hitch

Doing their best to make up for an entire year with no tax preparation, the AARP faithful volunteers were at the Center both Tuesdays and Thursdays for the last two months!

Preparing more than 300 tax returns and answering many questions, the volunteers felt it went as smoothly this year as it possibly could have and they look forward to serving more clients at the Center next year. When asked what they liked best about the new set-up of having clients wait in their cars, the tax preparers responded that they really liked having the back room to themselves and the ability to bounce off tax questions with each other in the privacy of not having taxpayers present. They also like getting out and about into the parking lot in the sunshine to interact

with the clients.

Sonia and the rest of the gang would like to send out a big thank you to People Plus for being so accommodating and to Sarah in particular for answering all of the phone calls and setting up appointments!

And we would like to give a big thank you to the AARP volunteers who include Michael Bernier, Wells Johnson, Sally Hammond, Irene Martin, Dan Strauss, Lois-Jean Berry, Karen Madsen, and Sonia St. Pierre. Their cheerful willingness to adjust to new protocols and procedures is commendable. We all enjoyed this year's experience and appreciated how everyone was so grateful and understanding! Can't wait to see you all back next year!



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

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

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

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

## 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. Catherine Jarratt.

### Q. The community where you live?

A. I have lived in Brunswick since 1974.

### Q. Professional occupation?

A. I worked in our sporting goods store, The Good Sports, from 1974 until 1986. After we sold it, I taught school at Williams-Cone and then Woodside before teaching grade 7 math at Brunswick Junior High.

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

A. This is my fifth year on the People Plus board. I serve on the Teen Center Committee and the Program 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 Quincy, Illinois. I was 13 years old when the 13th child was born in our family. There were 10 boys and three girls, and non-stop activity at all times! Although, sadly, we have lost three brothers, we gather together for family reunions every two years and love being together.

I met Rob in 1968 while we were both working for Hallmark Cards in Kansas City and we married after three months. Rob always says, "and then we got to know each other." We spent a year living there before moving to Philadelphia for Rob's new job. I taught elementary school in both places and then Rob's job transferred him to Tehran, Iran, where we lived for four years. I taught at the Iran-American School for a year before



our two children, Braxton and Kendra, were born. Those were very exciting years.

We moved to Brunswick because Rob wanted to open his own sporting goods store, The Good Sports. Rob had gone to Bowdoin, so we were familiar with the town, plus his parents were living on Chebeague Island, which was a draw. Once we settled here, we thought we had hit the jackpot! Brunswick is the perfect community to raise a family.

I worked in the business until we sold it, and then taught locally for 20 years, both in Topsham at Williams-Cone and then at Woodside School before moving to Brunswick Junior High as a math teacher.

Retirement has given me more time to spend with family and friends. Tennis, golf, gardening, and kayaking are things I enjoy, as well as reading (I love my book club), and Rob and I travel whenever we can. Both of us are involved with the Bowdoin Student Host Program and enjoy hosting students.

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

A. I enjoy serving on the board because People Plus is such a valuable resource for so many in our community. The organization offers fitness, educational, and social opportunities for our members. The array of interesting and stimulating activities is impressive.

It is an active board and with Stacy at the helm and the magnificent dedicated staff, things run efficiently. It is truly an honor to be part of that.

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## Keeping busy, cars, and the loss of a special PP member

I'm certainly glad I'm retired, because I seem busier than a one-armed paper hanger, as the saying goes. Along with my duties as People Plus newspaper editor, I'm still working at the bike shop in Farmingdale, publishing my cycling blog (pedal2page.com), cleaning up our numerous flower beds around the house, and even helping out my wife at the Hallowell Food Pantry, if the need arises.

I did have a little excitement a few weeks ago, when I took delivery of a brand-new car. It's amazing how today's vehicles come equipped: lane assist and blindspot detection gizmos, heated seats, cameras for this and that, and so much more. I'll probably be discovering the seemingly endless functions it performs for several

years down the road. About the only thing this car doesn't do, I swear, is wash up the breakfast dishes.

It's a far cry from the car of my youth, the one I used for learning to drive and, subsequently, giving me the kind of freedom you only dream about prior to turning 16 years old and obtaining your license.

It was a 1964 Ford Fairlane. It started out as my mom's main mode of transportation, but she didn't get much use of it when her oldest son began borrowing the keys. Trips to the store, ferrying the younger siblings to various places; sure, mom, I can do all that — and more.

And I kept that little "hot rod" — with its three-on-the-tree, which was mounted

on the steering column — spotless. I even souped it up, sort of. A neighborhood friend's dad worked at the local Chevrolet dealership, where I spied some shiny mag wheels just lying around. I paid him \$15 for the pair, and we threw them on the rear tires. Boy, didn't that Fairlane look cool now!

I also remember cutting out a piece of shag carpet to place in the area near the back window, along with other minor style touches. I would drive it to the local drag strip to show off my pride and joy. One time, at the ticket gate, the dude commented on how nice the car looked, and he wondered if I was going to race that night. I said no, reluctantly adding, that while the turquoise-colored beast may have looked great on the outside, its engine under the hood definitely lacked any kind of power.

But it was still fun to drive. Looking it up on Google, the sticker price for a 1964 Ford Fairlane was around \$2,400. I could have purchased quite a few with what I paid for my recent acquisition. Oh, well!

That being said, most of my cruising these days is actually done by way of the bicycle. In fact, I've gone just over 2,000 miles already this year; way more than I've got on my new vehicle.

And speaking of bikes, I was sad to learn of the passing of special People Plus

### Simply put



Patrick Gabrion

member Richard Giustra. He was one of the first members I got to know at the Center when I joined his bike gang — the Easy Riders — for an outing to Simpsons Point in Brunswick.

He was so kind and welcoming right from the very first moment. Before commencing the ride, and learning that Richard had been an orthopedic surgeon, he said not to worry if I took a spill on my bike ... he could patch me up. He went out of his way to make sure everyone had a safe and enjoyable time.

Unfortunately, I didn't get the opportunity to go for another pedal with Richard. But every time I ran into him at People Plus, he always said hello as we shared some time together. For that, I am grateful.

Anyway, I've spent enough time writing this month's column. I've got to get back to being retired — and very busy.

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**New and renewing members for April**

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William Labbe

**Orr's Island**  
William Cotter •

**Topsham**  
Shirley Anderson •  
Dallas Bessey •  
Patricia Caple •  
Barbara Combs • •  
Judy Hardin •  
Heidi Hartz • •  
Jerry Hartz • •  
Dale Hinckley • •  
Joseph Hinckley • •  
Marsha Mogk •  
Wayne Mogk •  
Lisa Nickerson •  
Ursula Weaver •  
Sarah Withington •

**West Bath**  
Laurent Roy •

**Bath**  
Phyllis Wolfe •

**Brunswick**  
Mary Biette  
Robert Biette  
Joanna Bradley •  
(Lifetime member)  
Anne Brautigan  
Jordan Cardone  
Sheila Cohen •  
John Cooke  
Paul D'Alessandro •  
Sarah Deck •  
Jane Donelon  
Jill Ellis  
Lynn Ellis  
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