



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

NEW FACES AT THE CENTER

Quinn joins staff at Center



We'd like to take this opportunity to welcome Barbara Quinn (pictured below), a new staff member at People Plus.

Quinn, who recently filled in at the reception desk while Sarah Deck was on vacation, will be job sharing with Betsy White, our office manager for the last 22 years. Betsy scaled back to part-time during COVID and has decided she likes it. And who can blame her?

So Barbara has come on board as the Office Administrator and will work with Betsy on bookkeeping, payroll, mailings, and correspondence regarding donations, along with supporting Lynne Smith with the Volunteer Transportation Network program and collaborating with Jill Ellis on events like the Senior Health Expo and Music in April. She is also a Notary and will offer notary services free to members.

She officially started on June 7 and jumped right in with organizing our document retention program. She identified and cleared out 22 boxes of information that could be shredded. The basement is way more empty now and ready for spring cleaning!

Quinn, 54, lives in Harpswell and is a native Mainer, having grown up in Old Orchard Beach. Prior to coming to People Plus, she worked at Maine State Music Theatre for 15 years, the last 10 as development director.

In her spare time, Quinn enjoys gardening, spending time with her children and grandson, and partaking in activities on the water.

When asked about working at People Plus, Quinn said, "It's been wonderful. Everyone is so kind, and I love interacting with the members."

Once again, welcome aboard at the Center!

Notary Service Now at People Plus!

New People Plus staff member Barbara Quinn is a Notary. Notary services available during People Plus business hours. Free for members. She performs marriages too! Call to make an appointment.

Center welcomes Ashlynn Autrey

You may notice a new face hanging around the Center this summer. Her name is Ashlynn Autrey and she will be supporting our senior members at People Plus, along with volunteering her assistance at the Teen Center.

Ashlynn, 21, will be a senior this fall at Bowdoin College and she is majoring in biology. She is a native of Los Angeles County in California.

Ashlynn learned about the services offered at People Plus through Housing Resources for Youth, where our Executive Director Stacy Frizzle-Edgerton serves on the board as vice chair. Officially, Ashlynn is referred to as a Bowdoin College Maine Community Fellow

while carrying out her duties at the Center.

"I've wanted some experience working with community nonprofits," said Ashlynn. "Offering my services at People Plus, helping seniors and teens, gives me that opportunity."

On Mondays and Wednesdays, Ashlynn will offer Apple technology support sessions for free to members. She also will help with Meals on Wheels, summer Center events, and the community meal program. She will dive into the world of grant writing and will work at the Teen Center.

Please say "hello" to Ashlynn if you get the chance.



And a familiar face, too!



ELIZABETH "BETSY" WHITE, AS SHE'S KNOWN and loved by all People Plus members, will celebrate her 22nd anniversary with the organization this summer! We cannot imagine what the last 22 years would've been like without Betsy around.



Registration now open for 2021 Senior Health Expo!

See page 4 for details.

FYI! Curtain's Up!

Thursday, July 22, 1 pm. Join the Fellowship Singers from the Maine State Music Theatre as they serenade you with tight harmony numbers from the '30s, '40s, '50s and '60s. Come for our Lunch Bunch at 12:30 and stay for the "show"! Can't make lunch? You can still come at 1 pm for the singers. Call to register.



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
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Slow and steady wins the race ... at the Center and in life

They say that slow and steady wins the race, and while I am not always great at reining myself in, I'm trying to approach both my personal and work life with this motto.

So over the weekend I completed a triathlon. It was what they call a sprint race, so it's the shortest triathlon available but it still takes a lot of training. And I managed to finish it and not pass out, so this was a huge accomplishment! Especially because I hadn't done one in three years!

I started doing triathlons in 2004 after I had my daughter Violet. And I've tried to do one a year nearly every year since then. Unfortunately, the pandemic knocked out any opportunity for athletic events last summer, so it was wonderful to get back to normal this year.



EXECUTIVE DIRECTOR STACY FRIZZLE-EDGERTON has been participating in triathlons since 2004. Due to COVID, she hasn't done one in a couple of years. "It was difficult to pull it together and felt like a real accomplishment," said Frizzle-Edgerton. "I always forget how much I love these races, YET I'm so glad when they are over!"

As I was swimming, biking and running, amazed with a group of people who help each other and are incredibly supportive, I couldn't help but reflect upon the similarities between triathlons and running the People Plus Center.

First off, there are lots of moving parts for triathlons. There are three different events that have three different types of equipment and three very different training regimens. And, of course, People Plus offers a multitude of different things for all interest levels and all people.

And you really have to train for a long time, utilizing a slow and steady pace to get in shape for a triathlon. At People Plus, we have been working for nearly 45 years to create this amazing community center that serves seniors and teens on the Midcoast.

It takes dedication and overcoming fatigue and burnout to accomplish training in three categories of exertion. And at the Center we all deal with burnout as well. There's fundraising, membership, pandemics and events that can make it frustrating to serve our community.

The crossing of the finish line is amazing. You round the last corner and you see the crowd. You hear the cheering and you run under the arch bearing the giant word "FINISH". They call out your name and where are you from and the endorphins are released like crazy. It's an amazing

From the Executive Director

Stacy Frizzle-Edgerton



feeling to know you have accomplished some thing you've worked for months toward achieving.

And it's just like that here at the Center. You come in the morning and there's 20 people playing a card game and they all look up at you with smiling, happy faces and greet you on your way by. Or you serve lunch outside to 50 folks who are there simply because they enjoy each other's company and they wave for a photograph or cheer for a raffle winner and you know that the work we're doing here at the Center is really valuable and the result of 45 years of slow and steady dedication to serving seniors and youth who need us.

So despite the hard work and long hours and the challenges, our day-to-day work here at the Center is incredibly rewarding. And we know that staying slow and steady will help us stay the course for another 45 years to come! Thanks for all of you who volunteer at the Center or are members or those who join us as community partners to create one of the most vibrant community centers in New England.

Raised through June 21st

\$67,823
Senior Center Fund

\$54,697
Teen Center Fund

Each donation helps!

Annual funding drives are hugely successful!

We just wanted to let you know we blew the lid off of our goal of \$65,000 for the Senior Center annual funding campaign! The total, as of June 21, reached an astounding \$67,823, which includes membership donations of \$3,597. Futhermore, the Teen Center annual fund came in at \$54,697. Thank you so much to everyone who donated to the funding campaigns. The services provided at People Plus would not be possible without your generous support.

The many benefits of maple syrup

I have watched a lot of webinars in the past few years. They offer information on what's new in a dietitian's world.

Last week, the subject was the science

behind pure maple syrup. I knew that it offered more nutrition benefits than regular sugar, but I did not know that it contains a "cocktail" of polyphenols. Polyphenols are compounds that are found in certain plant foods that contain anti-oxidants and may provide significant health benefits.

Sixty-seven have been identified in syrup, and many for the very first time. Interestingly, some of those were not identified in the sap but after the syrup was made. So in the production of the syrup these compounds were made.

In addition to the polyphenols, maple syrup contains manganese, riboflavin, potassium, calcium, thiamin, and copper. Many studies are currently underway, so stay tuned. Use a

From Anita's Plate

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little bit here and there to add more nutrition to what you are eating.

- Try:
- Adding to your morning coffee
 - Drizzling it on vegetables
 - Make your baked beans with it
 - Whisk it in salad dressing

Which one are you thinking about trying?

Sheet Pan with Salmon, Brussel sprouts and maple syrup

Ingredients

- 10 ounces Brussels sprouts, shredded
- 2 t. Dijon mustard, divided
- 2 Tb. pure maple syrup, divided
- 2 Tb. olive oil, divided
- 8 ounces salmon filet
- Pepper to taste

Instructions

1. Preheat oven to 400 degrees. Dump Brussels sprouts onto a lined cookie sheet.
2. Toss in 1 Tb. of the maple syrup, 1 Tb. Dijon mustard, and 1 Tb. olive oil.
3. Move to sides of the cookie sheets.
4. Place two 4 oz. salmon filets on cookie sheet, brush remaining syrup, mustard, and oil on top of fish.
5. Place in oven, cook for 14-15 minutes. Remove when done, fish should be tender and flaky.



Peter W. Ladner, President, circa 1980

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Poems and Prose

My Favorite Place

By Sally Hartikka

My favorite place to be by myself
Lay behind my house, close at hand.
All I'd do was climb under the fence
And be in my secret wonderland.
The field was filled with violets;
Thousands of them each spring.
They were big, and they were fragrant
And just there for the taking.
I'd sit in the middle of this lavender heaven
And breathe deeply of its scent
As I'd pick a large bouquet
To take home to my parents.
It was like being in a fairy garden,
And my imagination could run wild
As I inhaled the delicate fragrance.
I surely was a flower child!
Sadly the field of violets is gone ...
I noted while visiting last year.
It remains solely in my memory,
This place I always held so dear.

Sunday Afternoon Rides

By Nonie Moody

When I was growing up, we didn't take vacations. With the farm animals to attend and chores, it was impossible to get away. One of the things we did do that would break up the spring and summertime was to get into the car on a Sunday afternoon and go for a ride.

In Michigan, we would take the less-traveled dirt roads and see if we could get lost. It was fun and Mom would drive sometimes and Dad would drive other times. The roads would get narrow with twists and turns, especially following a river. Other times, the area had less population and we wouldn't see a house within a mile.

Once we had quite a thunderstorm that passed over our farm and when finished Mom said, "We going for a ride?" Dad drove this time and the three kids went along. We would come to an area the storm had covered the road with a big puddle and Dad told my 10-year-old brother to get out and wade through it to see if it was OK for the car. My brother was adventurous and we enjoyed watching him walk through the puddle with water up to his knees. And yes, Dad drove the car through slowly.

Now that summer is here and perhaps not much extra money in the bank, a Sunday summer ride in the country is just what the doctor might order. This could be: a change of scenery, a ride to a small town you have never explored looking at the architecture of the homes, a ride down one of the finger peninsulas, taking along a lawn chair to watch the waves, a Sunday ride around a lake or a mountain.

One thing we didn't have back then were cellphones. I think I'll leave mine at home for my Sunday afternoon rides.

Falling Water

By Doris Weinberg

In my younger days, family vacations were planned, many months in advance.

As soon as we returned from one, planning the next began, leaving nothing to chance.

Our trips were by car and we would usually head north, to somewhere in New York state. Studying the map, we would plan our route, to something special that would await.

An historic spot or scenic beauty was usually our first choice. But for me, it was a waterfall, and I would raise my voice.

There is an awesome feeling, hearing water falling off a cliff. And I would watch, so entranced, that even my neck got stiff.

A few were spotted on the map, and others we would just find. My dad would always turn at a sign, and finding one would "blow my mind!"

I would stand there in awe, just watching this beautiful scene. The smell of the forest and water swishing down, it was almost like being in a dream.

With camera in hand, beautiful pictures were taken, to be put in the vacation scrapbook. Whenever I wanted to be back there, all it took was a look.

I don't know why this entranced me so much, just Mother Nature at her best. Finding something more beautiful, I think you would be hard-pressed.

Wonders of the World — People

By Betty Bavor

Beginning with Adam and Eve to the babies being born around the world today, I think people should be considered wonders. Each person's body is similarly designed for movement, intelligence, creativity, knowledge and efficiency, though each of us is unique in abilities, interests, and appearance. There will never be another person like you which make each one a "wonder."

The Greeks chose number 7 for the ancient list of wonders because it represents perfection and plenty, and because it was the number of the five planets anciently known, plus the sun and moon.* The ancient world wonders were monuments of human achievement using manual labor and crude tools. Egypt's Great Pyramid is the only existing structure.* The classic Great Wonders of the World — Great Wall of China, Petra in Jordan, Machu Picchu in Peru, Taj Mahal in India, Christ the Redeemer in Brazil, Colosseum, in Italy. Stonehenge in England all created by people. Hundreds of wonders are now

listed throughout the world.

Wikipedia, a technology wonder I might say, has a list of 100 Wonders of the World compiled from antiquity to the present day. Included are natural wonders, man-made structures, original listings and new discoveries. "60 Minutes" on TV on its May 9th program reported progress on Mars with helicopter capabilities providing incredible new information. A second presentation was the discovery of an underwater city off Italy's shores which is well preserved and was a place of pleasure for the rich and famous of the time. These events in space and oceans are all possible due to people, so in my heart and mind, we are all Wonders of the World.

In the unprecedented past year, everyone navigated crises in a changing world as we continue to hope for total relief. So many new challenging experiences have created personal wonders every day. I repeat, "People are all Wonders of the World — God Bless Everyone."

*Wikipedia

The Rains Come

By Sally Hartikka

The rains come
They refresh the parched earth
A drink of life
A chance for rebirth.
The grass turns green
And new plants appear
It's time for renewal;
It's the spring of the year.
There's new hope
And we set out with vigor
To overcome obstacles
With renewed verve and rigor.

Remembering Elizabeth Bates

Elizabeth and her husband moved to Maine from Massachusetts in the early 1970s after their three children had left for lives of their own. Before that, she was able to go back for her BA degree in the tempestuous 1960s through the Harvard University Extension Program, where she fell in love with words.

Elizabeth had some writings published, but life got busy. She was a travel agent, but left that to open a small B&B in her home, which she loved doing.

Elizabeth only went back to writing when she joined the Writers On Writers group at People Plus. She also liked to paint on canvas. She was a valued member of Write On Writers since 2014. Elizabeth also loved doing our Lunch Out gatherings at People Plus, especially when we took side trips to parks or rides to see fall leaves. Elizabeth was a delightful friend and loved her cat who snuggled with her.

We will not only miss her poetry readings, but also her cheerful smile.

Song of the Damariscotta

Ice breaks like an unwanted gift over the rocks on the shore, while stacks of lobster traps spell out their long winter lessons: a slow geometry of lines and half-curves indifferent to weather. The river lies sleeping.

Breathless, we watch as the gray immense, immobile skin is cut by the surgical hand of a passing shrimp boat trailing a net of gulls in the air. Now the wake leaps to break her sleep, like a rough dream welling over.

She turns on her bed of rockweed and kelp and sings crows, where green at the edge spruce and fir root down...cries golden-eyes into her mirror, combing with barnacle shells her green curls of waves, and pins sunlight into her hair.

Write on Writers
Wednesdays at 1 pm

Traditions

By Doris Weinberg

If you grew up in a close-knit family, I am sure you can think back to many things that became "traditions." My family was one of these and since there was little money to spare, my memories are full of so many things we all enjoyed together.

Before we had a TV, Sunday nights were "radio time" and we always gathered around. I remember sitting on the floor and laughing through Jack Benny and Fibber Magee. This was a tradition carried on for many years.

I can also see the five of us gathered around the dining room table playing "Pick up Stix" or working on a puzzle. Since this was before electronics and even television, these activities contributed to our traditions.

One other favorite memory comes to mind. My Dad, at least one night a week, would go out to the nearest store for the last edition of the paper that had the stock market closings. Since we did not have a freezer, we would give him a special "pleading" look when he left.

And then we would anxiously wait to see if he came home with a little brown bag holding ice cream. A small thing, but something my two sisters and I would traditionally do.

Traditions are activities that are carried on from year to year. And family ones are the best. So always remember and treasure those moments that occurred early in your life.

Zoom

By Sally Hartikka

We gather together to figure out Zoom,
Each from his or her very own room.
Why is my picture not showing on screen?
Am I not there? Am I not seen?
Help everyone, are you able to hear me?
I thought I clicked Zoom ... So how can that be?
Wait, I believe that now I have got it.
Let me straighten things out just a bit.

Oops, I think I've lost you again,
Although you still come in now and then.
OK, I think I get it now,
Though something's still not right somehow.

I only see one other person this time.
Where are my other partners in crime?
You say I have to click gallery ...
Where on earth on the screen would that be?
Now I see you all, and that's fine.
My, it's so nice to all be online.
What, you say our time is now done?
But I just got on; we've just begun!



B Ten — Bingo!

By Doris Weinberg

The regular Thursday bingo was ready to start, when a small commotion began. Someone was in the wrong seat, and delaying the regular game plan.

A pillow was involved.
Who had it first?
It really did not matter,
but brought out everyone's worst.

The game couldn't start because of this ruckus. And more people were joining in. "That's always my seat!" someone yelled, just adding to the chagrin.

These were not children playing this game, but grown-up ladies and men. But to listen to this noisy behavior, they acted like seven or ten.

The noise grew loud, and the director come in. "Whatever is happening here? If it keeps up like this, no one will ever win!"

There always is one player who can't be pleased, and spoils it for the rest. Just take a card, a pillow and seat, and then play your very best!

Bingo is supposed to be some fun and allow you to join your peers. When someone is lucky and wins a game, everyone should clap and cheer!

July is Jumping at People Plus!!



Fiber Arts Club is Back!

Mondays 10 am. Bring your projects including knitting, sewing, quilting, spinning, felting, needlepoint, cross stitch and rug hooking (and other crafts as well) and enjoy friendly conversation while you work! Free, for members only.



WE LOVE OUR NONAGENARIANS! Two big member birthdays celebrated last month were George Hermans, left, who just rang in his 94th and Jeanne Mayo, right, who celebrated her 90th! She is taking it all in stride, "I can't wait to see what I can do and learn over the next decade! I feel so blessed to be here," said Mayo.

Lunch Bunch for July

We're throwing a pizza party!

Thursday, July 22, 12:30 pm.

Join us for a summer pizza party at our monthly Lunch Bunch on Thursday, July 22, beginning at 12:30 (please note that it is the fourth Thursday and at a different time for this month). Lunch will include pizza from Rusty Lantern Market, along with a fresh, lightly-dressed green garden salad and drinks. Our dessert this month will be fun Hoodsies ice cream cups. This delicious meal will be enjoyed outside with good friends.

While you are enjoying the meal and good company, you'll be entertained by the Fellowship Singers from the Maine State Music Theatre, as they serenade you with songs from the '30s, '40s, '50s and '60s to kick off their 2021 season.

Our monthly meals are sponsored by our friends at Spectrum Generations, and are planned to focus on nutrition, variety and helpful information. Our buffet-styled meal is served beginning at 12:30 and is for members only. Donations are appreciated. Registration is required — call now to reserve your seat!

While you are enjoying the meal and

Register for activities @729-0757

Apple Device Tech Tutoring - NEW

Mondays & Wednesdays all summer, 8:45 - 12 noon. Register for a 45-minute session with Bowdoin College Maine Community Fellow Ashlynn Autrey. Bring your Apple device (iPhone, iPad, Mac Book) and she will answer your questions.



Good Eats – Good Friends!

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

Women's Breakfast

Thu, July 8, 8:30 am. Enjoy breakfast while socializing with the ladies. Members only, registration required.

Men's "Tailgate Coffee"

Thu, July 8, 1:30 pm. Enjoy coffee and a treat while socializing with the gents. Members only, registration required.

CENTER CLUBS - MEMBERS ONLY

To connect with People Plus clubs, please contact the Center at 729-0757

Apple Club

Tue, July 20, 1:30 pm Have questions about your Apple device (iphone, ipad)? Find answers at this monthly club. Registration required.

Fiber Arts Club

Mondays, 10 am. Bring your current project and enjoy friendly conversation while you work.

Easy Riders Biking Club

Tuesdays, 12:30 pm. Meet at the Center for a bike ride each week.

Outing Club - new time!

Wednesdays, 9:30 am. Meet for a hike each week at a local or offsite location.

Write on Writers - back in person!

Wednesdays, 1 pm. Meet to share stories and writings.

World Affairs

Fridays, 11 am. Meet to discuss topics of the week. Space is limited. Registration required.

Cafe en Francais

4th Tuesday, 3 pm. French language club meets in person to chat in French.

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.

Exercise at the Center

Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, Gentle Barre and Zumba. Registration required, payment via punch card (\$5/class members, \$10/non-members). See class schedule on www.peopleplusmaine.org.

Art with Connie Bailey Openings in Tuesday class!

Tuesdays and Thursdays, 9:30 - 11:30 am. Please bring #2 pencil and sketch pad. Class size is limited. Registration required, payment via punch card (\$5/class members, \$10/non-members).



Registration is open for Senior Health Expo 2021!

Please mark your calendar for one of the People Plus Center's top events, the Senior Health Expo 2021! It is scheduled for Thursday, Oct. 7, from 9 am to 1 pm, and this year's gathering will be held in-person.

The highly successful and well-attended Health Expo will take place at the Brunswick Recreation Center, located 220 Neptune Drive (on the former Brunswick Naval Air Station). Table and sponsor registration is now open.

Please note these key dates: "Be on the bag" sponsor deadline is Aug. 27, 2021, and table registration deadline is Sept. 3, 2021.

The Senior Health Expo will showcase products and services in the following categories:

- Medical Services
- Fitness and Health
- Technology
- Housing/Respite Care
- Community Services
- Legal
- Financial/Banking
- Food/Nutrition

There will be free swag bags and admission and all services/demonstrations are completely free! Stay tuned for more info... Visit peopleplusmaine.org for more information on the event, including table registration and sponsorship opportunities.



ANNUAL MEMBER PICNIC & 45th ANNIVERSARY PARTY

at Thomas Point Beach

Lunch, cake, games...
Music by Off Their Rockers

SAVE THE DATE: Sept 9th

Calling all "gamers!"

Play Bridge, Cribbage and Mah-Jongg at the Center several days a week. Members only. FMI check online calendar at www.peopleplusmaine.org.

\$10 Hair Cuts

Fridays, 9-12 pm. Appointments with Margarita Day (no drop-ins). \$10 donation benefits People Plus. Open to the public! Registration and masks required.



THE CRIBBAGE CREW IS HAPPY to be counting for the crib again at the People Plus Center! Come join the fun every Wednesday at 8:45 am.

Medicare 101 – Back in person!

Tue, July 13, 12:30 pm. Choosing a Medicare drug and/or health plan can be difficult and confusing. In this Medicare 101 class, Spectrum Generations will provide information regarding Medicare, Medicare drug coverage, Medicare Advantage plans, Medicare supplements and tips on how you can save money and avoid penalties. It is recommended that you attend a Medicare 101 class at least six months before turning 65. Held the second Tuesday of every month at People Plus, it is open to the public and free (\$15 suggested donation is appreciated). Registration is required. Call 729-0757.



Mon	Tue	Wed	Thu	Fri	
Programming Notes: • Haircuts resume July 9. • Additional Chair Yoga class added – Fridays, 11:45 am • Write On Writers now meets in person at 1 pm.		People Plus Hours Monday-Thursday: 8:30 am to 4 pm Friday: 8:30 am to 1 pm Call 729-0757 to register.		1 9:00 Table Tennis 9:30 Beg/Int Bridge 9:30 Art with Connie Bailey 11:00 Yoga	2 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:30 Qigong 11:00 World Affairs 11:45 Chair Yoga
5 Independence Day Observed CENTER CLOSED Have a safe and happy holiday!	6 9:00 Chair Yoga 9:30 Beg/Int Bridge 9:30 Art with Connie Bailey 10:30 Table Tennis 11:00 Yoga 12:30pm Easy Riders Club 3:00pm Spanish Club: Zoom	7 8:45 Cribbage 8:45 Apple Tech Tutor 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Outing Club 10:00 Meals on Wheels 10:30 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers	8 8:30 Women's Breakfast 9:00 Table Tennis 9:30 Beg/Int Bridge 9:30 Art with Connie Bailey 11:00 Yoga 1:30pm Men's Coffee Break	9 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:30 Qigong 11:00 World Affairs 11:45 Chair Yoga	
12 8:45 Apple Tech Tutor 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:15 Zumba 12:00pm Bridge 1:00pm Table Tennis	13 9:00 Chair Yoga 9:30 Beg/Int Bridge 9:30 Art with Connie Bailey 10:30 Table Tennis 11:00 Yoga 11:30 LUNCH OUT 12:30pm Easy Riders Club 12:30pm Medicare 101 3:00pm German Club: Zoom	14 8:45 Cribbage 8:45 Apple Tech Tutor 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Outing Club 10:00 Meals on Wheels 10:30 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers	15 9:00 Table Tennis 9:30 Beg/Int Bridge 9:30 Art with Connie Bailey 11:00 Yoga	16 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:30 Qigong 11:00 World Affairs 11:45 Chair Yoga	
19 8:45 Apple Tech Tutor 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:15 Zumba 12:00pm Bridge 1:00pm Table Tennis 7:00pm SAGE Dance	20 9:00 Chair Yoga 9:30 Beg/Int Bridge 9:30 Art with Connie Bailey 10:30 Table Tennis 11:00 Yoga 12:30pm Easy Riders Club 1:30pm Apple Club	21 8:45 Cribbage 8:45 Apple Tech Tutor 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Outing Club 10:00 Meals on Wheels 10:30 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers	22 9:00 Table Tennis 9:30 Beg/Int Bridge 9:30 Art with Connie Bailey 11:00 Yoga 12:30pm Lunch Bunch 1:00pm FYI! Curtain's Up!	23 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:30 Qigong 11:00 World Affairs 11:45 Chair Yoga	
26 8:45 Apple Tech Tutor 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:15 Zumba 12:00pm Bridge 1:00pm Table Tennis	27 9:00 Chair Yoga 9:30 Beg/Int Bridge 9:30 Art with Connie Bailey 10:30 Table Tennis 11:00 Yoga 12:30pm Easy Riders Club 3:00pm French Club	28 8:45 Cribbage 8:45 Apple Tech Tutor 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Outing Club 10:00 Meals on Wheels 10:30 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 6:30pm Brunswick Coin/Stamp	29 9:00 Table Tennis 9:30 Beg/Int Bridge 9:30 Art with Connie Bailey 11:00 Yoga	30 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:30 Qigong 11:00 World Affairs 11:45 Chair Yoga	

Have a Safe and Happy 4th of July Holiday Weekend!

Bowdoin International Music Festival

MIRÓ QUARTET
PERFORMING JULY 26



JUNE 29 – AUGUST 6
Events livestreaming online from Studzinski Hall | Free

[**bowdoinfestival.org**](http://bowdoinfestival.org)

Get Curious!



Be Curious, Open a New Door!

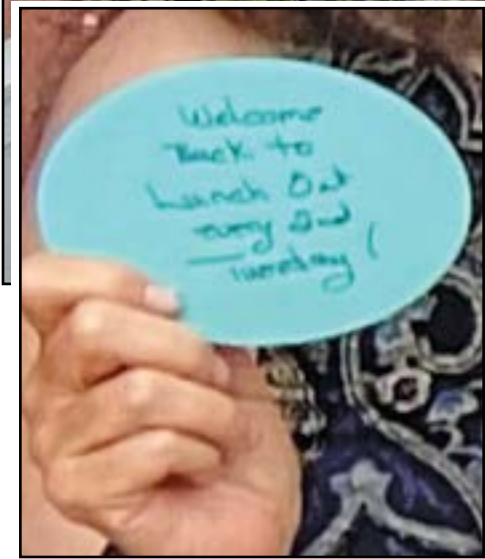
Curiosity, wonder, spontaneous delight or any experience that bursts open the human spirit brings meaning to one moment, one day, one life. At The McLellan we are "Constantly Curious!" What can we do next, what have you always wanted to do, what can we explore, what beautiful thing awaits us if we just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

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



The McLellan
Live better.

Come for a tour, leave with an idea!



COULD THEY LOOK HAPPIER TO BE TOGETHER? It's probably not possible — especially after having lunch at Pepper's Landing. This gang of People Plus members thoroughly enjoyed their first Lunch Out after the pandemic. Join them on the second Tuesday of every month for a new outing!

Gladys Szabo, the leader for Lunch Out, created a little favor for every attendee to remind them when they meet every month!

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.



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

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Clinics also located in Yarmouth & Kennebunk!

Expert care when you need it.

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


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 22 Station Avenue,
 Brunswick
(207) 406-7500

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

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-  **ONLINE CHECK-IN**
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-  **LOWER COST THAN EMERGENCY DEPARTMENT**
-  **EMERGENCY-TRAINED SPECIALISTS**
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 WWW.MIDCOASTHEALTH.COM/WALKIN

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“Come and get it!”

Center meal program expands

The People Plus community meal program ramped up during COVID so we could provide food for our seniors who were staying safely at home. It’s been so popular that we don’t plan to scale it back at all, even though folks are re-emerging from the pandemic.

Sarah Deck, our office coordinator, has been partnering with the Mid Coast Hunger Prevention Program and currently picks up food at their location twice a week. These large, 25-pound hotel pans of food are packed into smaller take-home size containers and seniors pick them up at the Center several days a week, often taking a meal for themselves and one or two to give to their neighbors.

Sarah is currently packing nearly 100 meals per week to send home with members at the Center!

“This is just another way to help combat food insecurity, and making sure our members and others have food to eat,” said Sarah. “We want to thank Mid Coast Hunger for their support.”

Please check out the latest offerings. They change weekly. And it’s all free!



PARTNERING WITH MID COAST HUNGER PREVENTION PROGRAM (MCHPP) is nothing new to People Plus, however, our office coordinator Sarah Deck has taken the food contributions to a new level and turned it into more than 100 meals a week for seniors who stop by our Center. Everyone can grab at least a meal a week, if not two! Plus we encourage all members to take a meal to their neighbor. So please stop by and grab one next time you’re at the Center. We have fresh meals five days a week! Packaged and ready to go. Thanks to MCHPP Food Bank Coordinator, Eden Martin, for helping Sarah and our summer Bowdoin College fellow Ashlynn Autrey to collect the meals.

“Still here for you!”

Chicks Do Chores

(AND SOMETIMES CHUCK)

So you don't have to!

WE'LL TACKLE YOUR TO-DO LIST!

- ★ ATTICS - BASEMENTS - DECKS - FENCES - GARAGES - GARDENS - OFFICES - YARDS ETC.
- ★ CLEAN - CLEAR-OUT - FILE - DUMPTRUNKS - LABEL - MOW - MULCH - PAINT - RAKE - SPLIT / STACK WOOD - TRIM - WEED etc.
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www.chicksdochores.com

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.peopleplusmaine.org/good-morning-program.



GOOD MORNING PROGRAM Volunteer Jack Rhode listens to messages at the Brunswick Police Department.



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‘Rah! Rah! Rah!’ for our raffle contests!



One of the more successful ideas to help keep members engaged during the pandemic — and also as an added source of revenue — has been the monthly raffles at People Plus. Participation was high, and we are hoping to bring them back in the fall after a break over the summer.

All of the Center’s raffle proceeds go to support our members, whether it be through the Volunteer Transportation Network or other important services.

We thought it would be fun to take a look at the awesome prizes that were distributed over the past year. Here’s our raffle wrap-up:

—L.L. Bean Paddle Board Raffle, which included two personal flotation devices. Winner: Robert Kerr.

—August Raffle: Bicycle. Winner: Tim Keene, who donated it back to the Center, and eventually won by Dana Bateman.

—September Raffle: Tuscan-inspired dinner for six at Mossy Ledge Farm. Winner: George Hermans.

—“Rocktober” Raffle: Three-piece Outdoor Yacht Club Rocking Chair Set, Frank Connors’ book, and “Off Their Rockers” music CD. Winner: Faye Plummer.

—November Raffle: Homemade Thanksgiving dinner with all the fixings. Two winners: Merrilyn Tombrinck and Russ Kinne.

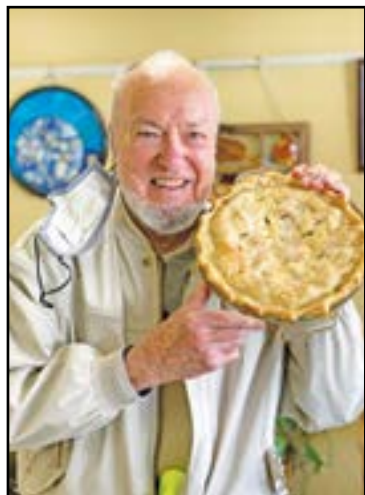
—December Raffle: Toro Snow Blower. Winner: William Gorham.

—January Raffle: Snowshoe Package for two. Winner: Sarah Chingos.

—February Raffle: Fire Pit Package, including fire pit, blankets, thermal mugs, toaster forks, and fixings for s’mores. Winner: Jon and Amy Spelke.

—Music in April Raffle: Pair of wooden kayaks, built and donated by Margo and David Knight. Winner: Carl Carlson.

Thank you to everyone who purchased tickets, thus supporting what we do here at People Plus. We raised a grand total of over \$22,000! If you have any suggestions or ideas for items to be offered in future raffles, please let us know.



Gone but not forgotten – in Memory of

Clifton Olds

Jan. 1, 1935 — April 8, 2021

Paul D’Alessandro

Sept. 30, 1952 — May 26, 2021

Judy Montgomery

Dec. 10, 1952 — May 26, 2021

Elizabeth Bates

Feb. 27, 1926 — May 27, 2021



Happy smiling faces!

Whether it's for afternoon coffee and donuts, to build a puzzle, to play Mah-Jongg, take a hike, go out for lunch, try your hand at cribbage, ping-pong or an art class, we are happy to see you back at the Center! We have lots of members participating in events, classes and programs all week. Come and join the fun!



Get Active Southern Midcoast

Funded by



MID COAST HOSPITAL
Our Community. Our Health.

Welcome to the Southern Midcoast Get Active Summer Challenge

Visit www.GetActiveSouthernMidcoast.org for local ideas!

Get Active Southern Midcoast is your resource for free and low cost activity ideas.

Trail and park access may be limited. Please check before each visit.

ADDITIONAL ACTIVITIES, MAPS, AND INFORMATION
www.GetActiveSouthernMidcoast.org

M	O	V	E	!
Visit a river or pond	Use a trail in Bath	Take a walk in your neighborhood	Use a trail in Georgetown	Use a trail in Harpswell
Use a trail in Brunswick	Try a mountain bike trail	Find 3 shells on a beach	Bike or roll on the Androscoggin Bike Path	Use a Land Trust trail
Ride your bike on a trail in Topsham	Take your dog (or a friend!) for a walk on a trail	Make up a healthy activity	Hike to the top of a mountain	Play in the ocean
Take a walk on a beach	Ride your bike on a trail in Bath	Use a trail in Phippsburg	Go for a canoe/kayak ride	While out, spot three different birds
Use a new Land Trust trail	Visit a new-to-you trail, beach, or park	Play a lawn game	Take a walk in the woods	Use a trail in Topsham

HOW TO PLAY THE GET ACTIVE BINGO CHALLENGE:

- Fill a row or the entire card, substitute an activity if needed.
- When you complete an activity X it off and write the date.
- Once row or card is complete, add your name and address and mail to:
Access Health
66 Baribeau Dr, Suite 7
Brunswick, ME 04011



TRAIL LOCATIONS

- Butler Head Preserve
- Lilly Pond Community Forest
- Sewall Woods Preserve
- Thorne Head Preserve
- Whiskeag Trail
- Androscoggin River Bicycle Path
- Bay Bridge Landing Wetland Park
- Brunswick Landing Perimeter Trail
- Chase Reserve
- Coffin Pond Recreation Area
- Coffin's Ice Pond
- Cox Pinnacle
- Crystal Spring Farm
- Greater Commons & Town Commons
- Kate Furbish West Preserve
- Lishness Field
- Maquoit Bay Conservation Land
- Neptune Woods
- Skolfield Preserve
- Woodward Cove
- Woodward Point Preserve
- Higgins Mountain Preserve
- Morse Pond Preserve
- Weber Kelly Preserve
- Cliff Trail
- Curtis Farm Preserve
- Devil's Back Trail Area
- Giant's Stairs Trail and McIntosh Lot Preserve
- Hackett and Minot Trails
- Houghton Graves Park
- Johnson Field Preserve and Mackerel Cove Town Lot
- Little Ponds Preserve
- Long Reach Preserve
- Mitchell Field
- Otter Brook Preserve
- Pott's Point Preserve
- Skolfield Shores
- Preserve
- Stover's Point Preserve
- Widgeon Cove Trail
- Wilson's Cove Trail
- Bijhouwer Preserve
- Bill Jayne Trail at Small Point Preserve
- Cooley Preserve at Center Pond
- Denny Reed Trail
- Gamble Preserve at West Point
- Greenleaf Preserve
- Mary's Woods
- McDonald Marsh Preserve
- Mica Mine Trail
- Morse Mountain Trail
- Noble Hill Preserve
- Ridgewell Preserve and Town Forest
- Spirit Pond Preserve and McDonald Sanctuary
- Sprague Pond Loop Trail
- Totman Cove Preserve
- Wilbur Preserve at Cox's Head
- Bradley Pond Farm
- Bridge to Bridge Trail
- Cathance River Nature Preserve
- Cathance River Trail at Head of Tide Park
- Foreside Recreation
- Mt. Ararat High School Trails
- Recreation Fields Trails
- River Landing Trail
- Tarbox Preserve
- Topsham Public Library Eagle Path
- Topsham Trail
- Green Point Preserve
- Bonyun Preserve
- Carl & Barbara Segerstrom Preserve at Squam Creek
- Merrymeeting Fields Preserve



WE ARE REALLY LUCKY WE HAVE KIDS THAT SPEND SIX OR SEVEN YEARS WITH US at the Brunswick Area Teen Center program. But it's always bittersweet to see them graduate and leave us. So in honor of this year's graduating Class of 2021, who have struggled so much with the COVID-19 pandemic, we have only the best of well wishes and encouragement to send their way. They've been great kids and we've watched them grow since they joined our program in sixth grade. We've mentored and guided them through years of awkwardness, maturity, social understanding, fashion phases, hair dyes, true loves and much more. And the Teen Center will always be here for these kids and others just like them coming along the path seeking shelter and safety to grow into the people they will be when they graduate from high school. Congratulations!



Brunswick Area Teen Center

We're really looking forward to July!

I'm excited about July! I have so many positive thoughts about things to come. At the Teen Center, we are going to have "Lunch Out Wednesdays" like last year, which we loved doing and members of the UU Church have already sponsored two of our Lunch Outs! Thank you! We are planning a cookout, corn hole game afternoon, and a kite day as well.

I feel like July will be a month of celebration (for surviving the school year) and relaxation (things are getting so much better masking and distancing wise). Kids will come in wearing flip-flops and eat and visit, and head off to go fishing or swimming.

There will be kids doing summer school, as this year was too hard for some! We are trying to come up with lots of ways to stay off computers this summer, as the kids have had a full school year of extensive computer time! Hopefully, July will be a month of lazy days. I think of ice cream and fireworks and sunshine and suntan lotion and bug spray and rain and gardens.

I am not sure what Fourth of July gatherings will be like, but I do believe that there will be fireworks this month! We were able to keep our Teen Center photo show up for May and June and now it is going to head over to Curtis Memorial

Teen Center News

Jordan Cardone



Library! If you didn't have a chance to check it out at People Plus, you can head over this month to the library!

Kim and I have been working on the teen space, taking down some of the curtains that covered all the items we weren't able to use during COVID and organizing all our art items, something that did get a lot of use these past months. Slowly, we will be able to re-create some semblance of our pre-COVID set-up!

On Monday, June 28 we changed to summer hours and will be open 1 to 4 pm, Monday-Thursday. After many months inside and as more kids get vaccinated, we are starting to see some new faces at the Teen Center. It's hard to tell who and what this summer will bring to the program, but we'll let you know!

Enjoy the start to summer, it always goes by too quickly!
Jordan and the gang!

Grant awards gratefully received by Center

People Plus provides countless services to hundreds of its members, along with supporting others in the surrounding communities it serves. Recognizing this, there are several organizations who have come forward with funding grants to help us do what we do best.

Here is a review of what the Center has recently received:

— The Christian Outreach Committee of First Parish Church in Brunswick voted to award the Brunswick Area Teen Center \$1,000. "Thank you for your continued work to provide a safe and vibrant place for the teens of Brunswick to gather," Mercie Normand, of the Christian Outreach Committee, wrote in a notification letter.

— The United Way of Mid Coast Maine's board of directors awarded \$6,200 to the Brunswick Area Teen Center, \$8,400 for Community Outreach, and \$5,000 for the Volunteer Transportation Network. Upon

hearing the news, People Plus Board Chair David Forkey said, "Awesome! Great work everyone — thank you for all you do."

— The Brunswick Town Council, through recommendations of the Nathaniel Davis Fund Committee, voted to award \$5,000 to the People Plus Center and \$1,250 to the Brunswick Area Teen Center. The Nathaniel Davis Fund derives its income from a bequest made to the town of Brunswick by Samuel Gross Davis in memory of his father, Nathaniel Davis.

Weekly Winners ♠♥♦♣

Senior Intermediate Cribbage

May 26	Anne Bouchard, 709 Joe Tonely, 688 George Tetu, 683
June 2 (rank)	Jen Haskins (1) Jim Cherry (2) Anne Bouchard & Joe Tonely (3)
June 9	Anne Bouchard, 726 (perfect score) George Hardin, 701 Lorraine LaRoche, 694
June 16	Rick Fortin, 721 Jen Haskins, 718 George Tetu, 698

Jim Howard match continues to climb

Donations for Jim Howard's Teen Center "Feed the Teens" match campaign now total \$21,385. The total includes \$5,000 from Bill Dodge, \$5,000 from Jim Howard, \$1,000 from Bangor Savings, and \$5,000 from R.E. Management, Inc.



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
Donations may be sent to:



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

Looking for Amazing Mainers!



Hello People Plus members! My name is LC Van Savage and I have a weekly radio show called "Amazing Mainers!" and that's what I'm looking for ... amazing Mainers to go on my radio show with me, to talk about your great Maine-connected stories.

Are you an amazing Mainer? You don't have to have been born here to be on my show — just connected to our beautiful state in any way.

You can hear my shows on Spotify, and they are also available on stations WJTO, WLAM, WYAR and WMPG, amongst others.

So, if you have a great story ... if you are living a uniquely different life ... if you would like to do a radio show, please get a hold of me. I am mostly interested in people's histories, their "back stories," how they got to where they are today and how much they've loved the journey.

All I need from you to get started is an email address and your phone number. I look forward to chatting with you. We'll have fun, I guarantee it!

www.lcvansavage.com, lcvs@comcast.net



WE LOVE OUR PEOPLE PLUS BOARD MEMBERS! And these two are right up there in our affections! Jim Burbine, left, has been a volunteer driver since he retired from his career job in Boston and moved to Maine. He immediately started looking for ways to give back in the community and we were super happy he chose us and our members who need transportation. He's been a lovely driver and volunteer for years and now he has joined our board. And he is willing to come onto the executive committee as secretary! Jim is seen here with former secretary and vice chair of the board Charlie Evans. As of July 1, 2021, Evans officially serves as full chairman of the board at the People Plus Center.



IF GETTING A LITTLE STRONGER, A LITTLE MORE STABLE, A LITTLE LESS UNSURE ON YOUR FEET AND A LOT MORE HEALTHY are on your agenda, then the Loosen Up! class offered at the People Plus Center on Monday, Wednesday and Friday at 9 am should be just your thing! Join either Bea on Mondays or Suzanne on Wednesdays & Fridays and after one or two classes you'll be hooked!

Books A La Carte

ATTENTION READERS!

If you have enjoyed a book of any genre which you could recommend to others, please send the title, author, and a brief summary of the book's content to news@peopleplusmaine.org. Thanks.

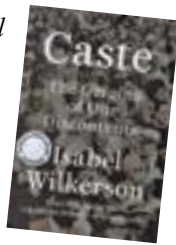
MYSTERY

The Killing Tide by Jean-Luc Bannalec. Another in the series set in Brittany on the French coast, featuring Commissaire Dupin. Dupin investigates crime on an isolated island off the coast, encountering deep-sea divers, dolphin researchers, and smugglers. Great scenic descriptions, good dialog, and fine character studies.



Caste: The Origins of Our Discontent

by Isobel Wilkerson (the author of the Warmth of Other Suns). It is a discussion of racism in America, with emphasis on the unspoken caste system which has shaped America and shows how our lives today are still defined by a hierarchy of human divisions.

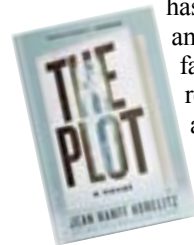


Just Mercy by Bryan Stevenson. Topics include the justice system in the U.S., the death penalty, and the incarceration of women and children. Stevenson is a lawyer, law professor, and the founder and executive director of the Equal Justice Initiative.



FICTION

The Plot by Jean Hanff Koretz. A successful novelist has a problem following up on his first book. He ends up as a teacher in a college literary program at a less than famous school. He learns that a former student who had a great plot for a novel has died. He steals the plot and goes on to be rich and famous again, until — he receives an email which accuses him of being a thief. He investigates the student and uncovers much about him. How did the student come up with the plot? Read and enjoy.



NONFICTION

The Last American Aristocrat by David S. Brown. The brilliant and improbable education of Henry Adams (1838-1918). Adams was the great-grandson of John Adams and the grandson of John Quincy Adams.



He wrote the classic autobiography The Education of Henry Adams. This book is very well written and is rich in historical data.

Comments: news@peopleplusmaine.org



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(207) 725-9444



29 Maurice Dr, Brunswick
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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
- Darling's Ford**, 10% off invoice, parts/ service
262 Bath Road, Brunswick, 725-1228
- 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

BEAUTY/HAIR SALON

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

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- Wilbur's of Maine**, 10% off, anytime
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- 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

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153 Park Row, Brunswick, 725-5952
www.paulinesbloomers.com

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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
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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 Betty Leonard

My name was Elizabeth Jane Hanks, though I'm now called Betty Leonard. I was born in an old Victorian house that stood on the corner of Union and Cumberland streets and was then called the Brunswick Hospital. That was the year — 1941 — the Japanese bombed Pearl Harbor and the U.S. declared war.

During the war years, like most of our neighbors, my family of six had a "Victory Garden" and all of Brunswick went on a war footing. I still have a ration book my mother used to purchase milk, meat, sugar, and oleomargarine. Do you remember those white lard packs with the iodine-colored dot that we would knead into a semblance of butter? By visiting the Pejepscot History Center on Park Row, you'll appreciate the commitment to the war effort made by Brunswick's citizens.

After the war, growing up on Pleasant Street in Brunswick was wonderful because I could easily walk or ride my bike everywhere in town. Our Maine Street was lined with small family-owned businesses and I was free to explore it all the way from the Androscoggin River to Bowdoin College.

After completing elementary school, I arrived at the old Brunswick Jr./Sr. High School on Spring Street. Our principal, Mario Tonan, was a respected educator who started the Brunswick Area Student Aid Fund to help finance our future educations. This scholarship fund has grown exponentially over the years and my graduating Class of 1959 supports it by regularly contributing to it.

After graduating, I enrolled at St. Joseph's College on Sebago Lake. There, I studied history, became an officer in a

national student organization, participated in the debate team and became more active politically.

I graduated with a degree in English and history, and immediately answered President Kennedy's call to service by volunteering for the Peace Corps. We trained for three months at Georgetown University in preparation for two-year assignments as ESL teachers in Turkey. That summer, in August of 1963, many of my fellow trainees and I participated in the "March On Washington" with Martin Luther King and other civil rights leaders.

Despite the rigorous training program at Georgetown, life in Turkey was, for a person from a small town in Maine, akin to being dropped onto another planet. In Turkey, I taught huge classes six days a week in public secondary schools in the towns of Artvin and Afyon. The Turks were excited to have native speakers of English as teachers and welcomed us with an enthusiasm that was heartwarming. Now, like most other returned Peace Corps volunteers, I recognize that this was the most impactful experience of my life.

Upon returning home from the Peace Corps, I married, became the mother of four, and taught ESL at Central Falls High School in Rhode Island. There, I chaired the Language Department, and coached a nationally ranked chess team.

During those years, I earned a master's degree in applied linguistics and was a three-time Fulbright grantee to Hungary and Turkey. In 2008, I retired from full-time teaching in Rhode Island and moved back here, to my hometown, where I have a large extended family and old friends and classmates.

Living and traveling to interesting places, often well off the usual tourist haunts, all over planet Earth, is my idea



BETTY LEONARD IS A LONGTIME, LOVELY AND ENGAGED MEMBER who participates in many diverse activities at the Center. She likes her ping-pong, meals and parties, and the World Affairs discussion group. She has family all over Brunswick and you just never know who you might run into who is related to Betty Leonard. We all love her and her happy smiling face at the Center!

of being completely alive. Since I escaped an earthquake in Osh, Uzbekistan, survived the tsunami in Thailand in 2005, hiked the land and sea walls of Istanbul and met so many interesting people, I need to utilize my membership at People Plus to keep body and mind fit for more adventures! Now I've come full circle, returning to my hometown elementary school building and to a life membership at People Plus.

"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 more than \$700

just from CLYNK returnables! Thank you for recycling, and thank you for supporting your Center. Let's keep it going!



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				

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www.spectrumgenerations.org

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

Monthly Update

July 2021

In observance of Independence Day, Spectrum Generations will be closed on Monday, July 5.



Meals on Wheels More than just a meal

Our Meals on Wheels volunteers help deliver nutritious meals, safety checks and friendship to homebound older adults in central and midcoast Maine.

Here's what our consumers had to say about our volunteers at Spectrum Generations' Midcoast Regional Center:

Barbara stopped by to deliver meals and the consumer was experiencing low blood sugar. She assisted the consumer to a chair and asked if she could give her some of the orange juice she was delivering. The woman was so thankful. Barbara left her when the woman said she was feeling better. Barbara asked her if she would mind if she called her later. The woman agreed and said she was feeling much better and thanked Barbara.

Nancy and Sandy arrived at a consumer's very warm 2nd floor apartment with meals. His air conditioner was sitting on the floor waiting for someone to put it in the window. Nancy and Sandy installed it for him and he was delighted.

Eric knew that the step to a consumer's home was not sturdy so on his return visit the following week he brought supplies and fixed the step for him.

Thank you to our volunteers who go the extra mile!

Volunteer with us!

Give back the community



If you want to give back to your community and brighten someone's day, then volunteering with Spectrum Generations is for you! Our volunteers are a group of special people who span all ages and all backgrounds and who volunteer their time to help others and find personal fulfillment.

Volunteer opportunities are listed below:

Medicare 101

We provide three days of comprehensive training to volunteers to become advocates for Medicare beneficiaries, their families, and caregivers. The mission is to prevent, detect, and report health care fraud, errors and abuse through outreach, counseling, and education.

Money Minders Program

We are in search of innovative volunteers who enjoy numbers. Our Money Minders Program helps those who may no longer be able to balance a checkbook, read their bills well, and/or fill out a check in full.

If you are interested in learning more about the programs, or to get involved and help those in your community, please contact Brooke at 1.800.639.1553.



Building Better Caregivers Free Workshop

Building Better Caregivers
Mondays, 1:00-3:30 p.m.
July 26 – August 30

*"I have really benefited from the class. It has made me much more aware and hopeful."
~ Class participant*

The Building Better Caregivers Program was designed for caregivers of all types to better understand and navigate the changes their care partners are experiencing. This program helps caregivers who are assisting loved ones through memory loss or dementia, as well as those providing care to individuals with Traumatic Brain Injury (TBI) or Post Traumatic Stress Disorder (PTSD).

Participants of the workshop will learn how to identify and manage care partners' behaviors and triggers. Additional topics include managing caregiver stress, making decisions, planning for the future, communicating effectively with family, friends, and health professionals, legal issues related to caregiving, hiring help, and much more.

This workshop is **free** and open to the public but **registration is required**. Call us at 1-800-620-6036 or email info@healthylivingforme.org for more information or to register.

Upcoming Events!



Cohen Community Center
22 Town Farm Rd
Hallowell

Monday, September 20, 2021
Foodies delight! Plan to join us as chefs battle to win your tastebuds and votes! Festivities begin at 5:00 p.m.

To purchase tickets, learn about sponsorship opportunities or donate an auction item, contact Sarah Brown at (207) 620-1677 or sbrown@spectrumgenerations.org



September 23, 2021

Spectrum Generations' Lincoln County Regional Center, in partnership with Inn Along the Way, is hosting **The Aging in Place Forum** on **September 23, 2021 at the Inn Along the Way** (741 Main Street) in Damariscotta.

This year's forum will focus on, **The Speedbumps of Aging: How Do We Welcome the Transitions of Life**, and will address the difficulties we encounter during the various transitions of aging and how to cope with the change of life. There will be no fee for attendees.

If you are interested in being an event sponsor, or have questions, call Cindy at 620-1185 or by email at csullivan@spectrumgenerations.org.

If you are unable to participate as a sponsor we encourage you to attend the forum for an engaging and informative day.



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



Clay Wheel Thrown. Patricia Fuchs



Pastel, Tide Pool. Marijke Damrell



Photograph, The Cribstone Bridge. Howard Search



Watercolor, Bouy 9. Linda Prybylo

Sebascodegan artists exhibiting in Harpswell

What you may have heard is true, the Sebascodegan Artists' Group has voted "yes" to opening for our yearly gallery exhibit at Centennial Hall for the second time. We will open for 15 successive days, from Saturday, Aug. 14 to Saturday, Aug. 28. Our daily hours are from 11 am to 5 pm. We are moving right along in preparing for you, and so many others, to come and experience our creativeness as we excitedly exhibit in this 2021 season.

We want you to know that we are taking every precaution to make Centennial Hall a safe place for all who come to visit and view our art. We are presently interviewing cleaning companies that will clean and sanitize the interior, and we also have a committee working to seek state and local guidelines for your and our safety.

At its inception 30 years ago, the Sebascodegan Artists' Group exhibited at the white steepled church, high above Card Cove on Route 24 in Harpswell until 2018. Surprisingly in 2019, circumstances

changed that prompted a decision to move to a new site. We found Centennial Hall, a historical building on a lovely garden site, just across the street from the Harpswell Historical Museum. Our first showing turned out to be very successful and we ended the season looking ahead to a longer season in 2020, only to have it nullified by the pandemic. Thus we are celebrating 30 years of existence, but are going into our 29th year of exhibiting.

Presently, our membership includes 13 artists, each unique in artistic talent and diverse in use of mediums. The exhibit will include both two- and three-dimensional art, each piece expressing unique artistic compositions that will hopefully add to your inner artful spirit. We hope to bring pleasure to your day or days and, "yes, of course, you can come more than once!"

We hope these samples of our art give you a taste for what awaits you at our newest showing.



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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. Kelsie West

Q. The community where you live?

A. I live in the Brunswick community.

Q. Professional occupation?

A. I'm a financial adviser with Edward Jones and have my office along the Androscoggin River in Topsham.

Q. How many years on the People Plus board and positions you have served in?

A. I have been on the People Plus board for nearly six years and have enjoyed being on the Finance 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. Some things that I have fun with in my spare time are: spending time with family, gardening, photography, taking care of my chickens and yellow lab, Cody, going for hikes up north, snowshoeing, kayaking, and paddle boarding.

I grew up in Bowdoin, Maine, and love this area and all the beauty that surrounds us.

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

A. People Plus is a special place. So many folks in the local towns are impacted in positive and real ways from the work that happens at the Center. Over the years, the organization has adapted and grown to meet the needs of the communities it serves, and it is exciting and important to be part of that.

One of the reasons I love being part of People Plus is for the stories. A neighbor who can get a ride to the doctor, someone who is happier for being able to join a class and meet friends, another who can have help with taxes, students who can get a meal and assistance with school-work, people who now have a home away from home.



As time goes by, it is exciting to see the good work People Plus does and what is next on the horizon.

What Executive Director Stacy Frizzle-Edgerton has to say about Kelsie: "If someone had to describe their perfect financial adviser, don't you think they might use words like calm, leader, solid, practical, dedicated, and rational? And Kelsie West has proven herself to be all of these things and more when it comes to helping the People Plus Center understand their financial situation, make smart decisions about investments or future savings and growth and being an all-around really helpful and intelligent wiz. She is amazing and has spent the last six years dedicating the bulk of her volunteer free time to our People Plus Center. I often turn to her when I need a really stoic and solid piece of advice. She never fails to deliver rational and practical information in a really accessible way and we love her for that. I just need someone to tell it to me straight."

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My 50th class reunion ... it hardly seems possible

Having read some of my previous columns, many of you know about my fond memories of growing up in Ithaca, Michigan, a farming community located near the geographical center of the state's Lower Peninsula. The place is so small — with a population of nearly 2,800 — it doesn't even possess a stoplight.

Well, I'm currently in the process of planning a September trip to my hometown. Visiting family and friends are part of the agenda, but the main reason for going is to attend my 50th high school reunion. All I can say is ... Wow!

While I did show up for the 45th-year gathering, having not gone to any of the

previous ones, this one seems pretty special. I'm looking forward to chatting with my former classmates. It should be fun.

I believe there were 131 students in the Class of 1971 at Ithaca Public High School. One neat detail is the fact that most of us were all together for the full 13 years of schooling; now that's a bonding experience on so many levels, through sports, band, lunches in the cafeteria, the various clubs and groups, etc.

Graduation went by like a flash. Thinking back, I was probably eager to move on to my next adventure, which was bidding farewell to all that was familiar and

enrolling at Lake Superior State College in Sault Ste. Marie, Michigan. I remember our class colors were pink and purple — don't ask me why, but they were my idea — the class flower was the carnation, the class song was "We've Only Just Begun" by the Carpenters, and the class motto was "the past is now but memories, the future has just begun." Undoubtedly, we were not alone that year in selecting similar themes.

I can recall countless happenings during our last year at Ithaca High, but there's one that still brings a chuckle every time I think about it — although, at the time, it might not have been funny to some. It was during our senior civics class, which consisted of studying the rights and obligations of citizens in society, and related events.

One day, before the start of instruction, the student teacher in charge took me and a girl named Vicky, a classmate, aside and asked us to do something that would "test" the other students' response to a difficult situation. He wanted one of us to fake a fainting spell.

As instructed, Vicky and I made our way to a bulletin board after the teacher left the room for a few minutes. I remember she and I were quietly trying to decide who would fall to the floor. Almost laughing, I said I couldn't do it, so she pulled off the acting scene of the century — convincing

Simply put

Patrick Gabrion



everyone present that something "bad" had happened to a fellow student.

And their reactions were perfect. Several rushed over to give assistance to Vicky, while one student blasted through the door to seek aid from the principal's office. But he didn't get very far. The student teacher, who was in the hallway during the entire episode, grabbed him by the arm and they re-entered the room. The jig was up.

Even after receiving an explanation as to the motives for the "live" exercise, many of my classmates weren't very happy with me and Vicky, and even more upset with the student teacher for concocting such a bizarre stunt. But over time, they got over it ... just another one of life's lessons, I suppose.

Anyway, if Vicky shows up for our 50th class reunion, I will certainly have to ask if she has any memories of that particular day at school. One of many that I'm sure will be shared during our special occasion coming up in September.

New and renewing members for June

Memberships received as of June 21, 2021.

* indicates new membership
• indicates donation made with membership

Arrowsic

Bob Kalish *

Bath

Henry Atkins
Marcia Jackson *

Bowdoin

Janis Parent •

Bowdoinham

Jeffrey Lauder *

Brunswick

Wanda Barlag
Caroline Bean
Sharon Belanger
Francis Bigelow
Nan Bigelow
Eleanor Brown
Stephen Carey
Sally Clifford

Richard Fortin
Rollande Fortin
Robert Galloupe
Gwenyth Gilson
Marjory Himmer
Ronald Himmer
Sally Hoople
Judith Johanson •
John Kennedy •
Nancy Kennedy •
Sue Kennedy •
Anne Kimmage
Dennis Kimmage
James Landmann
Jennifer Mason •
William Mason •
Linda Mccullough
William Mccullough
Elizabeth Newman
Bob Pinette
Sue Pinette
Lauralee Poutree
Cathy Proctor *
Priscilla Smith
Jean Turner
Janice Van Etten •
Stephen Van Etten •
Rupert White

Ruth White

Dresden

Stephen Gross

Durham

James Cherry

Harpswell

Marcia Blue
Sandra Bolotsky *
Linda May Lawler
Harry Parsons
Virginia Wright

Orr's Island

Norma Conway *

Phippsburg

Joan Vaile Smith *

Topsham

Florence Carter *
Marjorie Hart
Linda Mallard
Judith Michaud
Alice Ponziani
Ann Wilson

Do you get our weekly email?

Programming Coordinator, Jill Ellis, sends a weekly email with all the events happening the following week at People Plus. It's the quickest way to get updated news about the Center! The email also includes a weekly wrap-up article written by Stacy our Executive Director, a Teen Center update from Jordan and of course, Frank's weekly Two-Cents article.

If you aren't getting it, just email programming@peopleplusmaine.org or leave a message at 729-0757 and Jill can add your email address to the list!



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Upcoming art show at Center to feature Bailey's students

You could say our next art show being put on in the People Plus Café Gallery is of the home-grown variety. That's because it will feature the artwork of students participating in Connie Bailey's classes on Tuesdays and Thursdays here at the Center.

The works of art will consist of mixed media, and they will be on display during the months of July and August.

"It (the show) is made up of a mixed

group," Bailey said. "We have some very good artists taking classes, as well as some beginners."

"These people had various careers while working, and now this gives them the opportunity to take an art class, to have fun and enjoy drawing," continued the well-known instructor.

"Even though I have been drawing and painting my entire life, Connie's art class

introduced me to media I had never used before. It's scratch board. Slick white paper covered with ink. The technique is to scratch off ink to expose the white paper," said student Nancy Pantaz. "The colorful flower picture is watercolor pencil. You can draw with the pencils, then use water and brushed to blend and spread the color."

"Connie is open to the class using any and all media they prefer, but encourages

everyone to try new things," continued Pantaz.

Many of the collected works on display in the Café Gallery will be for sale, with a portion of the proceeds going toward People Plus. The show, which is open to the public, may be seen free of charge during normal business hours at the People Plus Center, located at 35 Union St. in Brunswick.



Scratch board etchings by Nancy Pantaz.

Caregiver workshop coming via Zoom

For many people, caregiving itself is a new role — one for which training is needed, just like any new job. Healthy Living for ME is offering a free, six-week interactive workshop for caregivers to come together, learn, and receive support from others going through similar caregiving experiences. Class will be Mondays, July 26 - August 30, 1:30 - 4 pm via Zoom.

The Building Better Caregivers Program

was designed for caregivers of all types to better understand and navigate the changes their care partners are experiencing. This program helps caregivers who are assisting loved ones through memory loss or dementia, as well as those providing care to individuals with Traumatic Brain Injury (TBI) or Post Traumatic Stress Disorder (PTSD).

Participants of the workshop will learn how to identify and manage care partners'

behaviors and triggers. Additional topics include managing caregiver stress, making decisions, planning for the future, communicating effectively with family, friends, and health professionals, legal issues related to caregiving, hiring help, and much more.

This workshop is open to the public, but registration is required. Call us at 1-800-620-6036 or email info@healthylivingforme.org for more information or to register.





Lunch out!



515 Basin Pt Rd, So. Harpswell
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