



Plus! People NEWS!

The center that builds community

People Plus
P. O. Box 766
Brunswick, ME
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Non-Profit Organization
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People Plus supports an engaged, healthy, and independent life for older adults, while joining others to build community for all ages



WE LOVE OUR LONG-STANDING TRADITION of the Maine State Music Theatre summer Fellows, “Brunswick to Broadway Bunch” serenading our members! This talented group of 10 performers hails from all over the country and we love to hear not only their singing but also their life stories and how they got into show biz. It’s our favorite performance every summer! The crowd of 54 People Plus members enjoyed pizza donated by Rusty Lantern Market and ice cream sundaes being served by Gladys Szabo (right). Judie and Judy could not be happier with their entertainment and fun lunch at the Center!



MSMT ticket offer is back!

The MSMT ticket offer is making an encore appearance at People Plus! Again this season, Maine State Music Theatre is offering the Center blocks of tickets to sell at a discounted rate.

For MEMBERS ONLY, you may purchase single tickets for \$40 — they normally sell for more than \$60 — and if you buy two or more tickets, they are only \$30 apiece. And the offer works with multiple shows.

We have tickets for several of the Concert Series right at Pickard Theater at Bowdoin College, as well as for some of the Main Stage

shows at the Westbrook Performing Arts Center.

Purchases should be made at People Plus, are not refundable, and may not be exchanged for other shows. A portion of each ticket purchased is donated to the Center by the theater. While People Plus will be closed the week of Aug. 2-6, Barbara Quinn will be at the Center on Tuesday, Aug. 3, from 9-11 am, for those wishing to buy MSMT tickets!



Available tickets include:

- Stars of MSMT #2* — Pickard Theater, Wed, Aug. 4, 7:30 pm & Thu, Aug. 5, 2 pm.
- Welcome Home* — Pickard Theater, Sun, Aug. 8, 7:30 pm & Mon, Aug. 9, 2 pm.
- Christine and Patsy Together Again* — Pickard Theater, Sun, Aug. 22, 7:30 pm.
- Jersey Boys* — Westbrook Performing Arts Center, Wed, Sept. 1, 7:30 pm & Thu, Sept. 2, 7:30 pm.
- Cinderella* — Westbrook Performing Arts Center, Wed, Sept. 29, 7:30 pm & Thu, Sept. 30, 7:30 pm.

Come celebrate our 45th at the member picnic!



CAN YOU BELIEVE IT’S BEEN 10 YEARS since Betsy sold the 35th anniversary T-shirts at the summer picnic? Well, she’ll be back again selling them this year, too! But why wait till the picnic to get your shirt? Go see Sarah at the Center and you could wear it to the event if you buy it early at the Center! Help us celebrate the 45th anniversary of People Plus with a commemorative T-shirt and your ticket to the picnic!

Great deal on special T-shirt, too!

It’s back! The 45th annual “Picnic at the Point”! After 18 months of COVID-19, you don’t want to miss this gathering. So get your tickets now at the Center as we get set to celebrate our 45th anniversary on Thursday, Sept. 9, at Brunswick’s Thomas Point Beach.

Tickets are as follows:

- For only \$10, members get the full picnic, beach admission, AND a People Plus 45th anniversary T-shirt. Non-member price is \$15 for that package.
- \$7 gets members lunch and admission (no T-shirt), cost is \$10 for non-members.
- Extra shirts are \$8.50 each.

Lunch will include Stacy’s slow-cooked, pulled pork sandwiches, along with baked beans, coleslaw, and watermelon, finished by an anniversary cake for dessert. Enjoy games, chatting with friends, fresh air and beautiful views.

A big thanks to Sunnybrook Senior Living for sponsoring live music at the picnic!



Check-in starts at 11 am, lunch is served at noon. To avoid the long line at the gate, please come get your tickets and shirts at the Center IN ADVANCE. Registration is required.

We really want you there, so get your tickets and shirts early and don’t forget to bring your own chair, sunscreen, a hat, and your appetite!

Come celebrate Connie and honor our volunteers!

All members are welcome to attend ice cream social

Without a doubt, the pressure of the pandemic has triggered a huge response of people helping people. With that in mind, People Plus will be hosting its annual Volunteer Appreciation event with an ice cream social to recognize the important contributions these people and others have made in the past year.

The celebration, which will also recognize the wonderful contributions from departing art instructor Connie Bailey, is scheduled for Thursday, Aug. 26, at 1 pm at the Center.

In a “normal” year, more than 240 people volunteer at the Center as receptionists, drivers, cooks, instructors, callers, greeters, event help, hair cutter, bulk mailing helpers, and more, for nearly 8,000 volunteer hours.

During the pandemic, we had new volunteers step up to help with grocery and prescription deliveries, make informational



videos, make meals, make masks, conduct food pantry pick-ups, make friendly phone calls to isolated seniors, conduct clubs via Zoom, and so much more! And we want to make sure to recognize the special contributions of the past year!

You don’t have to be a volunteer to attend, so please come and celebrate with us! Members only, registration required.

Our volunteers never paused!

Over 10,000 FREE services were provided last year!

- 2,681 rides given by over 100 drivers providing over 26,000 miles of free transportation
- 1,300 grocery trips
- 750 prescription/medical deliveries
- 1,000+ “Midcoast Meals” deliveries
- 238 food pantry pick ups
- 526 locally grown food deliveries
- 1,000+ check-in calls to 75 seniors
- 1,016 birthday calls
- 1,200 face masks distributed
- 28 club meetings
- 25 meals outside
- 468 haircuts inside



People Plus will be closed August 2-6.



2021 Senior Health Expo!
Table registration closes Sept. 3

See page 4 for details.

People Plus News

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

email: news@peopleplusmaine.org
snail mail:

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Deep diving for Perspective

I find the older I get, the more I realize how precious life is. We rush from event to event, often not taking the time to smell the roses or kiss our loved ones or have lunch with a friend.

It's not surprising that having a crisis or a medical emergency in your life will give you a good jolt of perspective.

A couple weeks ago, I was in the kitchen making a Pavlova, which is a meringue cake. I've never made one before and they can be quite tricky. I was standing at the island carefully whipping egg whites when Jonathan rushed in dripping water from head

to toe and exclaimed, "The John Deere and my iPhone are at the bottom of the pond!"

He was highly agitated and we rushed outside to take stock of the situation. After assessing that he was unharmed, he explained that the cruise control pedal had stuck in place and he couldn't stop the forward motion of our riding mower as it went over the edge of the pond and sunk nine feet down. Thankfully, he jumped off into the water without injury.

I ran back inside the house, changed quickly into my swimsuit and grabbed my swim goggles. With adrenaline coursing through my veins, I swam out to the bubbles rising to the surface and gingerly ascertained with my feet that the lawnmower was upright and in which direction it was facing. I was then able to very cautiously dive down and retrieve his phone which came up working fine.

With Jonathan assisting, it then took a good half-hour and numerous dives for me to hook a 65-pound chain onto the tailgate of the mower. He took over at that point and expertly pulled the John Deere out of the pond using our heavy-duty tractor and his truck.

The entire ordeal of pond crash to full removal took nearly an hour, and thankfully it all worked out.

I then dried off, and went in to finish the Pavlova, which had sat on the counter for an hour. I was nervous this would ruin it, however, it also came out beautifully. I've included a picture here of me in my swimsuit whipping the meringue.



From the Executive Director

Stacy Frizzle-Edgerton



A couple hours later, when all adrenaline had subsided, I was overcome with anxiety and shock. It finally hit me that Jonathan could have easily died in that accident. He could have been trapped under the mower at the bottom of the pond and I would never have known where he was.

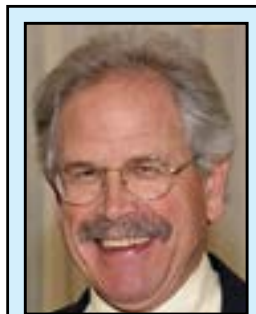
We are incredibly lucky that's not the way it ended and that instead, Jonathan actually worked for the next couple weeks siphoning the water out of the gas tank, changing out the belts and miraculously got the mower working again. He cut the grass last night and it looks gorgeous.

I've never been so happy to see his sweaty face and sweet eyes when he came in from mowing — hot and disheveled. I hugged him tightly despite the sweat, the dirt and the mosquitoes clinging to his skin. It's those moments I need to cherish as I know they are a gift.

I'm learning to live more in the moment. To slow down and appreciate life as we know it. Our past slips away so quickly and our future can be so fleeting. Being a part of the lives of all of you lovely folks here at the Center has helped to teach me to breathe more and rush less. And I'm so grateful to each and every one of you.

Next time you're here I'll give you a hug as well — even if you're sweaty and covered in dirt.

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Keeping food fresh in your fridge

For most of my life, the Adirondacks are my destination for the Fourth of July. The number of family members varies, this year there were 19 in our small cabin.

Each person is in charge of a meal. When I

arrived, I set out to put my food away. I could not believe how much food was in the two refrigerators. There was barely enough room for me to put the food in the refrigerator that I had brought to use for the meal that I was preparing.

I knew that this was not an ideal situation and thought that I would write this article about refrigerator storage to keep your food fresh and to avoid the risk of food-borne illness. Here are some tips:

- Put food into the refrigerator as soon as possible after shopping.
- Check the temperature of your refrigerator. It should be below 40 degrees.
- Don't overfill the refrigerator. Allow for circulation.
- Store fresh meat on the bottom of the refrigerator.
- Perishables should not be stored in the refrigerator door. Every time the door

From Anita's Plate

Anita Nugent

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is opened they are exposed to warmer temperatures.

- Eggs should be stored in their original cartons.
- Put leftovers back in the refrigerator as soon as possible.
- Avoid putting hot soups, stews, etc. in the refrigerator as it will bring the overall temperature above the safe zone.

Food safety has always been a big priority for me. So keep your food safe by following these suggestions the next time you go to fill your refrigerator!

Quinoa Avocado Salad

Ingredients

- 3 Tb. lime juice
- 2 t. avocado oil
- 3/4 t. garlic powder
- 1/4 t. ground pepper
- 3 C. cooked quinoa, cooled
- 2 medium avocados, chopped
- 1 C. grape tomatoes, halved
- 1 C. diced cucumber
- 1/2 C. chopped fresh cilantro
- 1 scallion, sliced

Directions

Whisk lime juice, oil, garlic powder and pepper in a medium bowl. Add quinoa, avocados, tomatoes, cucumber, cilantro and scallion; stir gently until combined.



Peter W. Ladner, President, circa 1980

BRACKETT FUNERAL HOME

29 Federal Street, Brunswick, ME
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Poems and Prose

Don't Wait *By Doris Weinberg*

By the time you reach the 80's of your life,
you know the end might be near.
We are only given so much time,
look around and that is clear.

Not knowing how much time is left,
is a challenge we all face.
Our bucket list is waiting,
and we should start in any case.

It is never too late to learn something new,
read a book or try to knit.
Most likely you have left something unfinished,
because you decided to quit.

I am sure I have made many mistakes,
a cheat or even a lie.
I probably just walked away,
and thought I could get by.

It is never too late to say you are sorry,
or correct a mistake you made.
Even if it has been a long time,
there is no need to feel afraid.

Once it is done, whatever it was,
and no matter that it took so long.
Inside you will find some stress is gone,
because you righted a wrong.

Correct a mistake or call a friend,
and do not put it off or wait.
You don't want to find you should have been sooner,
and now it is maybe too late.

The golden years do fly by,
and should be a time of fun.
Make the most of each and every day,
so, your legacy will say "well done."

The Brunswick Mall

By Sally Hartikka

Let me tell you how I came to be. I used to exist as an alder swamp in the center of a small village. Early settlers would take beaver from my bog and sell them for their pelts. Sometimes cows would wander in, as cows do, and they would have to be pried out of the mud. The water at times was more than knee deep ... enough to fill the boots of C.J. Noyes while he was surveying for the new railroad. I smelled and I was unsightly.

Finally, residents of Brunswick decided they must do something about this eyesore in the middle of town, and on July 4, 1826, they gathered with appropriate tools to trim, dig, plant and otherwise beautify me. The first order of business was to drain and divert a small stream which existed in the area and was responsible for creating the swamp. It was dirty business, and the work continued during the next year's Fourth of July celebration.

You must understand that not too much was accomplished when work only occurred once a year. Finally, in 1838, the work began in earnest, carried out by private enterprise, and overseen by a committee of three town officers. Working with a budget of four hundred dollars, they fenced, graded, and set out trees.

Over the years, I have gone into decline and been refurbished a number of times. Today, the town keeps me mowed and trimmed, and I provide shade and a meeting place for town citizens during all seasons. I might even say that I am well-loved.

Tuff *By Lucy Derbyshire*

My name's Tuff. I'm the oldest of three. Sister Kelly died at two weeks after birth. Pneumonia took her. Brother Sunny Jr. died at one week of pneumonia too. Sweetie is my mother's name. Sunny Sr. was my dad, I think. I am not sure. Rusty might have been my dad. I am sure Sweetie is my mother, because both she and I are small for our ages.

I never had (I guess you'd say), I never had a good start in life. I was premature and my mother had no breast milk to feed me with. You could say I was a "special needs" baby.

For two days, after I was born, I got nothing to eat. On the third day, I was put on a feeding schedule around the clock. I was fed at 12 am, 4 am, 8 am, noon, 4 pm, and 8 pm. I got a formula meal from a doll bottle. Suzy's doll gave me the 2 ounces or 60 ml. of milk I got every four hours for my meals.

Lucy set up my feeding schedule. John, Rodney, Russell, and Esther helped Lucy feed me. They all took turns feeding me, but Lucy fed me at night for the 12 am and 4 am feedings. I felt sorry for Lucy. She seemed annoyed with the alarm clock ringing for my middle of the night meals.

This routine went on for the month of June



and all of July. In August, my afternoon feedings were stopped. I did not get my noon or 4 pm meals.

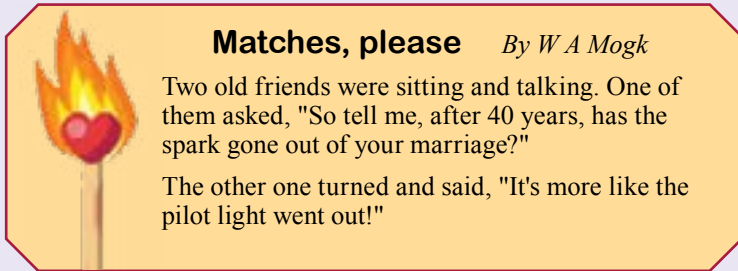
Hey? What gives? I need to grow big and strong. I was being laid by Cindy and her four babies. Crybaby was her firstborn. Freddie was second and brother, Red, was the third one. I forgot the fourth baby's name. I am too hungry to care.

The time now is 2 pm. Lucy and her husband, Rodney, are watching Benny Hinn on TV. He is a healing evangelist, I think. He's on Christian Broadcasting Network. It's 1997 and there is a healing service on.

Oh, my goodness! Crybaby has stopped sucking his mother's nipple to take a breath. I think I can grab that nipple before he gets back on and get something to eat. I cannot take this any longer. I am not getting my afternoon "doll bottle" meals. I am hungry!

I am a growing kitten. I am beginning to look like a baby rat instead of a baby cat. I am hardly three inches long and my mother was four inches long by this time.

Yeah, Lucy told Rodney she had prayed for me to drink Cindy's milk. That was how Cindy became my substitute mom. Any starving male kitten would have done what I did. Wouldn't they?



Matches, please *By W A Mogk*

Two old friends were sitting and talking. One of them asked, "So tell me, after 40 years, has the spark gone out of your marriage?"

The other one turned and said, "It's more like the pilot light went out!"

Style and Gratitude *By Betty Bavor*

Style is all around us. It is what we wear, where we live, how we work, seen in art, heard in music and felt in nature. It is people too, which takes me to gratitude! Frank Connors has style and since retiring from People Plus, his gregarious style is still alive and well at 35 Union St. in Brunswick and beyond.

Frank's Field Trips have a unique style and returned for People Plus members on June 15 with participants' gratitude. He planned a trip to Joshua L. Chamberlain Museum, his famous statue, his Pine Grove Cemetery grave site with grand monument and lunch at Joshua's Restaurant and Tavern for a perfect ending of our trip.

The museum docent, John Munchie, took us on a fabulous private tour. He detailed the two-story house style and its move to a new site to be raised and rebuilt on top of the present gothic style first floor. This floor has an extensive historic artifact exhibit. We learned about his remarkable Maine family life, service to his country in the Civil War and his professorship and presidency at Bowdoin College. Joshua L. Chamberlain was a four-term Maine governor and his magnificent statute stands across the street from his house, this museum, on the corner of Bowdoin College campus.

Frank's Field Trips are styled with thoughtfulness, knowledge of Maine, location, interest, value and mobility safety access. They provide future adventures to share with family and friends. It is with gratitude for Frank and his style expertise to travel with him on these field trips in Maine Vacationland.

Remembering James M. Friedlander

Jim Friedlander was an only child who, barely post-adolescence, spent two WWII years in the U.S. Navy earning four ribbons. He had two wives, one divorce, one daughter, three stepdaughters, one grandson, and one great-granddaughter. He also inhabited nine states, voyaged on 14 ships, and visited 41 countries on four continents.

His interests included politics, railroading, sustainable resource technology, and veteran affairs. He was founder of the Veterans Housing Coalition, served as commander of Chapter 15 of the Disabled American Veterans for several years, and also commander of the Jewish War Veterans of the USA until his death.

Jim earned three college degrees and endured five career changes, some pleasant, some not so. He asked, "Will writing be his sixth?" Jim was a longtime member of Write On Writers until 2013. He was a man of ideas until the very end.



Moved *By Lucy Derbyshire*

Professor Moody Johnson was speaking for chapel today. He had just been newly diagnosed with leukemia (1970).

I sat there with 1,500 other students in Olivet Nazarene College's chapel. I was in the four-year BSN program. There were music, theology, business, pre-med and other majors, being bored by the morning sermons we were required to attend from 10 to 10:45 am. Checkers took attendance and we were only allowed three misses during a three-month semester. Students would pay other students to sit in their chairs so they could cut chapel.

Prof. Moody went to the book of Isaiah, I think. I forget where the story is. But I have heard it many times through my years of Christian grade school and Christian high school. Prof told about God being the potter. We, the people on earth including he and me, were the clay. I had taken sermon notes since age 16 in high school.

As the lump of clay, I have no power over what I become when the potter works on me. If God wants me to be a little bowl for dogs to lap up water, I should be happy. Or if God wants me to be a giant lamp post to light the street at night, I should enjoy my occupation.

Prof. Moody told us he wanted to be a beautiful flower vase. God had something else in mind for Prof. He was telling us that he, Prof. Moody, would be happy with whatever God chose for him to be. Prof was only the clay and God was the potter. "God rules. Always has and always will."

I do not remember another sermon I ever heard in all those chapels I listened to or took notes for. But I guarantee, I will never forget this sermon. Prof. Moody was living this sermon. I bet at least two or three other students were as "moved" as I was by this chapel.

Write on Writers
Wednesdays at 1 pm

My Garden and My Foes

By Nonie Moody

My garden (17'X 24') is situated at the back of our property. I've planted peas, potatoes, corn, two double rows of green beans, lettuce, carrots, spinach and radishes. To the right of the garden are six blueberry bushes. Several are as tall as I am and oh so sour. One bush seems to be quite sweet and whoever checks on the garden in July and August stops by the blueberry bushes for a little snack, including the grandchildren who love blueberries.

When alone weeding the garden I take my cell-phone and keep the garden gate closed, as I have seen a coyote roaming in previous years, so I am cautious.

Several weeks ago after I was finished weeding, I closed the gate and started back up the hill to the house when out of the corner of my eye I caught sight of a small black furry animal in the hay field close by. The next glance I saw some white on its back. Within two seconds, I was in full old-lady running mode.

Near the house we watched that skunk for a half-hour until it meandered off onto the neighbor's property. I must say my garden brings me much joy, good health, and a brighter outlook, as long as I stay alert to my foes.



Coffee First! *By Doris Weinberg*

I did not drink coffee until I grew up. I much preferred chocolate milk or cocoa in a cup. But the flavor of coffee has been number one on my list. From candy to ice cream, it would never be missed!

Coffee syrup or instant powder, you will find on my shelf. I add it to brownies and puddings myself. Now that summer is here, my coffee comes iced. And to add a scoop of ice cream, I can be enticed.

Hot coffee tastes different when sometimes I am out. An upscale restaurant is the best without a doubt. And then there is Kahlua, which has a little "bite." When dribbled on ice cream, it tastes exactly right.

Coffee flavor or by the bean is a favorite I have often. When I eat it from the freezer, I do not wait for it to soften! If you have never had it in all its forms, I suggest you give it a try. And next time you are out passing a shop, slow down and do not go by!

Coffee has been around since early times. A favorite of our forebears. Go to a really good restaurant. And you will find that none compares.

August is Awesome at People Plus!!



THE LADIES ARE BACK FOR BREAKFAST AT THE CENTER! Their first indoor, sit down meal since the pandemic broke out in March of 2020, the 25 women who attended were thrilled to gather at the Center in July! They enjoyed breakfast of homemade quiche, yogurt parfait, cinnamon swirl bread and a special treat, a Frosty's donut as well!! But the company was better than any of the food for sure! And thanks to Ashlynn, Sarah, Jill and Barbara for helping to feed the ladies!



Saturday Zumba

Saturdays, 9 am. Join Bea Blakemore on Saturday mornings from 9-10 am! A more fast paced class, check it out once for free. \$5/class members, \$10/non-members.

Apple Device Tech Tutoring

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.



Register for activities @729-0757

Last month for Art with Connie Bailey!

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).

Activity Punch Cards

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



People Plus Open House!

Thu, Sept. 16, 1-3 pm. Enjoy refreshments as you tour the Center on Union Street, chat with representatives of classes and clubs and meet the staff.



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.

Medicare 101

Tue, Aug 10, 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.

CENTER CLUBS - MEMBERS ONLY

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

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

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

Write on Writers

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

World Affairs

Every other Friday, 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.

\$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.

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.



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.



THE TUESDAY BIKING CLUB was at it again this week roaming the roads with friends and with style! If you are a casual biker this is the group for you. They meet Tuesdays for a different bike ride every week, to locations in and around Brunswick. It's a casual and easy ride and the group has a great time!

Mon	Tue	Wed	Thu	Fri	Sat
People Plus Center Closed August 2nd - 6th					9:00 Zumba
9 8:45 Apple Device Tutor 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge	10 9:00 Chair Yoga 9:30 Beg/Int Bridge 9:30 Art with Connie Bailey 10:00 Yoga with Ann 11:00 Table Tennis 12:30pm Easy Riders Club 12:30pm Medicare 101 3:00pm German Club: Zoom	11 8:45 Cribbage 8:45 Apple Device Tutor 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Outing Club 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis	12 9:00 Table Tennis 9:30 Beg/Int Bridge 9:30 Art with Connie Bailey 11:00 Yoga 11:30 LUNCH OUT * New day this month	13 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga	14 9:00 Zumba
16 8:45 Apple Device Tutor 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 7:00pm SAGE Dance	17 9:00 Chair Yoga 9:30 Beg/Int Bridge 9:30 Art with Connie Bailey 10:00 Yoga with Ann 11:00 Table Tennis 12:30pm Easy Riders Club	18 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Outing Club 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis	19 9:00 Table Tennis 9:30 Beg/Int Bridge 9:30 Art with Connie Bailey 11:00 Yoga	20 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga	21 9:00 Zumba
23 8:45 Apple Device Tutor 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge	24 9:00 Chair Yoga 9:30 Beg/Int Bridge 9:30 Art with Connie Bailey 10:00 Yoga with Ann 11:00 Table Tennis 12:30pm Easy Riders Club 3:00pm French Club	25 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Outing Club 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis 6:30pm Bruns Coin/Stamp	26 9:00 Table Tennis 9:30 Beg/Int Bridge 9:30 Art with Connie Bailey 11:00 Yoga 1:00pm Volunteer Appreciation Event	27 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga	28 9:00 Zumba
30 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge	31 9:00 Chair Yoga 9:30 Beg/Int Bridge 9:30 Art with Connie Bailey 10:00 Yoga with Ann 11:00 Table Tennis 12:30pm Easy Riders Club	People Plus Hours Monday-Thursday: 8:30 am to 4 pm Friday: 8:30 am to 1 pm Call 729-0757 to register.		Upcoming events not to miss! <ul style="list-style-type: none"> • Member Picnic / 45th Party: Thu, Sept. 9, 11 am • People Plus Open House: Thu, Sept. 16, 1-3 pm • Senior Health Expo: Thu, Oct. 7, 9 am - 1 pm 	

Programming Notes: please review the calendar to check for class time changes:

- Zumba: now at 10 am on Mondays
- Yoga with Ann: now at 10 am on Tuesdays
- Qigong: now at 10:15 on Fridays
- Tai Chi: now at 10:15 am on Wednesdays
- Table Tennis: now at 11:00 am on Mondays and Tuesdays, 1:00 pm on Wednesdays and 9:00 am on Thursdays
- LUNCH OUT will meet on Thursday instead of Tuesday this month (Thu, Aug. 12).

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WE ARE SO EXCITED WHEN PEOPLE COME TO BORROW from the medical lending library! This Brunswick resident was thrilled to learn we offer free medical equipment on loan any time - for anyone. She was planning to have two knee replacements in the next month and needed the full complement of equipment. We saved her hundreds of dollars that would not have been covered by medical insurance or Medicare. Need a loaner? Talk to Sarah at the desk!

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.



PARLEZ-VOUS FRANÇAIS? It's helpful to speak a little French when you join the French club - but it's not required! Anyone who's interested in the language can join the fun! One of our three foreign language clubs that meets every month at the Center, the French club is an active and engaged group that has been meeting for over a decade! They sing in French, they read in French, they tell stories about themselves and their lives in French and hopefully they all understand what they're saying! Mostly! So regardless of your skill level, come and join the French club, or the Spanish club or the German club! They all have a great time because laughter and friendship is the universal language!



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THE MEN GATHERED INSIDE FOR AN AFTERNOON of Frosty's donuts and fresh coffee at the Center last month! They'll be back for breakfast starting in September with Jason Whitten, their chef from last year. The guys are pretty excited to be gathering again and look forward to expanding to the larger breakfast group soon! Check the calendar, guys, so you don't miss it in September!

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.



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

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.



PEOPLE PLUS MEMBER BETH ALDENBERG is holding a photo of Maya, a Bowdoin College student who has been calling Beth every week since the pandemic began through the Center's "friendly phone call" outreach. Staff and volunteers have made more than 1,000 calls to 75 seniors to make sure they aren't feeling lonely and isolated. Maya realized early this summer that she and Beth didn't know what each other looked like, so she sent Beth a sweet black-and-white photo of herself. We took this picture of Beth and printed it out so Beth could send it back to Maya in return. Beth and Maya are planning on getting together in person in the very near future.

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Best of luck Connie, we'll miss you!

Connie Bailey shared her artistic talent for 30 years

To say Connie Bailey has been teaching art classes at People Plus for a long time is an extreme understatement. To be precise, she began sharing her outstanding talent with others at the Center in September 1991 — a total of 30 years.

Sadly, Connie's tenure as our resident artist will come to an end on Aug. 30, when she will move to her new residence at Meetinghouse Village in Kittery. The relocation will allow her to be closer to family members.

Reflecting on her time at People Plus, Connie said, "This has become family."

"The art instructor I replaced at People Plus did strictly oil painting classes," continued Connie. "Students wanted to learn other techniques, so I started offering mixed media instruction."

Connie's vast array of artwork has been on display at countless shows and galleries throughout the country, and she was also involved locally with the Sebasticodagan Artists' Group in Harpswell.

While Connie characterizes her move to southern Maine as a reluctant necessity of life, she does envision a few benefits. "It will give me an opportunity to focus more on my own work," she said. Connie also mentioned possibly doing some exhibits in the Kittery area and teaching art classes at Meetinghouse Village

on a volunteer basis.

Connie, who will turn 85 years old on Sept. 3, talked about what art meant to her. "It's who I am," she said. "Some kids are known as good readers. I was pegged right from an early age as a gifted artist."

Those who take Connie's classes at People Plus had plenty to say about their cherished instructor:

— "She encourages everyone to experiment with different techniques."

— "It's very disappointing that she is leaving."

— "It has been awesome taking her classes. I've learned a lot."

— "Her range of experience has been very helpful to me."

— "I will miss her deeply."

— "People Plus is a very welcoming place and having an art class, especially with Connie, makes it very special."

— "Connie knows her stuff. The history of art, the use of colors ... everything."

— "We've had a lot of fun together."

To celebrate Connie's wonderful contributions, she will be honored as part of the ice cream social scheduled for Thursday, Aug. 26, at 1 pm at the Center.

All we can say is bravo to Connie for being an important part of People Plus for 30 years, and thank you kindly for sharing your knowledge of art with such ease and expertise. To say you will be missed is, again, an extreme understatement. All the best in your new home.



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

If you would like to talk about books, you might be interested in Books a la Carte. It is a group of readers who gather to discuss, trade, lend, and donate books of all types. There is no assigned list. The group will resume meeting monthly in September on the third Tuesday

Comments: news@peopleplusmaine.org

at 2 pm. Here are some recommended books:

NONFICTION

The Last Castle by Denise Kiernan.

This book, by the author of *The Girls of Atomic City*, is the story of the Biltmore, the largest residence ever built in the U.S. Erected by the Vanderbilts in the Blue Ridge Mountains of North Carolina, it stands today and attracts tourists from all over. This is a well written account of those who built and lived in the mansion, the history of the area and the times, and the many famous people associated with the Biltmore over the years.



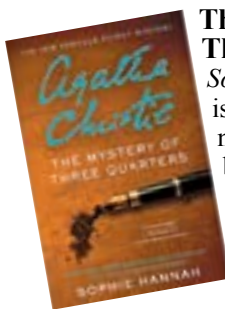
MYSTERIES

The Mystery of the Three Quarters by Sophie Hannah.

This is one of a series of new Hercule Poirot books written in the style of Agatha Christie.

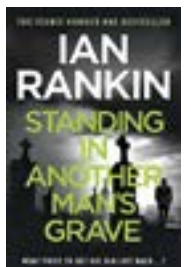
In it, Poirot must discover why someone is sending

letters in his name to people accusing them of the murder of a man found drowned in a bathtub.



Standing in Another Man's Grave by Ian Rankin.

This is the 18th in a series of 23 books featuring Inspector Rebus. The author is Scottish and sets his works in Scotland. In this one, Rebus is retired but comes back to work on cold cases. Some young women have gone missing over the years. The mother of one convinces Rebus to look into the case. He begins to suspect that a serial killer might be involved. Rankin is only 61, so more Rebus books will probably appear. If you like this series, go back and read some early books in it to get more familiar with recurring characters.



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Music in April ... garden parties in July!



ITS SO LOVELY when the donor of a Music in April auction item also gets to be a winner... Jane Donelon, seen here photo left, donated a garden tour of her beautiful home and gardens to our auction and was thrilled to attend the luncheon prepared by Executive Director Stacy Frizzle-Edgerton, as well. The ladies all enjoyed a tour of the gardens while Frizzle-Edgerton set out a four-course luncheon including radish and cucumber finger sandwiches, stuffed sweet peppers with fresh mint tea, a second course of pork and chicken terrine with spicy brown mustard and pickled radishes, a third course of mixed green salad with prosciutto-wrapped asparagus topped with a soft boiled egg followed by fresh baked scones with fresh peaches and whipped cream! The other lucky participants included Jeanne Mayo, Margaret Wailes and Jean Hirlehy, who said it was an afternoon to be remembered by all!

People Plus golfers support Spectrum Generations



OUR PEOPLE PLUS GOLF TEAM was thrilled to support the Spectrum Generations Meals on Wheels annual golf fundraiser at the Brunswick Golf Club last month! "It's more about fundraising than it is winning the tournament," said longtime member and golf enthusiast, Margo Knight. We are just happy to be here, raising funds for a good cause while we have a great time!"

Brunswick Area Teen Center

Summer program with teens rolling along

What a hot and rainy month! We began our summer program by welcoming six new members, including four friends going into the 7th grade. Along with our regular members, we've had a mix of kids this summer, mostly boys! So many of our high school-aged kids we saw this past year have gotten jobs now (since everyone is hiring!), so we only get to see them on occasional days off now. Good for them! McDonald's and Hannaford continue to be popular places

for first-time jobs. We began our Wednesday outings in July and have so far been to The Gelato Fiasco and Portland Pie. We have been letting the kids pick so far. These lunches have been sponsored by donations from members of the Universal Unitarian Church and I think we can even get in one more Gelato trip! We then have funding from The Davis Fund to continue our outings into August. A side note, it has become harder to get pictures

because two out of four of our new members are "no pics" on the photo form all members fill out (which is unusual). I must remember who is a yes or no each time I take a picture! Melissa Orth, Young Adult librarian at Curtis Memorial Library, came and picked up our teen photo display and is hoping to hang them in a window at the library. This sounds like a great opportunity to take a walking trip with the kids to the library to check it out. I haven't been over there in quite a while.

As you may have read, we have Ashlynn, the Bowdoin College Fellow, upstairs with us twice a week and she has joined us on our Wednesday outings and has been helping with various tasks like chair assembly, sorting and organizing and cleaning out "stuff" and engaging with the kids and she is a lovely person. Ashlynn — a rugby player by the way — finishes her fellowship on Aug. 13th, so the 11th will be the last day she is with us in the Teen Center.

We will be closed the following two weeks, Aug. 16th until Aug. 30th, when school begins. I am taking my annual (except for last year) vacation trip to be with my sisters the first week and we are always closed the week before school begins, although we will be finishing up the Back-to-School letter mailing most likely that week but won't have kids. It feels strange to have school opening this year before Labor Day.

We feel lucky, blessed, and grateful that our past fiscal year ended well! Our annual appeal letter (Back-to-School), Gelato Fiasco event, Jim Howard matching fund drive and

Teen Center News

Jordan Cardone



various grants and donations through organizations and churches helped us through a very tough year. And I feel good that we made it through the year with zero cases of COVID in the Teen Center! Yippee.

I want to take a minute here to thank my assistant Kim Totten — and myself too — for the job we've done and continue to do to keep our members safe and to keep our space clean. It has been over 16 months since COVID hit us big time and we are still wearing masks, sanitizing, and engaging with unvaccinated youth while at work. It has never been easy and still isn't and we are looking forward to better times ahead, the sooner the better! Kids have begun getting vaccinated and taking pictures of their vaccine cards to show me, which is a good sign!

On Aug. 30th, a new school year begins (Brunswick) and we will return to our school year hours, 2:30-5:30 pm, Monday-Thursday. This school year will (hopefully) look very different from last school year and we are looking forward to seeing some of our kids whom we have not seen in what seems a very long time!

Jordan and the gang



MEMBERS OF THE TEEN CENTER ENJOYED A CHINESE TAKEOUT LUNCH last month as part of the weekly Wednesday Lunch Out program. Thanks to everyone in the community who donated to the Feed the Teens campaign that helps support this program. The Teen Center is an afterschool and summer program serving teens grades 6-12 with meals and a safe place to play games, socialize and more.



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

— James Tierney, BHS Class of 1965

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



Remembering Marshall Gott

The People Plus Center and staff are sad at the passing of a beloved, longtime member Marshall Gott.

An almost daily contributor and member of activities at the Center, he participated in all of the parties, events, meals, happenings, trips, and several clubs at the Center including the technology Apple Club.

The Teen Center, however, was near and dear to his heart above all else. He and his family have left legacy in memory gifts to the Teen Center in his name and we'd like to thank the Gott family (below) for their ongoing support of both the organization and the youth in grades six through twelve who benefit from our Teen Center program.



Gone but not forgotten – in Memory of

Sandra Rivard

Sept. 9, 1948 – Oct. 15, 2020

Barbara Fuller

Jan. 31, 1942 – Jan. 14, 2021

Janet Foley

March 5, 1934 – Feb. 22, 2021

Maureen Gaspar

Oct. 20, 1937 – June 13, 2021

James Friedlander

Dec. 6, 1926 – June 26, 2021

Marshall Gott

Oct. 31, 1945 – July 1, 2021

Victoria Muller

April 7, 1947 – July 5, 2021

Rose Elaine Mendes

Sept. 3, 1932 – July 9, 2021

Chester William Cooke

Aug. 4, 1934 – July 12, 2021

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 John Fischer

Hello, my name is John Fischer. I'm a resident of Brunswick and I'm 69 years old. I grew up in Bridgeport, Connecticut. I went to a Catholic grammar school and high school. In school, my strengths were languages and religion, while math was challenging, as well as history. In high school at around age 15, I started bicycling to get out of the city and enjoy the Connecticut countryside. Also, in high school, I became a serious runner, although not a state champion.

I went to university at UCONN-Storrs, where my strengths continued to be languages and philosophy. The university had, at that time in the 1970s, what was called The Inner College, where a student could design his or her own curriculum. So I studied French, German, philosophy, poetry and Jungian psychology, and ended up with a major in French and humanities and got a B.A. in French after spending my senior year in Rouen, France.

From there, I moved to Norway and became somewhat fluent in that language. I had a stint in the Peace Corps in 1977 in Zaire, then a stint as a community organizer with ACORN in Hot Springs, Arkansas (this was back when Bill Clinton was running for governor). In 1978, I went to grad school at the School for International Training in Brattleboro, Vermont, to get a master of arts in teaching ESL and French.

After grad school and a year teaching in a French Immersion program at the State University of New York at Plattsburgh, I got my first exposure to computers with early operating systems: CP/M, Apple, and MS-DOS.

I came to Maine in 1981 as a French teacher at Hebron Academy. I was also a three-season assistant coach, dorm supervisor and in charge of the computer club. By 1982, I was a serious marathoner, though as in high school, not at state champion-level performance but pretty good.

I've been dealing with PCs since the mid-80s and MACs since the late '90s. I've had my consulting/support business since the mid-80s. My "career path" has not been a straight one nor a traditional one. There are a number of positions, responsibilities, and locations I've had.

I think I joined People Plus as a yearly member in 2019 and, in 2020, I became a Life Member. The community of seniors in Brunswick is an important one and one that is rich in ideas, experiences, knowledge and, of course, wisdom.

It would be a daunting task to figure out the total number of person-years of experience and wisdom present in this group, but I'm sure it's an astronomically high number. I feel it's important to be part of a community and People Plus provides a helpful and fun structure to achieve that.

I also feel that thanks to all my years of computer experience I have a lot to offer the



community and am ready, willing, and very capable to be a source of technical support for people who have to wrestle with the myriad challenges facing everyone in this age group.

The tech support services I offer to People Plus members include: — Apple: computers, iPhones, MacBooks, iPads, iPods and any

additional hardware for Mac. — PCs: desktops, laptops, notebooks and any additional hardware for the PC.

— Chromebooks. — Android phones. — Any hardware/software in common usage (printers, scanners, cameras, Office, social networking.

— Any audiovisual technology: Smart TVs, Smart speakers, digital speakers.

My normal charge for non-People Plus members is \$50/hour. Members are charged \$30/hour (a 40 percent discount). Clients can either come to my home or I can go to theirs. I do charge \$10 for an on-site support call.

I've accomplished much throughout my life. But one thing I'd like to share with you is that from 1996 to 2011, I raised more than \$265,000 for the American Lung Association of Maine by doing the Trek Across Maine 12 times and bicycling across the U.S. four times (three times from Anacortes, Washington, to Brunswick, Maine, and once from Seattle, Washington, to Washington, D.C.). For a total of more than 22,000 miles (not including training).

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Weekly Winners

Senior Intermediate Cribbage

June 23. Joe Tonely 717
Anne Bouchard 696
Armand Bouchard 683

June 30. John Bouchard 704
George H. 698
Rollande Fortin 697

July 7. Anne Bouchard 711
Jim Cherry 703
Lois Fournier 696

July 21. Rollande Fortin 713
Lorraine LaRoche 706
George Hardin 697
George Tetu 697

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!

Artists' group exhibiting in Harpswell

The Sebascodegan Artists' Group will be exhibiting at Centennial Hall on Route 123 in Harpswell, across the street from the Harpswell Historical Museum. We will be open from Saturday, Aug. 14 to Saturday, Aug. 28. The hours are from 11 am to 5 pm.

In addition to paintings and three-dimensional work, artists will offer for sale printed, boxed and single note cards, matted prints of their original paintings as well as matted, different sized, originals. Be assured we are taking every precaution to make visiting safe for everyone.

We invite everyone to our 2021 Summer Season Opening with a wine reception on Saturday, Aug. 14, from 3-5 pm.



Pastel, Botanical Garden Bridge. Amy Apuleo



Clay Sculpture, Goddess in My Garden. Patricia Fuchs



Wood Carving. Wayne Robbins

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www.billdodgeautogroup.com
- Darling's Ford**, 10% off invoice, parts/ service
262 Bath Road, Brunswick, 725-1228
- Lee's Tire & Service**,
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35 Gurnet Road, Brunswick, 729-4131
27 Monument Place, Topsham, 729-1676
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9 Pleasant St, Brunswick, 725-7177
- Hearts & Hands Reiki**, 10% discount on first appointment. Mon-Fri, 10-6.
751-5339 or mspruce@live.com
- Massage on Maine**,
First visit \$60, always \$10 off for seniors
56 Maine St, Brunswick, 504-6913
http://massageonmaine.com/

DRY CLEANER

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

FLORIST

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

HEARING AND OPTICAL

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

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- 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

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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

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- Carpe Diem Tech Support**, John Fischer
Help with PC & Mac. \$30/hour for members (that's 40% off regular price)
522-1238, www.carpediem-me.net
john@carpediem-me.net

*Benefits subject to change

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. Name.

A. Stephen Loeb.

Q. The community where you reside?

A. I live in Topsham, in the Highland Green community.

Q. Your professional occupation?

A. I was a professor in health policy and management at Ohio State University for 40 years, teaching graduate students and advocating for careers in health management and policy. I am now professor emeritus.

After retirement from Ohio State in 2010, I was appointed a research fellow at Bowdoin College for three years to teach a first-year seminar on health disparities.

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

A. I have served on the board for three years. I have been a member of the Governance, Strategic Planning, Finance, and Development committees.

Q. Please give us a little background on yourself and any interests you might have.

A. I am "from here," having been born in Waterville, educated in public schools

there, and graduated from Bowdoin College in 1960. I ran track in both high school and college.

I was a commissioned officer in the Air Force Medical Service Corps for three years in the mid-1960s. I have three graduate degrees from the University of Michigan in health administration, political science, and a doctoral degree in medical care organization and finance.

My wife and I have been married 58 years. We have two daughters, two sons-in-law, and four grandchildren. We bought a summer home at the end of Mere Point Road in 1995 and lived there in the summer. We moved to Maine from Columbus, Ohio, to live full-time in Topsham and Mere Point in 2012. We sailed a 30-foot Catalina sloop in Casco Bay for 20 years. I am a wood turner and focus mainly on creating wooden bowls, ice cream scoops, and pizza cutters.

I have served on several nonprofit and for-profit boards in health care in Ohio. Most recently, I was on the board of OASIS Free Clinics and continue on several boards in the Highland Green community.



Q. Give us your perspective on People Plus and why you believe the Center is so important.

A. People Plus is a golden nugget for the quality of life and vibrancy one sees in Brunswick and the surrounding communities, not only for seniors but also for youth.

People Plus is awesome. It provides a central point of activity for many who would probably have sedentary lives. It delivers meals to those who otherwise are home-bound, it provides transportation, it activates the community at-large through major fund drives, and it has an absolutely first-class executive director, who is one of the best I have known in my career. And, the governing board is top-notch. These are the source of motivation for me.

Come get your bags!

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

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-barcoded 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 \$1,500 just from CLYNK returnables! Thank you for

CLYNK



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

August 2021



Golf Highlight

19th Annual Golf Fore a Cause

Thank you to all those who sponsored and participated in this year's tournament!

Accurate Building Systems
Alpine Consulting & Metal Working
Ameriprise Financial Services, LLC
Augusta Country Club
Augusta Natural
Bald Mountain Camps Resorts
Bangor Savings Bank
Bridges Home Services
Brown House Properties
Brunswick Golf Club
Capitol Insights
Caswell's
Cedar Springs Golf Course
Choice Wealth Advisors
CMG Financial
Cohen on the Meadows
Dana Lawrence Tree Service
DL Electric
E.J. Prescott, Inc.
Escape Room - Brunswick
G&E Roofing
Gardiner Federal Credit Union

Hampton Inn Augusta
Healey & Associates
Horch Roofing
Jack and Kathy Jo Goggins
Kennebec Savings Bank
Labun's Flooring
Mid Coast-Parkview Health
Monkey C Monkey Do
Natanis Golf Course
Norway Savings Bank
Penbay Estate Planning Law Center
People Plus
Pine Tree Home Health Care
Pride Manufacturing
Sappi Fine Paper
Sprague & Curtis Real Estate
Steve's Snacks
TD Bank
TempTech
The Red Barn
Turner Highlands Golf Course
US Cellular



Thank you Penbay Estate Planning Law Center for being this year's putting contest sponsor!

Great Job! Accomplishments in May! Look what we have done

- Community Case Management** ----- served **261 consumers**, managing **80 rep payee accounts**.
- Personal Support Specialists** ----- provided **10,566 hours** of Personal Support Services to **172 consumers** by **157 direct care staff**.
- Adult Day & Community Support Services** ----- provided **1,434 hours** of center based service and **1,817 hours** of individual service to **67 consumers** by **35 staff members**.
- Meals on Wheels** ----- **29,866 Home Delivered Meals** were delivered to homes across our 6+ county catchment area, by our dedicated volunteers and staff.
- Outreach Support** ----- Community services staff fielded **763 calls** for assistance and **28 assessments** were completed by Community Services.
- Healthy Living for ME** ----- **21 people** participated in **Chronic Disease Self-Management Education** and **20 people** participated in **Falls Prevention** programs.

Upcoming Events!

Celebrity Chef Challenge **Aging in the Right Place Forum**
September 20, 2021 September 23, 2021

Visit www.spectrumgenerations.org/event for more information

Medicare 101 Clinics Learn the facts →

Are you new to Medicare or nearing the age for eligibility? Do you know the four different parts of Medicare and the difference between a Medicare Advantage Plan and a Medigap Plan? Have you considered all options for choosing your Medicare coverage? Do not wait until you are 65! Our Medicare 101 session will take you through the four different parts and how each works. You'll learn how to enroll, what services are covered, and what estimated costs will be for your coverage.

Medicare Clinics are held on the 2nd Tuesday of each month at People Plus (Brunswick) from 12:30-2:30 p.m. FMI or to pre-register, call Sarah at 729-0757.



Midcoast Regional Center
co-located at People Plus
35 Union Street, Suite 1
2nd Tuesday of the month
12:30 - 2:30 p.m.



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

Club Corner



Adventures & more

Outing Club explores beautiful Swan Island

Text & photos by Patrick Gabrion

One of the more popular programs at People Plus is its Outing Club. And it's not surprising when considering the type of adventures its participants go on.

An "outing" in July took 17 members of the Center to Swan Island, located on the Kennebec River near the town of Richmond. A short ferry ride, provided by the Maine Department of Inland Fisheries and Wildlife, transported those in attendance back in time — to a quiet, idyllic place full of wildlife and wilderness. In fact, after only being on the island for less than five minutes, deer were seen in a meadow, not even flinching at the sight of humans. And there were tons of butterflies.

Swan Island is owned and operated by Inland Fisheries and Wildlife. In centuries past, Abanaki Indians had a summer hunting camp there. While



some claim the island was named by English explorers for migrating swans, others believe the name is short for "Swango," the Abanaki word for "island of eagles."

Evolving into an active farming community during the 1800s, more than 100 people in 27 homes lived and worked on the island. Five historic homes still stand today. The island

is listed in the National Register of Historic Places. Inland Fisheries and Wildlife began acquiring island property in the 1940s. By 1988, it became the Steve Powell Wildlife Management Area in its entirety. It is definitely a magical part of Maine, with miles of trails, places to picnic and bike, along with providing overnight camping.



Other hiking adventures taken by the Outing Club have included Pott's Point Preserve, Reid State Park, Giant Stairs, Town Commons, and Wolfe's Neck State Park. So, if you want to get in on the fun and explore what our great state has to offer, join the People Plus Outing Club on Wednesdays at 9:30am. Please contact the front desk at the Center to be connected to the club.



Rituals, big lakes and big boats ... goodbye to Connie

I was just thinking ...

TRIED AND TRUE. One of the members of the Write On Writers group recently submitted a poem, which carried a theme centered on traditions. The piece made me think of some of mine growing up, with two rituals of the Gabrion household quickly coming to mind.

The first occurred on Saturday nights and the fact that we always had burgers for our

evening meal. Number two, again, always happened on the next day. On Sunday nights, my mom would go around to ask my dad and my siblings and I what we wanted on our ice cream, which never diverted from vanilla. There was no big production with the toppings, with the choices being chocolate syrup and/or peanuts. Then we would all gather around the TV and watch "Walt Disney's Wonderful World of Color."

COUNT ON CONNIE. The most important asset at People Plus is its people — hence the name — and I was sorry to hear that we are losing a very important individual at the Center. Our resident artist Connie Bailey is leaving and moving to southern Maine to be closer to her family. It is truly a big loss.

I believe I was introduced to Connie on my very first day at People Plus, and I remembered her out of the dozen or so others I met because she is a fellow Michigander. Thank you, Connie, for all you've done at the Center.

SPEAKING OF MICHIGAN. I don't care too much for the term "bucket list." But there is one thing I've always wanted to do and, by golly, I've gone and done it.

My wife, Vicky, and I have rented a cabin for a whole month next summer in Michigan's Upper Peninsula. The property is located along the southern shore of Lake Superior. Right on the big lake! I can hardly wait to get reconnected to an area of "God's Country" that is very dear to me.

BIG BOATS. I know I just said I'm not one for lists, but there is another thing I'd like to do that would make me a happy camper. Going to college and then living in Sault Ste. Marie, Michigan, I would literally spend hours in the park at the Soo Locks watching ships — from all over the world — make passage through the St. Mary's River area.

Another long-standing dream of mine has been to take a voyage on a Great Lakes freighter. What have I done to try to accomplish this? I figured why not go right to the

Simply put



Patrick Gabrion

top, so I recently wrote a letter to the president of the Interlake Steamship Company to see if it was possible to get aboard one of his vessels. I thought, no harm in asking.

I haven't heard anything yet, but I'll let you know if I do.

FUN IS FADING. While mowing my lawn in the heat and humidity the other day in Hallowell, I recalled how I'm always fired up every spring to tend to the lawn and our large array of flower beds. But, truth be told, it's about this time of the summer when my enthusiasm for such chores begins to wane. Maybe my attitude will change next year, but I doubt it.

WHERE'S MY PHONE? It's amazing how we are so tied to our cellphones. I depend on mine for just about everything — weather updates from places I've been or planning to visit, getting my daily dose of the latest news and sports, checking for the correct spelling of words or use of phrasing, serving as a camera — and, I almost forgot, even receiving phone calls and emails, amongst other features.

How did I ever live — or function — without it before?

New and renewing members for July

Memberships received as of July 21, 2021.

* indicates new membership
• indicates donation made with membership

BATH

Gayle Knee *
Judith Ladson
Nicholas Sewall
Barbara West

BRUNSWICK

Charles Annable
Monica Annable
Kathryn Baxter * •
Phyllis Blackstone
Albert Boothby Sr.
Sarah Boothby
Tom Broussard *
Ellen Brown *
Dorothy Cardali
Ruth Ann Carlisle
Michael Conron * •
Virginia Conron * •
Carolyn Farkas-Noe
Victoria Farsaci
Barbara Fetsch *
Clarinda Gray •
Nancy Grote •
Ann Hillis
Herman Holbrook *
Theresa Howell •
Greg Hudak

Diane Jewell
Audrey Keating
Margery Kivel
Charlie Leduc
Claire Leduc
Diana Lohse * •
Jane Longerbeam
Jo MacDonald *
Katharine Mann
Margaret McCann *
Margaret Miller
Mollie Moore
Linda Muller
(Lifetime member)
Jean Mulligan •
Robert Mulligan •
Edna Ocean *
Elizabeth Owens *
Pamela Perry •
George Potter
George Quittmeyer
Jo Anne Quittmeyer
Jerry Reese
Eileen Reynolds
Harold Roberts
Leo Robichaud
Maxine Robichaud
Christine Roy
Joan Springer
Hattie Thomas
Pilar Tirado
Mary Alice Treworgy •
Janet Watkinson

Sue West *
Donald Whittemore
Sally Whittemore
Barbara Word

DRESDEN

Don Caton

FALMOUTH

Steve Helphand

HARPSWELL

Calvin Hooker
Constance Lewis Hooker
Robbie Rose *

ORR'S ISLAND

Arnold Bennett
Nancy Bennett
Jean Richter

TOPSHAM

Jules Cloutier •
David Cranston
Marcia Cranston
Ann Henke
Anita Huey
Bruce Nieman
Carla Rensenbrink
Beth Ring
Susan Thompson •

VIRGINIA

Martha Jo Nichols *

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Multi-family sale, 41 Atwood Road, Topsham Aug. 13-14 and Aug. 20-21, 9 am to 2 pm. Masks required.

Services or items to offer or request?

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

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Art show featuring Bailey's students continues at the People Plus Center

The art show now on display until the end of August in the Café Gallery is very special, indeed. That's because it features the work of students participating in Connie Bailey's classes here at the Center and — with Connie's impending relocation to southern Maine this fall — this could be the last exhibit she's involved with at People Plus.

"It (the show) is made up of a mixed group," said Bailey, who has been an art instructor at People Plus for 30 years. "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 Connie.

"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.

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



Colored pencil on paper.

Alissa Coffin



Lunch out!

*New day for this month:
Thursday, Aug. 12th
at 11:30 am.



68 Garrison Cove Rd,
Bailey Island



Tuesday, Aug. 10 – Sunday, Aug. 15
Seniors Days are August 10th & 15th
FMI visit www.topshamfair.net

Air show returns in September

They're back! The U.S. Navy Blue Angels will again be the featured attraction at The Great State of Maine Air Show, scheduled for Sept. 4-5 at the former Brunswick Naval Air Station.

Along with the Blue Angels in their new Super Hornet F-18s, also appearing in the Brunswick show will be Fat Albert, in a new C130, Greg Coyer in the Ace Maker

T-33, Larry Labriola (L 39), Rob Holland with Ultimate Airshows, Mike Goulian Aerosports, and Mike Wiskus. Also, on the ground, there will be both military and civilian static displays.

For more information on The Great State of Maine Air Show, presented by Bill Dodge Auto Group, go to greatstateofmainearshow.us/.



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