



Plus! People NEWS!

The center that builds community

People Plus
P. O. Box 766
Brunswick, ME
04011-0766

Non-Profit Organization
U. S. Postage PAID
Portland, ME 04101
Permit No. 454

35 Union St. / PO Box 766, Brunswick, ME 04011 729-0757 www.peopleplusmaine.org September 2021 Volume 21, No. 9

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



Thank you, volunteers!

Ice cream social honored Center's helpers

It can never be said enough — volunteers are the heart and soul of People Plus. Without them, the programs and services offered at the Center would not be possible.

To honor all that they and others do, People Plus hosted its annual Volunteer Appreciation event on Thursday, Aug. 26 with an ice cream social. The celebration also gave us the chance to recognize the wonderful contributions of art instructor Connie Bailey, who is departing for southern Maine.

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!

Here is the list of the volunteer awards presented at the Aug. 26 event:

— **People Plus Volunteer of the Year:** *Mary Hepburn*. A volunteer extraordinaire — for coordinating the Outing Club, helping with

language clubs, being a front desk volunteer, coordinating the Senior Garden, and more!

— **Teen Center Volunteer of the Year:** *Carol Briggs*. For feeding hungry teens, shifts at Gelato, annual mailing help, and UU Church teen coordinator.

— **Board Member of the Year:** *Stephen Loeb*. For over 5 years of Board dedication.

— **Pedal to the Medal:** *All the VTN drivers*. For helping seniors get to so many appointments, activities, pick up or buy groceries and prescriptions, food pantry pick-ups and more.

— **Betty Crocker Award:** *Betty Bavor, Gladys Szabo, Rose Collins, Joan Peck, Carmella Pellerin*. For helping with Lunch & Connections during the pandemic — baking, cooking, preparing salads, cutting vegetables, making favors and serving food.

— **"Frank of all Trades!":** *Frank Connors*. For thousands of member birthday calls, keeping front flower boxes beautiful with wife Jane, helping out around the Center with odd jobs, manning grills, helping coordinate the 45th anniversary video, running field trips and more.

— **Golden Shears Award "Numero Dos":** *Margarita Day*. For hundreds of haircuts a year and thousands of dollars donated.

— **Student Volunteer Tech Helpers:** *Ashlynn Autrey and Jasmine Giffin*. For all their tech tutoring sessions with members about Zoom and Apple products.

WHAT A FUN AFTERNOON with friends, festivities, awards and ice cream! With over 50 people enjoying their choice of ice cream toppings, it was just the right thing to cool off the afternoon! We were happy to kiss Connie Bailey (left) our beloved art instructor of 30 years goodbye as she transitions to live closer to her family. And we love honoring our volunteers! The Center would not exist without them and we would not be able to do — what we do — every day!



45th anniversary video in the works

With the projected release date of Oct. 26, marking the 45th anniversary of People Plus, we reached out to the video's young director/creator, Luke Welzel, who was putting the finishing touches on the all-encompassing presentation.

"We are in the final stretch," Welzel said. "We have to do a little more shooting and the voiceover work with (People Plus legend) Frank Connors. But we are in the editing phase."

"We have probably shot between five to 10 hours of video," continued the 2020 graduate of Brunswick High School. "We have more than 500 videos clips of all the activities at the Center, from lunches, interviews with members, scenery, the gathering of clubs, and more."

Welzel anticipated the final product would be the usual documentary length of around 30 minutes.

Initially, when beginning the project, Welzel said, "I intend to craft a story from the ground up on People Plus. Not only

celebrating the 45th anniversary, but paying homage to the people who started it and the people who are no longer with us that made it what it is today — like my grandfather, Henry Welzel."

While in school, Welzel participated in theater and music, and took up photography his senior year. "There was no real class for learning about cinema and documentary filmmaking in school, so I've learned everything I know online and through meeting other filmmakers in the community," he said.

As a videographer and photographer, Welzel has been making films and editing for the last six years, working his way up to using high-grade cinema gear and learning the ins and outs as he goes. He works full-time as a video editor for social media stars and does direct music videos.

"I always try to learn every source of work that needs filmmaking, so I also do weddings, real estate videography, headshots, and senior photos," he said.

Welzel is very excited about the People Plus video, and thinks everyone will be pleased with the outcome.

"It has been such a pleasure to work with everyone at People Plus," he said. "The members who we have interviewed have been super happy to participate. They are glad to be a part of People Plus and to be a part of something that documents what a wonderful place it is."

View Welzel's latest work on Instagram @lukas.welzel.



Don't miss the picnic at the beach!

Come enjoy celebration Sept. 9 at Thomas Point Beach

Here's a double celebration you don't want to miss! It's the Member Picnic and 45th Anniversary Party on Thursday, Sept. 9 at Thomas Point Beach in Brunswick.

Check-in starts at 11 am, with lunch served at noon. So come and enjoy games, chatting with friends, amid the beautiful views and plenty of fresh air.

Part of the festivities will include live music by Maine singer/songwriter Jud Caswell, through the generous sponsorship of Sunnybrook Senior Living.

Caswell burst onto the national scene in 2006, winning the legendary Kerrville New Folk competition. His songs have been taught at Berklee College of Music in Boston, recorded by Judy Collins, and named "#4 Song of the Decade" by New York's WFUV.

To work up an appetite, come at 11 am for a yoga class with Leslie Ballin, or just take a leisurely stroll along what has to be Brunswick's "prettiest beach."

And what's on the menu? Lunch will include Stacy's slow-cooked, pulled pork sandwiches, along with baked beans, coleslaw, salad and watermelon, finished off by an anniversary cake for dessert. Iced tea, canned sodas, and bottled water also will be available.

To avoid the long line at the gate, please come and get your tickets and celebration T-shirts at

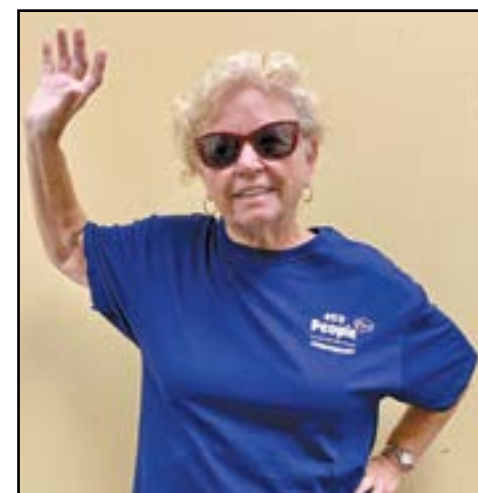
the Center IN ADVANCE. There is NO limit for seating, but your preregistration helps us plan and order accordingly. Registration is required.

Ticket prices are as follows:
— For only \$10, members get the full picnic, beach admission, and a People Plus 45th anniversary T-shirt. The non-member price is \$15 for that package.

— \$7 gives members lunch and admission (no T-shirt). The cost is \$10 for non-members.

— Extra T-shirts are \$8.50 each.

Remember your hat and sunscreen, and bring your favorite lawn chair. We look forward to seeing you all there to help us celebrate 45 years of the Center that Builds Community!



WHO'S ALREADY GOT THE NEW PEOPLE PLUS 45TH ANNIVERSARY SHIRT?? Patsy does!

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@peopleplusthmaine.org
snail mail:

The Editor, People Plus News
P. O. Box 766
Brunswick, ME 04011-0766
Office phone (207) 729-0757

People Plus Board of Trustees

Charles S. Evans, Chair, Topsham
David Millar, Vice Chair, Yarmouth
Christine Munroe, Treasurer, Falmouth
Jim Burbine, Secretary, Harpswell
Annee Tara, Member at Large, Brunswick

Mitchell W. Brown, Brunswick
Carolyn Bulliner, Brunswick
Robin Copland, Topsham
Christine Corriveau, Orr's Island
Thomas Farrell, Brunswick
David R. Forkey, Georgetown
Catherine Jarratt, Brunswick
Tim Keene, Pittston
Rodie Lloyd, Freeport
Stephen F. Loebs, Topsham
Scott Stewart, Topsham
Kim Watson, Topsham
Kelsie M. West-Ezzo, Topsham

People Plus Staff

Stacy Frizzle-Edgerton
Executive director
director@peopleplusthmaine.org
Jill Ellis
Program and event coordinator
programming@peopleplusthmaine.org
Elizabeth White
Office manager
betsy@peopleplusthmaine.org
Jennifer Felkay
Marketing coordinator
marketing@peopleplusthmaine.org
Jordan Cardone
Teen Center coordinator
teens@peopleplusthmaine.org
Lynne Smith
Membership/VTN coordinator
driver@peopleplusthmaine.org
Sarah Deck
Office coordinator/receptionist
reception@peopleplusthmaine.org
Barbara Quinn
Office administrator
office@peopleplusthmaine.org
Patrick Gabrion
People Plus News editor
news@peopleplusthmaine.org

Spectrum Generations Staff

Andrea Handel
Aging & Disability Resource Specialist
ahandel@spectrumgenerations.org
Teddi Reed
Meals on Wheels/Nutrition coordinator
treed@spectrumgenerations.org

The (bitter) sweetest transitions

My father died suddenly when I was a 17-year-old senior in high school. He had suffered from a condition that got the best of him in March of 1986. Having lost my mother a decade earlier, the loss of my father was a radical life change and I found myself pretty much alone before I'd even graduated from high school.

Luckily, I had a reliable, close-knit gang of friends. We traveled as a pack in the halls, spent weekends together, and had each other's backs. The parents of one of these friends took pity on me and began helping me with little things. Their affection and their help grew over the next few months and they soon took me under their wing and into their hearts.

Don and Wallace Brooks were their names and they became my saviors. They housed me, fed me, provided guidance and emotional support when needed and began to call me their "other daughter" to friends and family. I was included in holiday celebrations and Wallace even helped me find my first apartment. They were in my wedding and a huge part of my life as I matured from my tragedy-filled teenage years to an adult with a husband and first home.

Sadly, Wallace Brooks passed away when I was 30. My daughter, Daphne, was born a year later and bears Wallace's name as her middle name. I stayed very close with Don through the next 20 years as he found a new love and wife. And although I moved to Maine in 2002 to raise my family, I never lost touch with Don Brooks. He remained an adviser and a mentor while I was raising children. I would often turn to him for advice and support and his unwavering and always accurate

guidance. He quickly became "Grandy" to all the kids and my daughters loved him.

We would visit Grandy on every visit to Atlanta and he and his new wife, Leigh, were invited to our (canceled) wedding last year. Sadly, Grandy was taken from us this past winter as he contracted COVID halfway into his vaccination process and died.

The shock and sudden nature of his death was reminiscent of my father's and it was horrible to lose the man who was like my second father. He was a vibrant, youthful man with a positive outlook and he showered my girls with love and affection.

He spent some time on our last visit talking with my 18-year-old daughter, Violet, about her upcoming college life

From the Executive Director

Stacy Frizzle-Edgerton



and what she wanted to do in the future. He asked her about her interests, her potential career paths, and jobs that help you pay the bills, versus jobs that we do for love. He was coaching her and mentoring her in his own subtle way.

So as I prepare Violet for her transition from high school to college this weekend, I cannot help but be reminded of my teenage and college years spending time with Don. He always kept me on the right

path, helped me understand how to make the good decisions even if they weren't the easy ones and never wavered in his steadfast ethics.

And I hope I can do as well to fill those shoes for my children. It's this legacy of passing it along and the transitions in life that are the toughest. I traveled to Atlanta this past week to celebrate what would've been Don's 80th birthday with more than 300 attendees at his funeral. It was a lovely service and tribute to a really lovely man.

And as I take Violet to college on Sunday, I'll remember her leaning in close to Grandy, listening intently as he spoke words of wisdom. And I'll think about her leaning close to me as the thunder shook the church during the memorial service last week. She whispered, "Listen Mom, it's Grandy. He is telling me he will be with me at college and to stay focused."

And I know that she will hear his voice in her head, just as I do; when she begins her transition from being a teenager to an adult.



Violet Frizzle and her beloved Grandy.

Making good, better, and best choices

Several years ago, I discussed with a client her blood glucose readings. I provided her with numbers and discussed that she could look at her results as "good," "better" or "best." Last month, when she was in for one of her follow-ups, she said how helpful those words are and not just

for her glucose readings. She suggested that I write about them for the People Plus newspaper. So here is the article.

She expressed to me that she has a lot going on, but is still trying to make healthy food choices. She said that it is helpful to not feel that she has to make the best choices all of the time. Instead, she strives to make good choices most of the time. I think that this is such a good point to emphasize, that we don't have to make the best choices all of the time.

So many times people start an exercise program or decide to eat healthier only to "give up" because they have made it so difficult to maintain for the long-haul.

From Anita's Plate

Anita Nugent
(207) 504-6439



info@nutritionforeveryday.com

I suggest looking at your eating and exercise plan and ask yourself if you can sustain the plan for five years and beyond. If the answer is "yes," then you're moving in the right direction.

I hope that you can achieve good choices most of the time, better choices some of the time, and best choices when you can!

Spiralized Zucchini and Yellow Squash Nests

Ingredients

- 1 C. ricotta cheese
- 1/2 C. finely shredded Parmesan cheese
- 1/4 C. chopped fresh basil
- 1 clove garlic, minced
- 1/2 t. ground pepper, divided
- 2 medium summer squash
- 2 medium zucchini
- 2 Tb. extra-virgin olive oil

Directions

1. Position a rack in the top position of oven; preheat broiler to high.
2. Combine ricotta, Parmesan, basil, garlic and 1/4 teaspoon pepper in a medium bowl. Set aside.
3. Using a spiral vegetable slicer or a vegetable peeler, cut summer squash lengthwise into long, thin strands or strips. Stop when you reach the seeds. You should have about 6 cups of "noodles." Place them on a cutting board and shape into an even 10-inch square. Cut the square into quarters. Transfer each "nest" to a 9-by-13-inch broiler-safe pan (or similar size 3-quart baking dish). Repeat with zucchini. Arrange the zucchini nests in an alternating pattern with the summer squash.
4. Drizzle the nests with oil and season with the remaining pepper. Make a well in the center of each and spoon in about 2 tablespoons of filling.
5. Broil the nests until browned in spots, 6 to 8 minutes. Serve warm.



Peter W. Ladner, President, circa 1980

BRACKETT FUNERAL HOME

29 Federal Street, Brunswick, ME
(207) 725-5511 www.BrackettFH.com



Poems and Prose

Grandpop at the Shore

By Vince McDermott

All my relatives in New Jersey had one thing in common — they all loved the Jersey shore. Those on my father's side went to Point Pleasant and rented rooms in a family-run boarding house for a week or two. My mother's side rented in Seaside Heights for a time, then bought a house in Seaside Park.

My mom's father was with us the longest — he was 84 when he passed in 1964. That was very good for that time. I don't remember ever seeing him in a bathing suit. He rarely went to the beach. Perhaps he could not swim. He spent his time weeding, sitting quietly smoking a pipe, or listening to a baseball game. I once tried to get him to come to the beach on the most glorious day there I can ever remember. He just kept on weeding.

In the evening, he would take a long, slow walk on the boardwalk from Seaside Park to the Heights to play bingo. He always dressed in a black suit, white shirt, and black tie. It seemed to me that for the last 20 years of his life he looked the same. Did he enjoy those years? I don't know — I hope so.

First Purchase

By Doris Weinberg

Although I worked after school at a store, I saved my money, but I don't remember what for. After college, I earned real money. Had to budget and I didn't find that funny!

There was one needed item, that my parents had always bought. A winter coat, not a hand-me-down, was what I really sought.

I was now in Connecticut and on my own. I headed to G Fox to shop. It was a famous store. I would surely find something. And I would only have to make one stop!

I fell in love with a tartan plaid that had a half belt in the back. It was just my size and I loved it! I grabbed it right off the rack.

This was the first big item I bought on my own, and thought it was quite expensive. But now I was a "working woman," so, I wasn't apprehensive.

I bought the coat and wore it home, feeling I was right in style. And because it lasted so many years, the high price tag was worthwhile.

That beautiful coat was the very first sign that I now lived an independent life. And I was still wearing it after my marriage, when I became a young housewife.

All My Children Together

By Betty Bavor

Last week was a glorious celebration with all my children together after many years. I met my step-daughter at the Brunswick train station, her final destination from Spokane, Washington. I had not seen her in over 10 years. Later on that day, my son and his girlfriend arrived from Connecticut with his boat in tow. Their last visit was in January 2021. They are staying at my daughter's home in Durham. I felt joy with all three of my children in Maine Vacationland.

Daughter and step-daughter had to work the next day on their virtual venue. Boating was on the agenda for me as we launched at the Androscoggin Greenway boat ramp in Brunswick. We navigated to the Bath area, seeing eagles, sea birds, seals, and wonderful Maine landscape. Day three was again a work day, so boat launch was at Look Out Point, where we explored Harpswell area before all meeting up for dinner at Etseys.

Saturday was the surprise of my life. My daughter said we were going to see the puffins. I had written a Write On Writers bicentennial piece in 2019 about Atlantic puffins and said a trip to Rockport to see puffins was on my bucket list for a Maine Bicentennial event. My daughter did not forget my wish.

We were not going on the tour boat; we were going on my son's boat! We launched the boat at Round Pond and arriving at Eastern Egg Rock where the Atlantic puffins breed and nest for a few weeks each year on

the island's granite boulders. We saw the tour boat loaded with passengers a distance off the island. We, in our open 18-foot outboard boat, could observe the puffins and their chicks as they floated all around our boat. The boat engine was silenced and we drifted with the current hearing them chirping and seeing the birds' activity on the seaweed-covered rocks. The tide was low, providing even more visual pleasure.

My daughter has explored these islands and directed her brother, who by the way has boated all his life, to an island where we could land and beach comb. We saw seals, porpoise, and sea birds on the way cruising on calm seas. It was overcast and just perfect weather for our adventure. We all selected rocks as souvenirs to take home.

We returned to the dock passing intriguing islands, some with beautiful homes and others pure nature, all Maine's pride and joy. Pulling the boat out and placing it on the trailer was easy. The trip back to Topsham included a stop for an ice cream treat. We will all cherish this day together.

Our children reconnected, reminisced growing up, summer camping vacations and maybe one day their Spokane sister will move back to New England — possibly Maine! I am proud of each one and pray for their health, safety, happiness and continued success.

God bless them and thank you for the gift of this joyful week together.

Dear Andrew [10 years old]

By Virginia Sabin

Thank you for your question, it is a good prompt. "What was my life like when I was 10 years old?" I enjoy remembering it 81 years ago as I write this to you.

My family, mother, father, 7-year-old brother and I, 10 years old, moved from a small waterfront neighborhood of Italian immigrants. The men worked as longshoremen and fished in small deep-sea vessels to market the catch. The women worked in factories, pants factories and cleaning shrimp. The children attended elementary school two block away. The butcher, the baker, and

fresh-food market were all one to two blocks away, running parallel to the wharves.

There were no refrigerators. Perishable food was stored in ice boxes with big blocks of ice. Fresh milk was delivered by horse and buggy. Cooking and heating were by gas oven and surface burners.

Families lived in duplex housing, six three-room apartments connected by a central hall and stairway. The front of the building had stairs like an amphitheater. Here was where all the talent played out — song, dance, poems, scary stories after dark. An empty

lot was where we played tag, dodge ball and baseball. I don't remember any autos parked on the street.

We moved to the outskirts of town to a house built by my father when I was 10 years old, on an avenue lined with tall elm trees, individual homes and gardens. There was a big old apple tree outside the kitchen window, it was spring and the birds in it were singing. My mom and I were crying, so homesick were we for that place by the sea.

Maternal Grandparents

By Nonie Moody

They were married in 1901. As farmers they started their life. They were dedicated church members With seven children and a kind wife.

Their church called them to ministry And quickly they heeded the vocation. Pastoring in Ohio and Michigan Their lives filled with family and devotion.

Included in the family Were two previous generations In the work of the pastorate. A legacy of three in dedication.

A love of God brought many sermons Some from Romans bringing truth And others from passages in Luke With lessons learned from Jesus' youth.

Their God, the family, the farm Brought a lifestyle of loving and caring. Lawrence H. and Mary E. Prowant Were pillars touching many living.

Style

By Russ Kinne

An interesting word — and depending on its spelling, it can have various meanings. Spell it STILE and it usually means a set of steps used to cross a fence or a wall, or a sort of gate. Think of turnstile, step stile, clapper stile, squeeze stile, or Cornish stile.

But when spelled STYLE, it can refer to the appearance of something — a Tudor-style house, a primitive-style log cabin, or a modern-style building.

Or a way of doing something — cooking, or dressing or painting or sculpting or designing. Styles are often used to describe how something looks, or has been created; painted, carved, whatever. When it comes to "fashion" there are dozens of styles, and all are different. Who hasn't heard of a farmer-style set of overalls? Or a Hollywood-style hairdo? In portraiture there's Hollywood-style lighting. And consider '60s-style cars, or clothing or hats or even shoes? The possibilities are endless.

Any serious writer consults (or should consult) a "Book of Style" that contains all the writing and spelling "rules" that will make his production not only

grammatically correct but also pleasant and fun to read; and MUCH more likely to be accepted and bought by an editor or publisher, and in fact the reading public. But in today's publications, I find a lot of grammatical mistakes which the editor or proofreader has passed as being acceptable. This is saddening — they're not only accepting a mediocre product themselves, but encouraging their readers to accept it too. And the poor English teachers that are only trying to do things right? They must be near-terminally frustrated.

Luckily, we now have computer programs that will correct a lot of errors, and spelling, almost automatically, but they're not perfect. Our imperfect English language is to blame to a large degree here — try telling your computer the difference between "There, Their, and They're!"

Even learning the correct way to use an apostrophe can get complicated. In England, there's a group called the AAAA and named the "Association to Abolish the Aberrant Apostrophe." How teddibly, teddibly British!

Trips in the Car

By Bonnie Wheeler

Family trips in the '57 Chevy would hold so many. No worry about seat belts, there weren't any. Mother and father in the front seat, baby in between. Six kids in the back seat yelling and screaming. How were we kids dealt with in the '40s and '50s? She slapped us all silly. We fought for the seat behind the driver of the car, That's because our mama couldn't reach that far.

Maybelle Q., Queen of Kindness

By Lucy Derbyshire

I met her back in June 2006 when I got hired on by Home, Hope, and Healing to be a registered nurse caring for Maybelle's younger sister, Di Di! Maybelle and I both stared at each other at least five minutes sizing each other up. Then Di Di said Maybelle's son was living in Chicago. I had nursed in Chicago for ten years in 1965-75. I decided Maybelle and I would be friends. Little did I know that Di Di would die on March 7, 2007. Maybelle and I have remained friends.

On Feb. 8, 2021, I was knocked for a loop. It was a complete surprise. After looking for a home since Aug. 24, 2020, I had found a new home and was able to move to my home in Lisbon Falls. I had been homeless with no address and no spot to put my belongings for six months. They were all at U-Haul beside Vineyard Church. Every single day I drove to U-Haul and prayed for a place to hang my clothes and a place to put my two pans. And after my being rejected from six BHA apartments, for several different reasons, I totally thought I would never find a place to call mine.

Victoria K., Debra H., and Bonnie B. were all praying and watching the newspapers for me to get a home. I had seven churches in the area praying for me too and had notes up at all of them requesting a place to live. Nothing seemed to be working.

Maybelle Q. was the one who gave me the most new leads from the day I was evicted from my home in Bath on Aug. 24. I tried every lead I got from all of my four local friends. My relatives in California, Texas, Illinois, and Maryland were praying and giving as much help as they could. My sister, Esther H., in Maryland even had one

of her tenants calling Tedford Shelter and other local case managers to assist me. The tenant's name was Tina and she had worked in D.C. to get housing for fellow black citizens.

I do believe Maybelle Q. was the total professional with a doctor's degree in kindness. She had suffered being homeless herself and she fully comprehended the awful mental anguish I was going through.

Here I am at age 73, having been in nursing since age 17, I had helped many others but was not able to help myself. I asked myself, "Why?" "Why am I so helpless?" I should be able to find something, someplace in the area. Oh, no! I was looking on Craig's List and Angie's List. I spent hours online each day searching for a place. Nothing could I find. I just knew after six months of looking and finding nothing I was going to remain homeless and remain with all my things in storage. I had too much money from my deceased husband's Social Security to even get in a motel or hotel, as all the other homeless people were being placed in.

Yes, my parents have done kind acts. My children have done kind acts and even my grandchildren. But the kindest act ever done for me was when my patient's older sister realized how awful my situation was, and stuck right with me to the end of my situation. Yes, I will never be able to repay Maybelle Q. for the kind act at the top of my list of kind deeds.

What I can do is tell the whole world how kind she is! She should be on top of their lists too. She is the Queen of Kindness. Thanks Maybelle Q. I will never forget Feb. 8, 2021, when I moved into my new home in Lisbon Falls.

My Mama Said

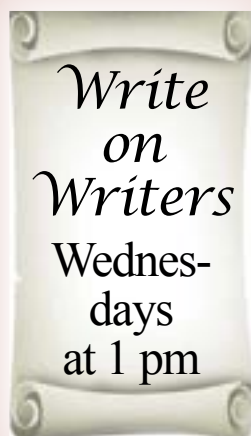
By Bonnie Wheeler

My mama used to tell me, when you know better — do better. Sunday is God's Day — respect it. It's better to be thought stupid than to open your mouth and prove it. Quit making excuses — if you want to do something, you will, if not, you'll make an excuse. One day you will understand. Today, I do.

Friends

By Bonnie Wheeler

Friends touch our lives Lift us to higher goals Delight in our success Help grow our souls



September is Stupendous at People Plus!!



STRETCH... FLEX... BREATHE... REPEAT. Join us at People Plus to get your mantra going and your flexibility, relaxation, strength and health increased. With senior-focused yoga on Tuesdays and Thursdays, you could start a practice that will change your life and improve your well-being. If you're just not sure, come try either class the first time free! 10 am on Tuesdays and 11 am on Thursdays!

Have you tried 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 for members, \$10/non-members.



Exercise at the Center

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

Good Eats – Good Friends!

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

Women's Tailgate Tea Outside

Thu, Sept. 16, 1:30 pm. Enjoy tea and a treat while socializing with the ladies. Members only, registration required.

Men's Coffee Break Outside

Thu, Sept. 23, 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

Table Tennis

Mondays & Tuesdays, 11 am; Wednesdays, 1 pm; Thursdays, 9 am.

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.

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.

Books a la Carte

3rd Tuesday, 2:00 pm. Come join this unique book club. You get to read your own book and then share what you've read with others. A great way to learn about new books for your reading list!

Cafe en Francais

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



THEY'RE BACK! As of our print date, masks are required by the Town of Brunswick in all town buildings, including People Plus. Any changes will be communicated on our website, weekly emails and social media pages. Don't worry if you forget a mask, we have them in the lobby.

\$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.



Come Play with Us

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



Register for activities @729-0757

Activity Punch Cards

Our punch payment card system is safe & convenient. FMI 729-0757 or stop by to purchase your card! \$25 for 5 classes, \$50 for 11 classes (that's 1 free class!).



We're Going Virtual! Senior Health Expo "At Home" 2021

With the emphasis on keeping everyone healthy and safe, the Senior Health Expo, one of People Plus' premier events, will be going virtual again for 2021.

After discussions with the Brunswick Recreation Center and local health officials, the difficult decision was made to present an "At Home" version for the second straight year. The Health Expo will launch on Friday, Nov. 12 with videos from many local resources.

Gain valuable knowledge by joining us for an online and video tour of your communities' best and brightest senior care providers. Get to know the folks who take care of you! You do not want to miss the show! Registration is now open for the event and it is free!

The 2021 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

Visit peopleplusmaine.org for more information on the Senior Health Expo, including table registration and sponsorship opportunities. Exhibitor registration deadline is Oct. 15, 2021. If you want to be part of this great event and showcase your organization, please contact Jill at programming@peopleplusmaine.org.

A big thank you to our sponsors! Partner Plus: Coastal Landing Retirement Community, Mid Coast-Parkview Health, The Salvation Army. Partner: Spectrum Generations, The Times Record. Event Sponsor: Avita of Brunswick & Sunnybrook, Brackett Funeral Home, Healthy Living for ME, The McLellan.



Mon	Tue	Wed	Thu	Fri	Sat
 <p>Thu, Sept. 9, 11 am</p> <p>Got your ticket for the picnic and T-shirt?</p> <p>Don't delay! Buy your T-shirt and picnic ticket at the Center now!</p>		<p>8:45 Cribbage 1</p> <p>9:00 Mah-Jongg</p> <p>9:00 Loosen Up</p> <p>9:30 Outing Club</p> <p>10:00 Meals on Wheels</p> <p>10:15 Tai Chi</p> <p>12:00pm Gentle Barre</p> <p>1:00pm Write on Writers</p> <p>1:00pm Table Tennis</p>	<p>9:00 Table Tennis 2</p> <p>9:30 Beg/Int Bridge</p> <p>11:00 Yoga</p>	<p>9:00 Mah-Jongg 3</p> <p>9:00 Hair Cuts with Margarita</p> <p>9:00 Loosen Up</p> <p>10:00 Meals on Wheels</p> <p>10:15 Qigong</p> <p>11:45 Chair Yoga</p>	<p>9:00 Zumba 4</p>
<p>6</p>  <p>Center Closed</p>	<p>7</p> <p>9:00 Chair Yoga</p> <p>9:30 Beg/Int Bridge</p> <p>10:00 Yoga with Ann</p> <p>11:00 Table Tennis</p> <p>12:30pm Easy Riders Club</p> <p>3:00pm Spanish Club: Zoom</p> <p>6:30pm Toastmasters</p>	<p>8</p> <p>8:45 Cribbage</p> <p>9:00 Mah-Jongg</p> <p>9:00 Loosen Up</p> <p>9:30 Outing Club</p> <p>10:00 Meals on Wheels</p> <p>10:15 Tai Chi</p> <p>12:00pm Gentle Barre</p> <p>1:00pm Write on Writers</p> <p>1:00pm Table Tennis</p>	<p>9</p> <p>9:00 Table Tennis</p> <p>9:30 Beg/Int Bridge</p> <p>11:00 Yoga</p> <p>11:00 45th Anniversary Picnic at Thomas Point Beach</p>	<p>10</p> <p>9:00 Mah-Jongg</p> <p>9:00 Hair Cuts with Margarita</p> <p>9:00 Loosen Up</p> <p>10:00 Meals on Wheels</p> <p>10:15 Qigong</p> <p>11:00 World Affairs</p> <p>11:45 Chair Yoga</p>	<p>11</p> <p>9:00 Zumba</p>
<p>13</p> <p>9:00 Mah-Jongg</p> <p>10:00 Fiber Arts Club</p> <p>9:00 Loosen Up</p> <p>10:00 Zumba</p> <p>11:00 Table Tennis</p> <p>12:00pm Bridge</p> <p>7:00pm Civil War Books</p>	<p>14</p> <p>9:00 Chair Yoga</p> <p>9:30 Beg/Int Bridge</p> <p>10:00 Yoga with Ann</p> <p>11:00 Table Tennis</p> <p>11:30 LUNCH OUT</p> <p>12:30pm Easy Riders Club</p> <p>12:30pm Medicare 101</p> <p>3:00pm German Club: Zoom</p>	<p>15</p> <p>8:45 Cribbage</p> <p>9:00 Mah-Jongg</p> <p>9:00 Loosen Up</p> <p>9:30 Outing Club</p> <p>10:00 Meals on Wheels</p> <p>10:15 Tai Chi</p> <p>12:00pm Gentle Barre</p> <p>1:00pm Write on Writers</p> <p>1:00pm Table Tennis</p>	<p>16</p> <p>9:00 Table Tennis</p> <p>9:30 Beg/Int Bridge</p> <p>11:00 Yoga</p> <p>1:30pm Women's Tea Outside</p>	<p>17</p> <p>9:00 Mah-Jongg</p> <p>9:00 Hair Cuts with Margarita</p> <p>9:00 Loosen Up</p> <p>10:00 Meals on Wheels</p> <p>10:15 Qigong</p> <p>11:45 Chair Yoga</p>	<p>18</p> <p>9:00 Zumba</p>
<p>20</p> <p>9:00 Mah-Jongg</p> <p>10:00 Fiber Arts Club</p> <p>9:00 Loosen Up</p> <p>10:00 Zumba</p> <p>11:00 Table Tennis</p> <p>12:00pm Bridge</p>	<p>21</p> <p>9:00 Chair Yoga</p> <p>9:30 Beg/Int Bridge</p> <p>10:00 Yoga with Ann</p> <p>11:00 Table Tennis</p> <p>12:30pm Easy Riders Club</p> <p>2:00pm Books a la Carte</p> <p>6:30pm Toastmasters</p>	<p>22</p> <p>8:45 Cribbage</p> <p>9:00 Mah-Jongg</p> <p>9:00 Loosen Up</p> <p>9:30 Outing Club</p> <p>10:00 Meals on Wheels</p> <p>10:15 Tai Chi</p> <p>12:00pm Gentle Barre</p> <p>1:00pm Write on Writers</p> <p>1:00pm Table Tennis</p> <p>6:30pm Bruns Coin/Stamp</p>	<p>23</p> <p>9:00 Table Tennis</p> <p>9:30 Beg/Int Bridge</p> <p>11:00 Yoga</p> <p>1:30pm Men's Coffee Outside</p>	<p>24</p> <p>9:00 Mah-Jongg</p> <p>9:00 Hair Cuts with Margarita</p> <p>9:00 Loosen Up</p> <p>10:00 Meals on Wheels</p> <p>10:15 Qigong</p> <p>11:45 Chair Yoga</p>	<p>25</p> <p>9:00 Zumba</p>
<p>27</p> <p>9:00 Mah-Jongg</p> <p>10:00 Fiber Arts Club</p> <p>9:00 Loosen Up</p> <p>10:00 Zumba</p> <p>11:00 Table Tennis</p> <p>12:00pm Bridge</p>	<p>28</p> <p>9:00 Chair Yoga</p> <p>9:30 Beg/Int Bridge</p> <p>10:00 Yoga with Ann</p> <p>11:00 Table Tennis</p> <p>12:30pm Easy Riders Club</p> <p>3:00pm French Club</p>	<p>29</p> <p>8:45 Cribbage</p> <p>9:00 Mah-Jongg</p> <p>9:00 Loosen Up</p> <p>9:30 Outing Club</p> <p>10:00 Meals on Wheels</p> <p>10:15 Tai Chi</p> <p>12:00pm Gentle Barre</p> <p>1:00pm Write on Writers</p> <p>1:00pm Table Tennis</p>	<p>30</p> <p>9:00 Table Tennis</p> <p>9:30 Beg/Int Bridge</p> <p>11:00 Yoga</p>	<p>People Plus Hours</p> <p>Monday-Thursday: 8:30 am to 4 pm</p> <p>Friday: 8:30 am to 1 pm</p> <p>Call 729-0757 to register.</p>	

Funeral Alternatives is a locally-owned and operated family business.



Maine's Cremation Authority
Simple cremation \$1425.00 Complete

46 Bath Rd, Brunswick • 406-4028 • www.funeralalternatives.net



OUTINGS WITH OUTING CLUB: Members of the People Plus Outing Club have been all over the Midcoast seeing the sights. They took in a good hike at the Otter Brook Preserve, which runs alongside one of the largest freshwater streams in Harpswell. The all-season trails meander through the forest and provide approximately 1.5 miles of pleasant walking, cross-country skiing, and snowshoeing. Otter Brook Preserve is protected from development by the Harpswell Heritage Land Trust, numerous local donors, and the town of Harpswell. The members also visited Coastal Maine Botanical Gardens in Boothbay. There is a lot of very impressive stuff there, and some small but quite memorable things too, like the butterfly enclosure with its live pupa and caterpillar exhibits. The Gardens also feature exhibits of sculpture, musical pipes, a fairy village, and much more. After the Gardens, it was lunch at Mine Oyster in Boothbay Harbor.

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.

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.

Giving peace of mind to participants and



When you both need support.

Mid Coast Senior Health provides short-term respite stays to support you as you care for your loved ones. Our dedicated, professional care team can coordinate stays as short as two weeks, as long as a month, or even open-ended. For more information, call (207) 373-3646 or visit www.midcoastseniorhealth.com.



MID COAST SENIOR HEALTH
MID COAST-PARKVIEW HEALTH

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.



A Place Where You Belong

Looking for a community that recognizes you as a unique individual? With a variety of living options as well as various wellness, cultural and educational programs and activities offered, The Highlands is the home to live your best life—exactly as you want.

Call (207) 725-2650 to schedule a personalized tour.



THE HIGHLANDS
A GRACE MGMT COMMUNITY

30 Governors Way • Topsham, ME 04086
(207) 725-2650 • www.HighlandsRC.com





HAPPY BIRTHDAY LILLIAN BATES! A regular member of the Fiber Arts Club, she and her lady pals meet every Monday at 10 am at the Center and have a great time with their knitting, crochet work, sewing and Crosstitch! Are you a quilter, do you do anything with fiber arts? You should join this fun group on Mondays at 10 am!



TABLE TENNIS TRIUMPHS: Members of the People Plus Table Tennis team had an excellent performance at the 2021 Maine Senior Games. Taking awards in their respective age groups were, from left, Steve Winter, silver medals in singles and doubles; Chrissy Six, gold in singles and silver in doubles; Debbie Considine, silver in singles, and George Paton, silver in doubles. Their competition was held on Aug. 8 at the Bridgton Town Hall. The Maine Senior Games consist of more than 20 different sports and anyone 45 years of age and older may participate.

Guess Who?

With people being masked it's sometimes hard to recognize our fellow members, so we decided to create a fun and new monthly game called Guess Who? And to complicate matters, we are using photos from participants' senior year of high school.

So who is the person looking at you now? Take as many guesses as you would like, and then satisfy your curiosity by finding the answer on page 16. Good luck!

We are looking for more members to play along with Guess Who? Please send us your high school senior year photo to news@peopleplusmaine.org to join the fun.



Someone you care for needs Assisted Living or Memory Care.

Make the best decision.

Now more than ever, families are turning to Northbridge Communities in Brunswick, as the safest choice for Senior Living and Memory Care.



Call our helpful advisors:

Sunnybrook
A Northbridge Senior Living Community

207.443.9100

Avita of Brunswick
— A Northbridge Memory Care Community —

207.729.6222

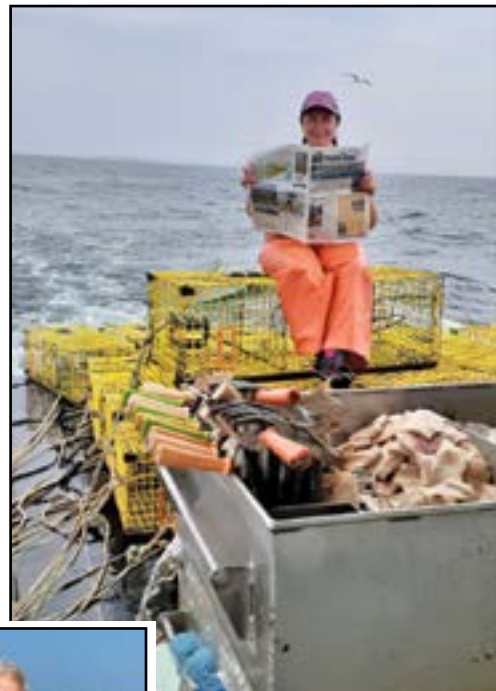
Two Northbridge communities conveniently located in Brunswick, ME

Sunnybrook: 340 Bath Road | sunnybrookvillage.com

Avita: 89 Admiral Fitch Avenue | avitaofbrunswick.com



Summer Time with the Staff!



IT'S BEEN A YEAR FULL OF CHANGES and protocols, so the staff was thrilled to have a week of **TIME OFF** in August! We spent time with our friends, time with our families, time near the water, time out of the country, time eating, time traveling, time napping, time celebrating and time alone to breath and recharge our batteries. And we were all happy to come back and see all your smiling faces here at the Center after vacation. We missed you!

Member Moment

"Member Moment" gives people who participate in programs and activities at People Plus a chance to tell us a little bit about themselves. Don't be surprised if you might be asked a few questions some day, after all, everyone has a story to tell. Thank you.

Getting to know Bonnie Connolly

My name is Bonnie Scott Connolly and I live in Brunswick, in the Cook's Corner area. I'm 72 years of age.

I was born outside of Philadelphia, but when I was three my father was transferred to New York City, so we moved to Westport, Connecticut, which at that time was a bedroom/commuter town to the city. The town was on Long Island Sound and a great place to grow up. I could ride my bike to the beach and the town golf course, two things that I loved. I lived there until going off to college.

My life did not take a linear path, so it is hard to describe it in order. I went to college outside of Philadelphia at Ursinus College in Collegeville, Pennsylvania. I loved sports and kids and thought being a physical education teacher would be a perfect profession.

Between my junior and senior year in college, I went on a summer exchange program to Denmark through the Experiment in International Living, out of Vermont. I loved Denmark so much I went back after I graduated from college to a sports/gymnastics program at a Folk High School called Ollerup on Fyn, the middle island of Denmark.

It was wonderful. In the Danish school system, a folk high school is a school with a focused interest area (sports, the arts, etc.) where Danish students would go in between other levels of studies for a break before pursuing the next scholarly level. Ollerup had a five- and eight-month course.

When I got back from Denmark, I started my physical education teaching career. First I taught at the Booth School in Rosemont, Pennsylvania. I then did a graduate assistant program with the University of Maine. I taught in Fairfield, Maine, and set up an elementary PE program (that was the

thesis part of the master's degree) and took classes at night at the University of Maine at Augusta, finishing classes over the summer in Orono. After that I was a teacher assistant at Williams Cone School in Topsham and taught at Phippsburg Elementary School.

The move to Maine year-round for the master's program was the result of a life-long love of visiting Maine in the summers while growing up. My father's family has owned property off of Deer Isle since the late 1800s, so Maine is in my blood.

So to make a long story a little shorter, after the above mentioned teaching stints, I learned that I really didn't feel I had the confidence to be a good teacher and I left the profession. I took various part-time jobs to survive.

I had a strong interest in photography, mostly self-taught except a few courses at the Maine Photographic Workshops in Rockport (now called Maine Media Workshops). I went one day to The Times Record newspaper in Brunswick with a portfolio looking for a job. The day before (unbeknownst to me) they had let the weekend photographer go. They gave me some trial assignments and that started my newspaper career. Eventually, I was a full-time staff photographer there for almost 10 years. Some people may remember me as "Bonnie Scott Photo" from about 1983 to 1992.

Somewhere in the middle of all that I got married in 1988 to Joe Connolly. We were married at First Parish Church in Brunswick. In 1992, when I got laid off at the paper, and after much consideration and with the blessing of First Parish, we moved to Bangor and Joe attended Bangor Theological Seminary.

While at Seminary, Joe was the assistant pastor at a five-church cooperative in Waldo County. Then from 1996-2019, Joe was the teacher and pastor of First

Congregational Church UCC in Norwich, New York. This is upstate between Binghamton and Utica, about an hour and 20 minutes southeast of Syracuse — two hours west of Albany.

We have always loved Maine and Brunswick, and when Joe retired in 2019 we moved back and not too long after that the pandemic set in.

My husband and I joined People Plus in August of 2019, right when we moved back to Maine. I had been following The Times Record all along and People Plus did a fantastic job of publicity and I could see they had lots of different activities. They still are really good at getting the news of their programs and activities out to the public. I am still amazed at the breadth and depth of all the different activities they have.

People Plus is important to me because I see how much good they do in the community and how hard they work to connect with everyone. Most of the time I have been a member has been during the pandemic and they (not only Stacy, but especially Stacy) have gone way beyond the call of duty to adapt to all the curve balls the pandemic has thrown them. I don't feel I am at the stage of being an "isolated senior citizen," but I truly appreciate how much work People Plus does connecting with people.

My favorite activity, or at least the first activity I took part in, is "Fiber Arts," which meets on Mondays at 10 am. I love all things knitting and had left a longtime knitting group in Norwich, where I had lived before. I didn't want to lose that camaraderie. Fiber Arts is more than knitting — i.e., crocheting, quilting, embroidery, etc. It is also more than just the craft. It is talking together and enjoying each other's company.

I also have enjoyed some of the food gatherings (no surprise there, lol). It took me a while to get up the courage to go to



the Women's Breakfast or the Monthly Lunch at the Center, but once I did I was so glad. I have reconnected with friends I knew from living here in the '70s and '80s and I have made new friends as well. And, of course, I have eaten great food.

There are many other classes — some of the exercise classes for instance — that I want to do. I keep looking at the schedule and all the many opportunities. There is so much — almost too much to do. Thank you to all the staff — besides Stacy it feels like I have the most interaction with Sarah and Jill. And thank you to the board of directors and all the people and companies that support People Plus. It is definitely worth it and appreciated by many.

A couple of things I'd like people to know about me, are that, I love Maine and really love being back in Maine. I especially love the Brunswick and Deer Isle areas. Also, I am a terrible punster, although probably most people already know that.



THE GENTLEMAN FARMER IN MAINE, otherwise known as Jonathan Edgerton and Stacy Frizzle-Edgerton, were happy to host a fundraising dinner at their farm to benefit our Music in April fundraiser this year! Left to right: Steve Garde, Sue Ham, Gayle Hays, Jim Hays, Bruce Bickford, Becky Bickford. The lucky winners of this three-hour, five-course meal had perfect weather, great company, and fantastic food that began with a prosecco toast celebrating People Plus. The food began with a giant charcuterie board, while Jonathan made homemade pizzas in the outdoor stone oven. Stacy kept herself busy preparing oven-roasted Mediterranean-style fish with tomatoes, olives, onions and fresh lemons and served it with grilled vegetables sprinkled with balsamic vinegar and feta cheese, fresh tomato salad, homemade bread and her legendary classic tiramisu. It was a night to be remembered and People Plus is thankful to the winners for their donation!



Brunswick Area Teen Center

Hold on, school year coming up fast!



Teen Center News

Jordan Cardone



Dear Friend,

September 2021

The Brunswick Area Teen Center is a **FREE** after-school and summer program, providing food, meals, and socialization for our area youth. *Your generous donations keep the program free and enable us to pay the staff and feed the kids!*

Despite the challenges of the past 18 months, we found ways to be together with many of our teens, on-line and in person, inside and outside as we survived the pandemic "together".

- We welcomed over 20 new members.
- We provided financial assistance for two teens to attend drivers education! (cost= \$1,000)
- Behavioral Health Professionals utilized the program to bring clients for socialization.
- Over the summer we enjoyed "lunch out" on Wednesdays, enabling our members to experience some downtown Brunswick eateries.

We are so proud of the achievements of our youth throughout this past year! We had teens graduate high school, make honor roll, complete drivers ed, get permits and licenses and many started their first jobs - all during the pandemic!

Each summer youth entering 6th grade, who have been eagerly waiting to be able to come to the Teen Center, arrive at our door and sign up to become members. This summer has been no exception. It's always fun for us to hear their exclamations of "wow, this is awesome!" and see how excited they are. Many of these youth will be with us for years. We are all excited for a new year to begin and to see what the future has in store for us!

The support we received from community members like you kept us open and going. Together we are making a difference in the lives of area youth!

We want to thank you in advance for supporting the kids who benefit from the Teen Program again this coming year!

Sincerely,

Stacy Frizzle-Edgerton
Executive Director

Jordan Cardone
Teen Center Coordinator

Advisory Committee

Tom Farrell, Chair
Director, Brunswick Parks & Recreation

Tim Keene, Secretary
People Plus Board
Bangor Savings Bank

Chris Balestra
BJH Resource Officer

Carol Briggs
Community Member
UU Church

Carolyn Bulliner
People Plus Board

Lisa Copland
Community Member

Carol Israel, PhD
Licensed Psychologist

Catherine Jarratt
People Plus Board

Jane Millett
Community Member
RE/MAX Riverside

Fraser Ruwet
Ruwet Contracting

Jordan Cardone
Coordinator

Stacy Frizzle
Executive Director,
People Plus



- _____ \$25 – Sponsor a teen member for a year!
- _____ \$50 – Buy fresh food for the kids!
- _____ \$100 – **Support the staff for a week!**
- _____ \$500 – Provide access to drivers ed for one teen!
- _____ **Additional amount – EVERY penny helps!!**
- _____ Total

(please clip and return with your check in the enclosed envelope to People Plus -Teen Program. All donations are tax deductible)

PO Box 766 / 35 Union Street, Brunswick, ME 04011 • 207-729-0757 • www.peopleplusmaine.org

It is mid-August when I am writing this. I wish I had fortune-telling abilities and could see into the future, because once again things are so in flux and it's impossible to tell what September may bring!

By Aug. 30th, the first day of school, the many (at times with contentious input from the public) meetings of school boards to decide on masks/no masks, pool testing at schools/no pool testing, etc., will be over and decisions made. While the adults figure this out, what I mostly hear from the kids is that they just want to be back in school, masks or no masks! They are willing to do what it takes.

We continued to have kids sanitize and mask all summer and still have shields on our dining tables, so there won't be changes within our program come school time. We all hoped we'd be in a better place this fall, but it isn't to be. We will make the best of it and keep doing what we've been doing. Kids still need to eat and have fun and see friends after school!

We had eight new members join us so far this summer, mixing it up with some of our regulars to keep us busy. It's always nice when new kids join in the summer; we get to "train" them before it gets too crazy during the school year!

I'm not ready to let go of summer, but it's going anyways. I will miss our Wednesday out-to-lunches and our Bowdoin College Fellow/Volunteer, who we shared with People Plus, is headed back to school, and our afternoons will begin and end later with school starting.

We had great success with some of the plants (succulents) we started at the beginning of the summer, the ones that remained in the Teen Center space love the sunny windows.

The temperatures were up this summer and appetites were down with the kids, but that will change soon. It is amazing how hungry kids are after being in school all day!

Let's all keep our fingers crossed and hope that they can remain in school this year and remain healthy.

We spent a chunk of August working on this year's Back-to-School fundraising letter, which is coming your way soon. It's our only letter each year and one that brings in an important and usually impressive amount of funding for the teen program. Check your mailbox soon!

Stay safe, stay healthy and keep those masks on!

Happy September
Jordan and the gang





HAPPY BIRTHDAY LORRAINE LAROCHE! We're so glad to have been a part of your 90th birthday celebration and we can't wait to celebrate even more of them with you over the next several years! You've been a lovely fixture here at the Center and we love you!

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 contents to news@peopleplusmaine.org

If you 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 reading list. The group is scheduled to resume meeting on Tuesday, Sept. 21, at 2 pm. Due to COVID, stay tuned for updates.

Here are some recommended books:

Comments: news@peopleplusmaine.org

MILITARY HISTORY

Above the Reich by Colin Heaton and Anne-Marie Lewis. It is a narrative of air combat, mostly during World War II, but with some action in Korea and Vietnam. It is told in their own words, by Jimmy Doolittle, Curtis Lemay, and three air aces — Robert Samuel Johnson, Robin Olds, and Edward Ross Hayden. It was recorded in private interviews. They pull no punches and tell it like it was. A very interesting, well-written book. Even those who know much about the period will find new information.

NONFICTION

Mill Town by Kerri Arsenault. The true story of life in the mill town of Mexico, Maine, written by someone who grew up there. It tells about the lives the workers and their families lived, the effects of the mill

upon the town, and the results of working in a hazardous environment. The book has been highly praised and much publicized, deservedly so. It is well written, a good read, and quite upsetting. Judge for yourself.

MYSTERIES

The Dark Vineyard and A Taste for Vengeance by Martin Walker. These are two in a series of mysteries featuring Chief of Police Bruno Courregres, the only policeman in a small town in the Dordogne region of France, near Bordeaux. Nicely written by someone who lives in the area part of the time. Lots of information about the food and wine of the place. Chief Bruno has to deal with the increasing urbanization of the area, the bureaucracy of the French police, and complex murders. He is also very involved in the lives of the people in the town.

Lunch out!
September 14th, 11:30 am

TASTE OF MAINE RESTAURANT
Where Seafood is Celebrated!

161 Main St, Woolwich

Thank You!

The staff, members and community of People Plus are so grateful to everyone involved with the Mid Coast-Parkview Health organization and their dedication to keeping our community safe!

MID COAST HOSPITAL

MID COAST SENIOR HEALTH

CHANS HOME HEALTH & HOSPICE

MID COAST-PARKVIEW HEALTH

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

REFORM PHYSICAL THERAPY 439 Lewiston Road (Route 196), Topsham
Don't neglect your health, reform it 207-725-4400 www.Reform-PT.com

Pre & Post-Surgical Care • Chronic Pain Treatment • Balance Related Issues

IN NETWORK WITH: Medicare, MaineCare, Martin's Point, Anthem BC/BS, Humana, Tricare, AARP, United Healthcare, Aetna, Today's Options, the VA, and others!

Clinics also located in Yarmouth & Kennebunk!

"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 • PECKS • FENCES • GARAGES • GARDENS • OFFICES • YARDS etc.
- ★ CLEAN • CLEAR-OUT • FILE • DUMPTRUCKS • LABEL • MOW • MULCH • PAINT • RAKE • SPLIT/STACK WOOD • TRIM • WEED etc.
- ★ RUN ERRANDS FOR YOU or WITH YOU!

MARY ELLEN ROSENBERG - OWNER
CALL OR EMAIL FOR ESTIMATES OR SCHEDULING -
CDC4U@COMCAST.NET
207-729-5760

*Fully Insured
*Bonded
*LLC

www.chicksdochores.com

Gone but not forgotten – in Memory of

Robert Frasch Feb. 8, 1940 — July 14, 2021	Murton Small Oct. 26, 1945 — July 18, 2021	Judith Hudson Dec. 1, 1947 — July 27, 2021	Yvette Griffin July 16, 1921 — July 28, 2021
--	--	--	--

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

CANDY

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

MASSAGE/CHIROPRACTIC

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

DRY CLEANER

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

FLORIST

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

HEARING AND OPTICAL

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

Maine Optometry

- \$30 off complete pair of glasses
82 Maine St, Brunswick, 729-8474
www.maineoptometry.com

LEGAL

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

RECREATION / ENTERTAINMENT

- Eveningstar Cinema**, Discount bag of popcorn at evening shows (\$1 sml, \$1.50 medium)
149 Maine St, Brunswick, 729-5486
www.eveningstarcinema.com

Maine State Music Theatre

- Senior discount (60+) on matinee tickets
22 Elm Street, Brunswick, 725-8769
www.msmt.org

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

RESTAURANT

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

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

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

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

TECHNOLOGY

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

*Benefits subject to change

HAPPY RETIREMENT!



WE'LL MISS YOU, BETSY! After 21 years, Betsy has decided to take down her Office Manager shingle and retire. A constant fixture at the Center, Betsy White's work has been a pillar of People Plus and the foundation of success that kept us going for decades. She has seen tremendous change and growth over her time here at the Center and we will miss her! Good luck Betsy and enjoy your time off!

Would you like to dance?

The SAGE Square & Round Dance Club will be holding its Fall Open House on two Tuesdays, Sept. 14 and 21, from 6:30-7:30 pm. It takes place at St. Charles Borromeo Catholic Church, 132 McKeen St., Brunswick.

Come join them and have some fun as you learn the basics of modern square dancing. Make new friends, get good exercise, challenge your brain, and if you have two left feet, it doesn't matter! We dance to all kinds of great music — Rock, Pop, Funk, Hip-hop, Bluegrass, and Country.

No experience is necessary and dress is always casual.

The SAGE Square & Round Dance Club is a nonprofit, social club. The initial two workshops at the Open House are free and then there is a modest fee per week to continue.

For more information, go online to sage.squaredance.us or email SAGE@SquareDanceME.US

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!

People Plus A Peek at the Week August 22-28

Face Masks Required
The Town of Brunswick has issued an emergency ordinance that requires masks be worn inside any town owned building including People Plus. This is for both vaccinated or unvaccinated people and for all Center activities. Don't worry if you forgot one, we will have some in the lobby for you!

The Maine CDC currently "recommends that all people, regardless of vaccination status, wear face coverings in indoor, public settings in areas with "substantial" or "high" levels of community transmission."

People Plus PEOPLE PLUS MEMBERSHIP APPLICATION Date _____

PO Box 766 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757 • www.peopleplusmaine.org

Name (1) _____ Phone _____ Birthdate _____ Female Male
 Email _____ Emergency Contact _____
(name) (phone) (relationship)

Name (2) _____ Phone _____ Birthdate _____ Female Male
 Email _____ Emergency Contact _____
(name) (phone) (relationship)

Mailing Address _____ City _____ State _____ ZIP _____

I do NOT need the People Plus monthly newspaper mailed to my house. **Cash/Check (Payable to People Plus)**

Yearly Membership Dues (Scholarships Available)

Brunswick (___ New Member ___ Renewal): \$30 per person
 Other towns (___ New Member ___ Renewal): \$35 per person
 \$300 for **Lifetime Membership** (65 or over)

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

OFFICE USE: Accounting Data Membership Card Sent

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

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

Senior Companion and Personal Care Services
1 to 24 hours
Yarmouth, Freeport, Cumberland, Falmouth
729-0991

AGING EXCELLENCE
NOW HIRING
Brunswick to Portland \$16-\$18/hr
Free Yoga, Free Massage!

SeniorsOnTheGo.com



co-located at People Plus
35 Union Street, Suite 1
Brunswick, ME
207-729-0475

www.spectrumgenerations.org

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

Monthly Update

September 2021

Falls Prevention Awareness Week

Get Involved



The coronavirus pandemic has changed a lot of things, but one thing that's still the same is that falling is NOT a normal part of aging!

The Maine Falls Prevention Coalition is committed to empowering all older adults throughout Maine to age well, and that includes avoiding falls. September 20-24, 2021, we are partnering with the National Council on Aging (NCOA) to observe Falls Prevention Awareness Week.

Falls remain a leading cause of injury for people aged 65 and older. Falls threaten older adults' safety and independence and generate enormous economic and personal costs. However, through practical lifestyle adjustments, evidence-based falls prevention programs, and clinical-community partnerships, the number of falls among older adults can be substantially reduced.

We invite your community to join us in this important awareness campaign. Visit www.knowfallsforME.org and follow us on Facebook to find shareable resources, and view the complete listings of in person and online falls prevention events happening through the month of September. We are actively planning events now – continue to check our calendar throughout the summer for updates.

Upcoming Falls Prevention Workshops



A Matter of Balance

Tuesday/Friday
September 21 – October 19
9:30 a.m. – 11:30 a.m.
VIRTUAL/ZOOM
Free

Tai Chi for Health and Balance

Tuesday/Thursday
October 5 – December 14
2:00 p.m. – 3:00 p.m.
VIRTUAL/ZOOM
\$20



Free Food Monthly Food Program

The Commodities Supplemental Food Program works to improve the health of low-income elderly persons at least 60 years of age by supplementing their diets with nutritious USDA Foods. Packages include a variety of foods, such as, oats, rice, pasta, peanut butter, juice, and more!

Who is eligible?

To be eligible, clients must meet the following criteria:
• 60 years of age or older • Maine resident • Income eligible

For an application, contact Spectrum Generations' Midcoast Regional Center at (207) 729-0475.



Volunteer Spotlight Curry Ander, Meals on Wheels driver

For me, Meals on Wheels is more than delivering food. If they seem to want more, I am glad to unpack the food for them, help with little things, and most importantly show that I care and listen. There are heartbreaking stories but also smiles when they see me.

My career has revolved around children and families while climbing up the career ladder from childcare and Head Start teacher, director, running Navy childcare programs overseas, coaching Navaho teachers, training, and consulting for the University of Virginia and now again for the University of Maine. This wonderful career has taken me all over the US, the UK, Sicily, and Germany. It always will be the work of my heart.

In between career jobs, I spent a few years cruising in wooden boats, a lust for travel and sailing inherited from my Navy family. Seeking out immersion in different cultures and wanting to know different ways of being still drives me, but now, back home with COVID-19 restrictions, I am hoping to be helpful, humble, and still learning. In August of 2019 I started driving new Mainer to appointments and classes, but the pandemic ended that for me. Meals on Wheels seemed a safer choice once I was vaccinated. I still miss my new Mainer families, but for now, I'll keep driving every Wednesday for as long as I can.

Come see Andrea! Medicare Open Enrollment



October isn't too far away, which means Medicare Open Enrollment is fast approaching. Appointments fill up fast, so please call Andrea to schedule an appointment!

CALL ANDREA AT 1.800.639.1553 FOR MORE INFORMATION



Upcoming Event 9th Annual Celebrity Chef Challenge

Monday, September 20, 2021 at 5:00 p.m.
Snow Pond Center for the Arts

Visit spectrumgenerations.org/event for more information or to purchase tickets.

Proud to partner with People Plus

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.



SUMMER IS IN FULL BLOOM AT THE CENTER! With boxes of produce every week from the Merrymeeting Gleaners and beautiful new additions in the flower boxes thanks to Jane Connors, it's easy to tell the season here at the Center.



Q. Your name, please?

A. Robin Copland

Q. The community where you live?

A. I live in Topsham.

Q. Professional occupation?

A. I'm a strategy consultant.

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

A. I have been on the board for nearly one year.

Q. Please tell us a little about yourself (i.e., growing up years, things you like to do in your spare time, etc.)?

A. I'm originally from Grenada in the West Indies and moved to Maine when I was young. I went to Mt. Ararat High School, then UVM, then followed my career in New York.

It all started for me at the Polo store in Freeport. After working there, the company moved me to its headquarters in New York and I pursued a career in the fashion industry. I never thought I'd end up working in fashion, but I loved it.

In 2000, I left the fashion world and went into technology consulting. Not a predictable choice, but I always loved tech and how it could be transformative. My journey into tech and consulting

allowed me to see the world. I've worked in 13 countries across the globe and have been to most of the U.S. states, except for maybe 10.

In 2019, I finally left New York City (thank God, just in time before COVID) and have started my own consultancy so that I can spend time here in Maine. Never thought I'd be back, but I am loving every minute.

My wife and I enjoy exploring all the beauty the state has to offer. When we're not doing that or traveling, I love listening to music. Music has always been my passion and I listen to music more than I watch TV.

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

A. I love what People Plus provides to the community. First of all, it actually fosters a sense of community and brings people together. Those that it serves, as well as those that work in service of the organization.

In many ways, People Plus becomes a beacon of hope for a host of people who otherwise have little to no community interactions or services. The town of Brunswick has been very supportive of it as well, which makes it even more integral to the fabric of the town.

I was pleasantly surprised when I learned about it and had no hesitation when asked to join.

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 recycling, and thank you for supporting your Center. Let's keep it going!

CLYNK



Reception Room
Personalized Catering
Spacious Chapel
Private Family Room
"Help Yourself" Kitchen

Stetson's
Funeral Home

12 Federal St. Brunswick, Maine 04011
www.stetsonsfuneralhome.com
207.725.4341
opurinton@gwi.net

Anthony B. Purinton • Funeral Director

BATH-BRUNSWICK
RESPITE CARE
ADULT DAY SERVICES FOR THE MIDCOAST AREA

The "Club" provides a warm, intimate environment, safely encouraging interaction between participants that enhances mental acuity, congeniality, safety and comfort.

Now Open! Convenient Bath location. www.respite-care.org. (207)-729-8571

 **ROUSSEAU MANAGEMENT**
Skilled and Assisted Living in Midcoast Maine



www.rmimaine.com

 142 Neptune Drive, Brunswick (207) 837-6560	 142 Neptune Drive, Brunswick (207) 725-5801
---	---

 24 Maurice Dr, Brunswick (207) 725-4379	 142 Neptune Dr, Brunswick (207) 725-9444	 29 Maurice Dr, Brunswick (207) 725-7495
---	--	---

We take your loved ones comfort and health to heart.

The games we play ... in real life and with our beloved pets

When it comes to riding a bicycle, I've never done much when it comes to the competitive side of the sport. About the only things, for me, that qualify are my participation in century — 100-mile — rides over the years, along with what are commonly called gravel grinds — events held on gravel/logging roads out in the middle of nowhere. But they're not really a race; it's more a matter of survival.

Basically, I like going for a pedal ... just about every day.

However, I've taken inspiration from our very own People Plus table tennis players — and their recent good showing — and have decided to also enter the Maine Senior Games. My competition will be the 20K (12.4-mile) road race and it takes place in mid-September at Brunswick Landing.

As I stated earlier, it's nothing I've ever

tried before, so it will be interesting to see what transpires. It will probably be another case of just surviving! And congratulations to People Plus members Steve Winter, Chrissy Six, Debbie Considine, and George Paton for their efforts at the Games. Well done!

He's just a dog ...

I know I wrote "he's just a dog," but our dear Dudley isn't just a mutt and he definitely isn't treated that way. Especially, by my wife, Vicky.

He is still the center of our universe at the moment, even though he has been a member of our household for nearly a year. It was a conscious decision to delay getting another dog until after we retired, because we didn't want it to be alone for the entire day. You know, the bonding factor.

But after all these months together, we are still — at least most of the time — scheduling our lives around what's best for Dudley and having him with us. Instead of seeing that sad little face watching from the window as we depart for whatever.

Many people would probably say what we are doing is ridiculous. Get over it, and again ... he's just a dog. But wait, our self-imposed doggy disorder doesn't stop there.

Recently, Vicky and I had the opportunity to spend an evening in a one-room cabin located right along the ocean. The only problem was that the owners didn't allow the presence of dogs.

So, what were we going to do with Dudley? Leave him with someone? Or just not go? We both were aware that a needed break — however short — from our daily routines would be quite beneficial. We had been there before, pre-dog, and it is a very special place. But the dog complicated the situation.

All this reminded me of when our two children — Gavin and Sophie — were little and, then, our center to everything that mattered. With no family in the area, my parents in Michigan and Vicky's in England, I'm guessing it was probably two years before

Simply put

Patrick Gabrion



we left them with anyone and ventured out anywhere overnight just as a couple. Now it was happening again because of our dependent dog.

In reality, there is a big difference between kids and an animal. But people can get very attached to their furry creatures.

We knew we didn't want to leave Dudley at a kennel or boarding place. Especially, with having done no research yet on any location. The only option — other than not going — was leaving him with our daughter, who already has a busy life, plus her own dog and a cat. And, for some reason, Dudley really dislikes cats.

Sophie strongly encouraged us to spend our first night away from our "child-like" companion and said everything would be fine. Anyway, in the end, we did escape to the coast for almost 24 hours and had an enjoyable time together. I think we only wondered a few times as to how Dudley was doing.

When we picked him up the next day, his tail was wagging like mad and he acted like we had been away for 100 years. Dudley was happy, we were happy, and we were a happy family together once again.

New and renewing members for August

Memberships received as of August 19, 2021.

* indicates new membership
• indicates donation made with membership

BATH

Kathy Sprague *

BRUNSWICK

Elaine Archambault
Suzanne Austin
Lillian Bates
Dorothy Bertak *
Jo Bouchard
Gordon Bradley *
Marilyn Bradley *
Donna Chale
Bonnie Connolly
Joseph Connolly
Luanne Downey
Laurie Haapanen *
Dana Hirth
David Hirth
Lorna Inman
Jan Kernis
(Lifetime member) •
Yoshiko Kilgore

Thomas Korzen *
Linda Low *
Janet Macy
Carol Markell *
Gary McCormick
Lavinia Odejimi * •
Joan Peck
John Peck
Eleanor Peterson
Donna Poulin *
Dotty Powers
Frank Powers
Janet Rousseau
(Lifetime member)
Mitch Rousseau
(Lifetime member)
Myna Stephens *
Edna Stoddard
Bill Swyers
Denise Swyers
Arthur Treffry
Katharine Watson
(Lifetime member) •

FALMOUTH

Camille Desoto

FREEPORT

Philip Dwinal

GEORGETOWN

Robert Mulligan

HARPSWELL

Heather Carr *
Nancy Rose *
Virginia Sabin
Martica Sawin *

LISBON

Alene Staley

PHIPPSBURG

Harald Zinke *

TOPSHAM

Marcia Kelley Hahn
Lois Langbein
Diane Lavallee *
Marie Anita Philippon
Amy Wallace *

WESTPORT ISLAND

Jeff Wheeler *

PEOPLE PLUS COMMUNITY BOARD

Need work done around your home?

Services Include: Small outdoor/indoor home repairs, Yard clean-up, Mulching, Mowing, Leaf removal and Fall clean-up
Contact Info: Terry Huston, Mobile (207) 576-8375, Email: tahuston9@gmail.com. Free estimates and references are available upon request.

Services or items to offer or request?

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

Weekly Winners

- Senior Intermediate Cribbage**
- August 11 Jen Haskins 714
George Hardin 713
Lorraine LaRoche 704
 - August 18 Jen Haskins 721
Lorraine LaRoche 697
Jim Cherry 683

Investments designed with you in mind

BATH SAVINGS TRUST COMPANY

1-866-670-7517 bathsavings.com

Bath Savings Trust Company is a wholly-owned subsidiary of Bath Savings Institution. Investment products are not insured by the FDIC, are not deposits or obligations of the Bank, and are not guaranteed by the Bank. Investment products are subject to investment risk, including the possible loss of principal. Past performance is not an indication of future results.

HUG Daily!

The power of the 20 second hug!

Those long hugs where you forget what's happening around you for a minute... that's **The 20 Second Hug!** Hugs release oxytocin, nature's happy hormone, lowers your blood pressure and the stress hormone, cortisol, improves your people connections and you "Live better...longer!" At The McLellan, we aren't just acquaintances or the person who lives down the hall. We actually lean in and care about you and all your moments. Let someone hug you today for 20 seconds!

The McLellan
Live better.
One Bedroom Apartment AVAILABLE

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



HAPPY FRIDAY TO OUR WORLD AFFAIRS GANG! They meet every other Friday at the Center at 11 am and discuss current events, what's happening in the state of the union and all the nations abroad! If you are interested in current world affairs, this might be the group for you! Join us on Friday at the Center at 11! Check our calendar to make sure you get the right week.



New Cafe Gallery show to feature much-travelled artist

A new month means a new artist on display in the Cafe Gallery at People Plus. On tap for viewing in September and October will be Greg Mason Burns of Brunswick.

He is a conceptual painter who highlights emotional unknowns, with particular attention to societal pressure, adventure, fear, frustration, stress and chaos. He works in a variety of media, including oil, acrylic, oil pastel, charcoal, watercolor, photography, sculpture, and installation.

"I believe People Plus is a good place to show my work," said Burns. "Some of my artwork that I will be displaying is an example or similar to a mural I'm doing (for Bowdoin College) over on Elm Street in Brunswick."

Born in Bar Harbor, Maine, in 1975, Burns completed his master's degree at the University of Edinburgh, with a focus on European politics. He has two bachelor degrees from the University of Maine at Orono,

the first in journalism and the second in public administration. Before returning to Maine in 2016, he resided in the United Kingdom, Brazil, and Chile.

Burns began his artistic career while living in Santiago, Chile in 2010. A self-taught artist,

his influences span the art historical canon, multiple academic disciplines, and three continents.

"I worked in corporate finance, but I was unhappy. I wanted to pursue something I love doing," Burns said.

To view his outstanding work, please go online to gregmasonburns.com.

Many of the collected works on display in the Cafe 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.



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:



Continued from "Guess Who?" on page 7.

Answer: George R. Potter



When you are contemplating a move...

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

- * Choice of two meals daily
- * Activities and Social Events
- * Light Housekeeping
- * Private Bathroom & Kitchenette
- * Other services available for a reasonable monthly fee.
- * Scheduled Local Transportation
- * Heat and Electricity
- * Maintenance Service
- * Free Laundry Room

Find your way to
142 Neptune Drive
Brunswick, ME
837-6560

www.coastallanding.com



COASTAL LANDING
RETIREMENT COMMUNITY