



45th *Plus!* People ANNIVERSARY NEWS!

People Plus
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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



Member picnic rocked!

T-shirts still available!

“Wow, what a great turnout!”
“It’s wonderful being together and seeing friends.”
“What a nice day for a picnic.”
“Look at all that food.”

That’s just a sampling of what was expressed throughout the day, as we had 130 people come together on Friday, Sept. 10, for a beautiful autumn gathering on the coast of Maine to celebrate camaraderie, friendship, and the launch of the 45th birthday/anniversary of People Plus.

The hugely successful picnic, held at Thomas Point Beach in Brunswick, found members and guests feasting on 65 pounds of slow-cooked, southern-style barbecue pork, with sauce, buns, coleslaw, salad, pickled beets, and watermelon, along with Frank Connors’ baked beans capping off the meal.

In addition, staff and volunteers served 130 pieces of birthday cake,

took more than 200 photographs, and handed out more than 100 anniversary T-shirts, while folks listened to Maine singer/songwriter Jud Caswell perform more than 25 fantastic songs and witnessed thousands of smiles, chuckles, laughter, and rays of sunshine.

Other highlights of the member picnic included:

— Tom Farrell, Director of Brunswick Parks and Recreation and People Plus board member, giving a presentation on 45 years of People Plus history.

— Board Chair Charlie Evans and volunteer coordinator Gladys Szabo marking Executive Director Stacy Frizzle-Edgerton’s 10-year anniversary with People Plus.

We would like to thank everyone for coming, along with those that helped during the picnic. Also, a big thank you to Sunnybrook Senior Living for sponsoring the live entertainment.



Balance & Falls Clinic Returns

Mon, Oct. 18, 1 pm. Dr. Christina Levesque, PT, DPT, of Reform PT, is returning to People Plus with her popular class — the Balance and Falls Clinic. The gathering will take place on Monday, Oct. 18, at 1 pm outside at the Center.

Christina will teach class participants what balance means, how to prevent a

fall, and how to properly handle a fall if one occurs. She will also discuss the many benefits of physical therapy, as well as how the process of starting physical therapy works.

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



Warm up with October fire pit raffle!

Up for grabs is a wonderful Fire Pit Package. The winning prize includes a Hampton Bay 34-inch outdoor fire pit, with a wood grain frame, concrete look top, removable log grate, mesh spark screen, and a fire poker. The package also includes blankets, thermal mugs, toaster forks, fixings for s'mores, and more. The total value of the package is \$300.

Tickets are \$20 each, which help support our homebound elders.

To purchase tickets, please go to peopleplusmaine.org and follow the instructions. Or stop by the People Plus Center (mask required, please), M-F from 9 am – 1 pm, or give us a call at 729-0757.

The drawing will be Thursday, Oct. 28.



Collette Trip Talk: Mackinac Island and Great Lakes Region

Wed, Oct. 20, 2 pm. Are you dreaming of traveling again? Join us on Oct. 20 when Matthew Voccola from Collette will tell us about our next trip planned for June 10-18, 2022! Learn all about the relaxing nine-day journey through the tranquil beauty of Mackinac Island and the Great Lakes region. Highlights of this trip include Chicago, Millennium Park, Charlevoix Mushroom Houses, Mackinac Island, the historic Grand Hotel, Frankenmuth, Henry Ford Museum & Greenfield Village. We also want to hear where else you want to travel so we can plan more trips! The talk and the trip are open to the public. Masks & registration required.



Senior Health Expo “At Home” Friday, Nov. 12 – FREE Exhibitor Registration

Space still available for exhibitors or to join these generous lead sponsors:



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:

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A decade of surprises

Ten years is a long time. When I started at the People Plus Center — 10 years ago this month, I was 43 years old and had been divorced for nearly three years. Looking back at it, I realize now that I was emerging from my divorce “coma,” so it was the perfect time to start something new and change my life completely. My daughters Daphne, Violet, and Juliet were 11, eight, and six at the time and had never known me to have a full-time job — as I had always stayed home with them. So it was a big change in our house. Luckily, all my girls were in school by then and I could put them on the bus in the morning and head to work.

Then People Plus posted an executive director position and the more I learned about the job, the more I felt it was the perfect fit for me. It combined communication and marketing experience, staff management, knowledge of health, nutrition and fitness programs, a technology background, and even some on-air television experience for the monthly TV show with Frank. And having lost my parents when I was young, I really liked the idea of working with the older adult population.

To prepare for the interviews, I met with anyone who would talk to me about People Plus and its history. Mike Feldman, who had been the chair of the board for five years, spent well over two hours with me; as did David Knight who has been on the development committee at People Plus for 15 years. Both of these gentlemen knew the history of the organization, were loyal fans of Sig Knudsen — the former (deceased) executive director, and both were hopeful to see the organization experience a rejuvenation after a period of change and loss.

And I soon realized there was going to be a steep learning curve. First and foremost, I had never asked anyone to donate money. (Scary!) Also, I had never managed a teen center program, (more scary!). I had never balanced a yearly budget, created an annual fundraising

campaign, or coordinated a dinner gala for more than 200 people, and I didn't have a clue on how to manage Frank Connors!

Despite all of these shortcomings, (and Frank voting against it), I somehow got the job. And I have to say, it's been pretty darn amazing ever since.

When I started at the Center we had 486 members. This month we have 1,516 members and it grows steadily. We offer nearly 150 activities at the Center every month, including exercise, clubs, games and social events. We see 1,000 visits a month at the Center while the members make friends and enjoy their lives.

There's also been a huge increase in the number of Teen Center Program participants. We've gone from six a day to dozens and those numbers are also steadily on the rise. They eat an enormous amount of food, play games, do artwork, and access computers in a safe program that keeps them off the streets.

During COVID, we ramped up our nutrition and delivery services from the Center and have gone from a dozen homebound riders to 651 people who receive transportation and food/pharmacy delivery services from People Plus. And we drive nearly 30,000 miles a year in free transportation; taking folks to medical appointments, dialysis, physical therapy, for haircuts and groceries. We also now offer more than 1,000 take-out meals a month for our older adults who are often in need of improved nutrition or variety. And people come for haircuts with Margarita Day who would not feel comfortable doing so anywhere else.

It's been an amazing decade of growth. With the Brunswick area having such a large number of retired adults, this Center is exactly what the doctor ordered. And it was exactly what I needed in my life as I sought to reinvent myself, create a purpose and show my daughters how to be an independent and successful woman.

Although, one thing nobody told me was that I would fall in love with all of the People Plus members. They are generous,

From the Executive Director

Stacy Frizzle-Edgerton



intelligent people who have lived long and interesting lives. They volunteer, socialize, and exercise at the Center and they often think of People Plus as their connection and lifeline to happiness.

We are their family and they are ours. And they've become my surrogate parents and I love them. They've watched my girls grow up, learn to drive and go to college. They've seen me recover from a divorce and then meet the love of my life in Jonathan Edgerton. When he and I married last year, I received nearly 100 cards of congratulation from members. Yet sadly, we've lost many members along the way who have shaped both me and this organization.

So last week, the board of People Plus, the staff and our volunteer members surprised me with a 10th anniversary celebration. I received again nearly 100 hand-written notes and cards, as well as a handmade apron and a huge beautiful Italian platter from the board of trustees. These gifts and notes of encouragement and thanks mean more to me than I can ever express.

I didn't know when I took this job 10 years ago that I was being given the chance to make a difference. To work with a wonderful staff of people who create an amazing place for our community. We love coming to work every day and leave every night feeling the reward of making folks happy and improving their lives. It's incredibly gratifying and I feel honored to have been a part of the People Plus organization for the last 10 years.

And I can't wait to see what the next 10 years brings. Maybe by then, I'll be writing about grandchildren!

Newcomer at Center ... and at market

There is a new face at the Center! Lexie Jungbluth will begin her intern rotation with me this fall. It is her private practice rotation as she pursues her Dietetics Master Program.

Lexie has a degree in culinary arts and has previously worked in the marketing field. Lexie and I have discussed many ideas for her time with me. She is organizing some classes, providing recipes for the newspaper and Peek of the Week, just

to name a few. Keep your eye out for what she will be offering while she is at People Plus.

And by the way, the next time you go to the farmers' market be on the look out for a newcomer. If you haven't seen them already, they are called pattypan! They are little yellow, white or green flying saucers. They are the best tasting of the summer squashes and the cutest. You can cut them in wedges or halves, sauté, and

From Anita's Plate

Anita Nugent
(207) 504-6439



info@nutritionforeveryday.com

enjoy. We just had them recently, for the first time, and they were super yummy!

Diabetes Prevention, 2-Part Series

Thu, Oct. 21 & Thu, Oct. 28, 1:30 pm.

Series includes two classes offered by Lexie Jungbluth, CP, MS Dietetics Student and Anita Nugent, MS, RD, LD, CDCES of Everyday Nutrition Associates.

Topics include: Are you at risk for Diabetes? How to modify your food and

activity plan. Problem Solving. Strategies for holidays, parties and vacations. Changing negative thoughts. Plan for long term success.

\$10 People Plus members (\$12 non-members) includes both classes. Registration and masks required. Call 729-0757.

Green Bean and Potato Salad with Fresh Herbs

Ingredients:

- 4 medium potatoes
- 1 lb. fresh green beans, trimmed to 2-3"
- 3 Tb. mixed fresh herbs (oregano, thyme, chives and mint)
- 3 Tb. olive oil
- 2 Tb. white wine vinegar
- 1 t. Dijon mustard
- 1 t. real maple syrup
- Pepper to taste

Directions:

1. Peel and cut potatoes into bite-sized pieces. Boil potatoes for 20 minutes until a knife can cut through them easily. Strain and rinse under cold water and put in a bowl.
2. Steam the cut green beans in 1/2 cup of boiling water for 5-7 minutes with a lid. Once steamed, drain and rinse under cold water. Add beans to potato mixture and let cool, in the refrigerator.
3. Once beans and potatoes are cool, make the dressing.
4. With a fork, whip Dijon mustard, vinegar, and maple syrup together, slowly add olive oil until well combined. Add dressing to potatoes and green beans, mix until combined, and season with pepper.



Peter W. Ladner, President, circa 1980

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“A Decade of Dedication” – Happy 10th Anniversary, Stacy!

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October opportunities at People Plus!!



Ed Higgins brings artistic talent to Center

We are pleased to welcome new art instructor Ed Higgins to People Plus. He has taken over guidance for art class on Thursdays at 9:30 am.

Ed will be teaching artists of all interests and skill levels. The class is aimed at unleashing creative potential and learning to work with boldness, passion, and decisiveness. Topics will include tools and materials, the importance of keeping a sketchbook, planning and composing your drawing, and using drawing to prepare for work in other mediums using the tried and true techniques of the old masters. Depending on student interest, we may have regular life drawing classes with live models. Basic anatomy for artists will be addressed, as

well as traditional portrait techniques.

Ed is a local Brunswick artist and graphic designer, educated in art and art history at Skidmore College, and at the Fine Arts Department of the Harvard Graduate School of Arts and Sciences. As an undergraduate, he was a student of acclaimed landscape painter James Lancel McElhinney, author of the "Sketchbook Traveler" series. As a graduate student and teaching fellow, he taught undergraduate classes in art history at Harvard, and taught graduate classes at the Harvard Graduate School of Design. He was an Aga Khan Scholar and lecturer in Islamic Art and architecture in a joint Harvard/MIT program.



PEOPLE PLUS MEMBERS & FRIENDS were treated to a delicious feast at our member picnic last month. All of the food was prepared and served by staff, food coordinator Chuck Annable and member volunteers (pictured above in their 45th anniversary t-shirts).

Afternoon Desk Help Needed

Volunteers needed to cover the front desk at the Center. Volunteer every week, or every other week. Duties include answering phones, registering members for events, and general office help as needed. 729-0757.

Lunch and Connections

Pizza Party Outside!

Join us for a pizza party at our monthly lunch on Thursday, Oct. 21 at noon. Lunch will include pizza from Rusty Lantern Market, along with a fresh, lightly-dressed green salad, drinks and dessert. We'll eat outside with good friends.

Our monthly meals are sponsored by our friends at Spectrum Generations, and are planned to focus on nutrition, variety, and helpful information. Meals are by donation and registration is required.

CENTER CLUBS FREE: MEMBERS ONLY

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

Apple Club

Tue, Oct 19, 3 pm. Bring your Apple device (ipone, ipad, mac) and Bowdoin student Ashlynn Autrey will help answer questions.

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.

Art Club – New!

Tuesdays, 9:30 am. Bring a project you are working on and socialize while you create!

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! – in person!

2nd Tuesday, 3 pm. German language club meets in person to chat in German.

Books a la Carte

3rd Tuesday, 2 pm. Share what you've been reading in this unique book club.

Cafe en Francais

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

Good Eats – Good Friends!

(We'll be OUTSIDE – dress for weather)

Women's Tailgate Tea Outside

Thu, Oct. 7, 1:30 pm. Enjoy tea and a treat while socializing with the ladies. Members only, registration required.

Men's Coffee Break Outside

Thu, Oct. 28, 1:30 pm. Enjoy coffee and a treat while socializing with the gents. Members only, registration required.

Medicare 101

Tue, Oct 12, 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.



Programming Notes:

- Haircuts with Margarita will resume on Oct. 29.
- Kaffeestunde! German Conversation Club will meet in person at the Center this month.
- Tue/Thu Art Class has been split into two separate activities:
 - Art Club on Tuesdays** – free for members to work on projects and socialize with friends.
 - Art Class on Thursdays** – with new instructor Ed Higgins (\$5/class for members, \$10/non-members)

Do I need another shot?

Who should get the Covid-19 booster shot?

There is a lot of confusion surrounding "booster" doses of Covid-19 vaccination for fully vaccinated people. The current information distinguishes between two populations:

- "At risk" populations – such as those over 65 or with compromised immune systems due to medical conditions. This booster will likely be approved soon.
- General population – those under 65 or without conditions that increase the likelihood of severe infection. This booster will likely take longer for approval than the booster for "at risk" populations.

Is the booster shot available?

As of our print date, boosters have been recommended but have not yet gained approval from the FDA and CDC. Although they may be available at certain pharmacies, Mid Coast-Parkview Health will not offer booster shots at their clinic until final approval is received.

How do I get my shot?

Once supplemental vaccination is approved, booster shots will be available at Mid Coast-Parkview Health by appointment only. Registration and hours will be posted at www.midcoasthealth.com/vaccine.

CHECK OUT THE FREE DRIVE-THRU FLU SHOT CLINIC SCHEDULE ON PAGE 12!

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.people-plusmaine.org.

Register for activities @729-0757

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.



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Mon	Tue	Wed	Thu	Fri	Sat	
<p>Masks required inside the People Plus Center</p> <p>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.</p>				<p>1</p> <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga</p>	<p>2</p> <p>9:00 Zumba</p>	
<p>4</p> <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge</p>	<p>5</p> <p>9:00 Chair Yoga 9:30 Beg/Int Bridge 9:30 Art Club 10:00 Yoga 11:00 Table Tennis 12:30pm Easy Riders Club 3:00pm Spanish Club: Zoom 6:30pm Toastmasters</p>	<p>6</p> <p>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</p>	<p>7</p> <p>9:00 Table Tennis 9:30 Beg/Int Bridge 9:30 Art Class 11:00 Yoga 1:30pm Women's Tailgate Tea</p>	<p>8</p> <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga</p>	<p>9</p> <p>9:00 Zumba</p>	
<p>11</p> <p>CENTER CLOSED HAVE A SAFE AND HAPPY HOLIDAY WEEKEND!</p>		<p>12</p> <p>9:00 Chair Yoga 9:30 Beg/Int Bridge 9:30 Art Club 10:00 Yoga 11:00 Table Tennis 11:30 LUNCH OUT 12:30pm Easy Riders Club 12:30pm Medicare 101 3:00pm German Club 4:30pm TCAC Meeting</p>	<p>13</p> <p>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</p>	<p>14</p> <p>9:00 Table Tennis 9:30 Beg/Int Bridge 9:30 Art Class 11:00 Yoga</p>	<p>15</p> <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga</p>	<p>16</p> <p>9:00 Zumba</p>
<p>18</p> <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 1:00pm Balance and Falls Clinic with Reform PT - Outside! 7:00pm Civil War Book Club</p>	<p>19</p> <p>9:00 Chair Yoga 9:30 Beg/Int Bridge 9:30 Art Club 10:00 Yoga 11:00 Table Tennis 12:30pm Easy Riders Club 2:00pm Books a la Carte 3:00pm Apple Club 6:30pm Toastmasters</p>	<p>20</p> <p>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 2:00pm Collette Trip Talk</p>	<p>21</p> <p>9:00 Table Tennis 9:30 Beg/Int Bridge 9:30 Art Class 11:00 Yoga 12:00pm Lunch & Connections 1:30 Diabetes Prevention Series</p>	<p>22</p> <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga</p>	<p>23</p> <p>9:00 Zumba</p>	
<p>25</p> <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge</p>	<p>26</p> <p>9:00 Chair Yoga 9:30 Beg/Int Bridge 9:30 Art Club 10:00 Yoga 11:00 Table Tennis 12:30pm Easy Riders Club 3:00pm French Club</p>	<p>27</p> <p>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</p>	<p>28</p> <p>9:00 Table Tennis 9:30 Beg/Int Bridge 9:30 Art Class 11:00 Yoga 1:30pm Men's Coffee Break 1:30 Diabetes Prevention Series</p>	<p>29</p> <p>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</p>	<p>30</p> <p>9:00 Zumba</p>	

People Plus Business Hours
Monday-Thursday: 8:30 am to 4 pm, **Friday:** 8:30 am to 1 pm

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BEING on BOARD

Editor's note: There are countless factors that play into the success of People Plus. There are the volunteers, the instructors, the generosity of individuals, groups, communities, and businesses, and there are the members themselves. Another key component of the Center is our board of trustees, who devote a great deal of time and attention to help make all this possible. "Being on Board" is a question-and-answer opportunity to get to know these wonderful people a little bit more and we thank them for participating.

Q. Your name, please?

A. Tim Keene.

Q. The community where you live?

A. My wife and I recently moved to Pittston.

Q. Your professional occupation?

A. I've been in the banking industry since 2005, and I am currently the branch manager of Bangor Savings Bank in Brunswick.

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

A. I have been on the board for two-plus years.

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 was born in Springfield, Vermont, and moved to Maine when I was about three years old, living in Westbrook, Portland, and Woolwich. Upon graduating from Wiscasset High School in 2001, I joined the Navy and was stationed on the USS Abraham Lincoln. This was an incredible experience, as I had the opportunity to travel all over the world, from the glaciers in Alaska to Australia, and, of course, to the Persian Gulf at the start of the war in 2003. Having the opportunity to serve my country was such an honor and is an experience that I'll never forget.

My dream as a child was to be the third baseman for the Boston Red Sox, but sadly I wasn't a good enough hitter, or fielder, or athlete, in general, so I went into banking instead after getting out of the Navy in 2005.

When I'm not in the office, I'm typically searching for new lakes, ponds, and rivers to kayak in, hiking, or in the kitchen cooking. I love finding things that most people would never think of making from scratch, from



homemade hamburger buns and grinding my own meats to making pop tarts and homemade chocolate straight from the cacao bean.

I've also spent years as a certified personal trainer and still have a couple clients I train at home. This is what got me into cooking in the first place. I loved to eat but also wanted to get into shape, so I decided that if I could learn to cook I could make the food I love, but

make it healthier. Most recently in my life, my wife and I welcomed our first puppy into the world, Yeti.

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

A. My father was a pastor, so I decided near the end of my time in high school that meant I needed to find as many ways as possible to rebel. I found myself getting in trouble, but joining the Navy helped me mature, along with having a great family and wonderful mentors.

Before joining the People Plus board, I was involved in the Big Brothers Big Sisters in the role of a Big Brother; my goal was to find a way to help those that needed a mentor or role model in their life. This transitioned perfectly into supporting the Teen Center at People Plus.

One of my favorite moments at People Plus was at Thanksgiving in 2019. I made needhams and one of the members pulled me aside at her table and whispered in my ear, "Don't tell my grandmother, but these are the best needhams I've ever had!"

Especially with COVID, the opportunities to interact with the members has been very limited, but I feel that People Plus fills such an important need for the community and I'm honored for every opportunity I have to support the Center.



THANKS TO ALL OF THE BOARD MEMBERS who came for the picnic! About a dozen folks gathered - both current and retired board members who have helped lead the organization through the years to our successful 45th anniversary birthday!



LAST MONTH THE GENTLEMAN FARMER IN MAINE, also known as Jonathan Edgerton and Stacy Frizzle-Edgerton, had a visit from Erin Ovalle and Vanessa Santarelli from the show *Maine Life*. Jonathan and Stacy's home, the Mossy Ledge Farm, is one of two farms featured in a segment showcasing the Lisbon, Bowdoin and Topsham area and their "DIY and inspiring" lifestyle. Stay tuned for an announcement of the air date!

PEOPLE PLUS COMMUNITY BOARD

Brunswick Housemate Wanted.

Homeowner seeks one person as housemate in large home. Housemate gets private bedroom, other full room and own full bath plus use of common areas of home. Garage for parking, washer/dryer, large deck and all utilities included. Near to Cook's Corner and downtown. No smoking/pets. Available October 1st. \$750 – 725-1266.

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

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Membership Benefits

The following businesses offer discounts for People Plus members.

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

LEGAL

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

RECREATION / ENTERTAINMENT

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

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

RESTAURANT

- Arby's**, 5% off including combos. Excludes coupons and open discounts.
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

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 Claude Bonang

My name is Claude Bernard Bonang. I am a resident of Brunswick, and I am 91 years old.

I was born in a house at 9 Bowker Street in Brunswick, Maine, one of nine children — six girls and three boys, and I was the seventh born. The house is located adjacent to the entrance of Bowdoin's Whittier Field, where a great deal of my childhood took place doing a variety of things — playing baseball and football, climbing about in the grandstand, skating in the winter time. And after football games, looking for money and things under the bleachers dropped by spectators.

The main entrance to Whittier Field, with its brick structure and iron gates, and the surrounding wooded area of pine and maple trees provided the neighborhood boys with plenty of opportunities for climbing and playing "Cowboys and Indians." And in the



summer, when college was out, I spent time riding my bicycle about the various pathways on campus.

I graduated from St. John's Elementary School in 1944, Brunswick High School in 1948, and Bowdoin College in 1952.

How and when did I become a member of People Plus? In the 1990s, the organization was known as the 55 Plus Center and was located in the St. Charles rectory and church. I was a member of the writers' group and we published two books of our writings titled "Poets and Storytellers Writing for Fun" Volume I in July of 1999 and Volume II in November of 2000.

I continued to be a member when the name was changed to People Plus and the new location on Union Street. I think that People Plus is great, in that it provides the opportunity for people to participate in a variety of activities and interact with each other in a number of different ways.

The things I enjoy the most is attending the variety of guest appearances, as well as interacting with various People Plus members.

One thing about my life people might be interested to know about, is that in December of 1996 I self-published a book about my family and growing up in Brunswick. I did it in verse and illustrated with pen and ink sketches and photos; it was titled "Memories in Verse." I had two printings, the first of 300 copies and the second of 225, both of which sold out.

In November of 2006, I self-published a second edition, which included 28 new anecdotal stories in verse having to do with events and changes that the town of Brunswick has undergone over the years, as well as things that pertain to my siblings and me, and six stories in prose dealing primarily with some of my life experiences.

Because of the added prose, I titled the second edition "Memories in Verse and Prose." Of the printing of 1,000 copies, so far I've sold more than 900. The more than 100 letters that I have received from customers with complimentary comments about my books has been very heartwarming.

November Raffle

For MEMBERS ONLY!! A homemade Thanksgiving dinner for up to four people prepared and delivered by the staff at People Plus. Feast on turkey, stuffing and gravy, mashed potatoes, green bean casserole, cranberry sauce, and two kinds of pie! One baked by Stacy and one by Jane Connors! \$10 raffle tickets or three tickets for \$20! Stay tuned and don't miss this opportunity to let us create your Thanksgiving feast!



MCHPP seeks volunteers

Midcoast Hunger Prevention Program (MCHPP), a Brunswick-based nonprofit providing food access to our community, is seeking dedicated volunteers! Volunteers at MCHPP provide their neighbors in need with healthy food and foster an atmosphere of warmth, compassion, and respect for members of our community.

We offer a variety of opportunities for a range of abilities and interests. Some programs with openings include the Soup Kitchen, Food Pantry, Direct to Door Deliveries, Merrymeeting Gleaners, and Mobile Pantries.

To learn more and apply, go to mchpp.org/ volunteer or contact the Volunteer Office at volunteer@mchpp.org or call (207) 725-2716 x305.



People Plus PEOPLE PLUS MEMBERSHIP APPLICATION Date _____
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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: \$ _____
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 (*donations above membership dues are tax deductible)
 Total \$ _____

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Please support our teens!

As the Teen Center celebrates its 16th anniversary, we find ourselves in the middle of a global pandemic. The kids are experiencing more upheaval in their lives than ever before and the Teen Center is dedicated to remaining a place of safety, structure, and fun for them during these difficult times.

So even though we don't know exactly how the school year will play out, we do know that we will have teens and they will be hungry! They will want to play and eat and hang around with each other as much as we will let them!

The Back to School letter is the annual appeal to raise funds to help keep the kids safe and feed them a healthy, nutritious meal every day we see them. For many of the kids, it's the last meal they have each night.

"Despite the uncertainty of the situation as we move forward, we know we will have kids who need our support, love, and food," said People Plus Executive Director Stacy Frizzle-Edgerton.

We hope that you will please join us in coming together with hundreds of small donations that equal one big one in the end. Thank you in advance for donating to the Brunswick Area Teen Center program. Every dollar helps!



Brunswick Area Teen Center

Wow, what a roaring start at the Teen Center!

I was anxious to see how the school year would start out for the Teen Center program and "WOW" is the word that comes to mind!

After a fairly laid-back summer during which we had a group of new younger teens with us and others at camp, vacation, and popping in occasionally, we had a resurgence of kids coming in once school began. Our attendance immediately doubled, as we welcomed back some of our regulars and had new teens join.

The kids have been walking from the high school, the junior high, and from home, as well as riding bikes to the Teen Center.

The kids are happy, active, noisy, and hungry! We are back to serving more meals as opposed to snacks. It's been awhile since they were all in school and I forget how hungry they are afterward, thus I have been doing much more cooking and food planning.

As predicted, the younger kids who pretty much had the run of the place and video game systems, etc., this summer got a bit of a jolt once the older kids swarmed in. We had tried to forewarn them and most of the melding of the ages is going well.

The new kids want their "mask" pictures on the wall, the older kids want to do "remember when" stuff, dodgeball being

Teen Center News

Jordan Cardone



the number one and our last Halloween party (which had to be maybe three years ago?) was brought up. It's been a good start to the school year so far and many of our members got vaccinated before or since school began.

Staff ended the summer finishing up preparing this year's Back-to-School letter and got it in the mail and we are already getting mail back. After the first week, we had more than \$3,500 in donations come in! Please accept our sincere thanks and, yes, keep those letters coming. ☺ Being the only letter we send out each year, the funding it brings in is crucial to the success of the program!

Now we are in a month of pumpkins and a little cooler, Halloween and whatever else October has in store for us this year!

Keep enjoying the outside as long as you can! Until next month, Jordan and the gang



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

— James Tierney, BHS Class of 1965

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



Poems and Prose

Back Home *By Doris Weinberg*

It had been many years since I had been back.
After college I had moved away.
Life kept me busy in other places,
Until this particular day.

I graduated college but didn't go home.
I took a job about a hundred miles north.
I did visit my parents on occasion.
But it was a long trip back and forth.

I met my husband and raised three kids.
Life went on normally as it should.
Thoughts of the old hometown faded away.
Work and family were "Oh, so good!"

But not too long ago, I found myself
not far from that familiar place.
It brought back such strong memories,
as each street we retraced.

We came to an avenue that I should have recognized,
but the trees had grown so tall.
It didn't look as I remembered it.
I hardly knew it at all!

And then suddenly, there was the house.
It mostly looked the same.
We pulled up and parked in the front.
And I was so glad we came.

It was still made of stucco, the front steps cracked
and how tall was the maple tree!
My dad had planted a "Polly Nose"
and we wondered what it grew to be.

I sat out front and stared at this house
where so many memories were made.
Hide 'n Seek, Jacks, Spud, etc.
These memories would never fade.

The upstairs window was once my room
A room I had to share!
I really wanted it all to myself,
and said often that it wasn't fair!

After graduating college, I never returned.
I moved away to start my first job.
And now I wish I could just go up
and open that familiar doorknob!

There have been many moves since I left this house
adding to my life story.
A ranch, a colonial, a big old place,
and even a dormitory.

This is probably my last visit to this spot.
The years now show on my face.
But it always will be remembered as "Home for me."
And I will never forget this place.

Creatures of the Swamp

By Sally Hartikka

Loon babies ride their mothers' backs
And emit their joyful little quacks
While parents wail quite soulfully
Expressing feelings dolefully.

In summer turtles sit on logs
And soak up sun that finds the bogs,
While blue herons stand quite still
Waiting for fish to fill their bill.

Dragonflies skim over water
Disturbing the occasional otter.
Eagles circle overhead,
As small creatures look up with dread.

In autumn the beavers are very busy
Scurrying back and forth 'til dizzy.
They use buck teeth to saw down trees
And shore up dams before the freeze.

A moose stands in water to his knees
While eating all the plants he sees,
Strands of them hanging from his beard.
He truly looks quite strange and weird.

Soon it's winter, the swamp stills,
And the aurora borealis thrills.
Its beautiful patterns fill the sky
As swamp creatures sleep nearby.

The Old Man

By Doris Weinberg

He was there for an eternity
for everyone to see.
And we don't really know,
just how he came to be.

Surrounded by mountains
and beautiful granite peaks.
He was one of mankind's
glorious, and unusual mystiques.

On the edge of a high mountain
up in New Hampshire state.
The rocks formed a "face"
that only a Higher Being could create.

A furrowed brow and a sharp craggy nose.
Plus, a chin with what looked like a beard, I suppose.
Since the beginning of time, people gathered in wonder.
It remained through earthquakes and probably thunder!

Unfortunately, several years ago, a disaster occurred.
One rock came loose and the others were transferred.
They all fell to the bottom on that fateful day.
No more "Man on the mountain." Just a rock heap on display.

But all is not gone. The state has stepped in.
A beautiful park remains. And big crowds come again!
There is much to learn and much to see.
Franconia Notch is beautiful and all of it is "free!"

The future looks bright
for the younger generation.
They will come to view what is there
with great admiration!



Uncle Conrad *By W A Mogk*

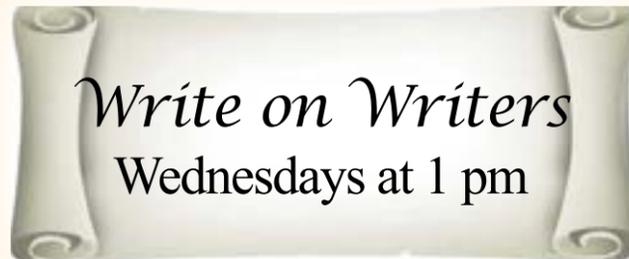
There is something that's been with me a very long time. It's not a rash. It's something made of metal that I've carried around with me since I was 17 years ago.

I bought it on the recommendation of Uncle Conrad (really my mother's uncle). He and other relatives left Austria in the 1930s because they could tell that another war was brewing after living through the mayhem of World War I. They immigrated to the U.S. and many of them settled in Gary, Indiana. Uncle Conrad found employment there working for U.S. Steel. He supervised a crew of men that assembled huge ballbearings that were used in the mill, each one costing \$25,000. Periodically, these would have to be replaced, due to wear, but none ever broke apart because of shoddy assembly.

After decades at U.S. Steel, Uncle Conrad retired. Within a year, he received a letter from the president of the company asking him to resume his old job. It seemed that no one else was competent enough to assemble the ballbearings, and they were shattering at the rate of almost one a week! Uncle Conrad respectfully declined.

He told me this story during one of our family visits. He also had some advice, since I was about to enter college. He said, "Buy a double-edge razor."

I always listened when Uncle Conrad spoke because "he gave it to you straight" — no B.S. So I bought a Gillette razor for \$4.95, and I've been using it for 55 years! Uncle Conrad was smart and wise. The world today could use more people like Uncle Conrad.



Refreshed and Renewed *By Betty Bavor*

I have a question for you. Do you have a time you felt or feel refreshed and renewed? In the last 18 months, everyone has endured an unprecedented difficult year in our lives. Sheltered in place, required masks, normal routines interrupted, food and necessities in short supply, closed businesses and houses of worship, job loss — plus COVID-19 sickness and death forbidding all celebrations and family gatherings which have turned our lives upside down.

It is not over as we take one step forward and two steps back with catastrophic social issues, global national crises, storms, floods, fires, volcanoes, and climatic conditions. Often heard, "We are in it together and we will win it!" Have faith, hope, and prayer.

As I pondered this question, I realized Wednesday of each week I am refreshed and renewed. The place is People Plus, 35 Union Street, Brunswick, Maine, where magic happens at our Write on Writers meeting. These emotions, for me, begin prior to our gathering as each of us creates a story, narrative, poem, memoir, fiction or nonfiction piece to share around our "family table" of writers.

In this moment, as I am writing this piece, I am feeling refreshed in anticipation of reading it out loud and being renewed with joy and fellowship. Our talented members engage with diversity and a wide range of interests. We encourage each other sharing laughs, mystery, empathy and gratitude when we read our published pieces in the monthly People Plus News. We welcome new members to join us and be refreshed and renewed. Thank you People Plus for providing us with this opportunity to be writers and authors.

Lean on Me *By Sally Hartikka*

Lean on me when you feel blue;
Tell me what I can do for you.
Need a shoulder to cry on, an ear to take note?
A tuna casserole, an adage to quote?
Whatever the problem, I'm here for you.
Lean on me when you're feeling ill.
When you have a tummy ache or even a chill.
I'll take you to the doctor's or to the drug store;
Really, I won't find the trip any bore.
I'll bring you some flowers ... how about daffodils?
Lean on me when you're feeling happy;
When you want to share a laugh or a joke that's sappy,
To share your good news as well as your bad,
To be with you when joyful as well as when sad
And when you are healthy or when feeling crappy.
Friends are meant to share feelings together,
To be with each other in good and in bad weather.
I'm going to be here for you that is sure.
And I'm hoping our friendship will always endure.
Friends are meant to share feelings together.

Four Dot — Two Crack

By Doris Weinberg

As a child, I could lie in bed
And listen to the crack of the tiles.
And if I heard my mom say "mah jong!"
Even my face would light up in a smile.

She played with her friends weekly.
How far back, I really don't know.
But the game looked like so much fun
with all the tiles lined up in a row.

I would hear the noise
as they smushed them around.
I would get mom to teach me,
because I loved to hear that sound.

It didn't take me long to
learn how to play.
And once I was married,
it relaxed me after a busy day.

Over the years, I played
so many games.
Even up here in Maine,
the game is just the same.

I can only suggest that you join us,
here at People Plus.
You will be taught how to play,
with a minimum of fuss.

Just give up one morning
And come join us here.
And be one of a foursome,
you will find fun and sincere!

**Gone but not forgotten
— in Memory of**

Eleanor Grafe

Feb. 9, 1928 — Aug. 22, 2021

BATH-BRUNSWICK

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Monthly Update

October 2021

All Spectrum Generations' locations will be closed on Monday, October 11 in observance of Columbus Day.

Living Well with Pain

Pain Conditions →

Pain conditions affect more Americans than diabetes, heart disease, and cancer combined.

Acute Pain

Comes on suddenly
Usually the result of a trauma, injury or surgery
Last less than 6 months
Relieved when cause is treated

Chronic Pain

Comes on gradually
Usually difficult to diagnose
Last more than 6 months
Difficult to find lasting relief

Attend a Workshop

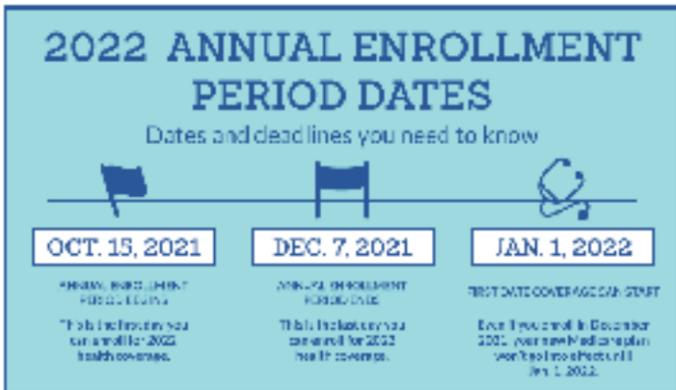
Thursdays, 12:00 – 2:30 p.m., October 14 – November 18
Wednesdays, 2:00 – 4:30 p.m., November 10 – December 15

Retrain the Brain

<p>Reduce sensitivity to pain with physical activity and exercise</p> 	<p>Change how your brain perceives pain with a healthy lifestyle</p> 
<p>Reduce stress and anxiety to soothe the nervous system</p> 	<p>Increase knowledge and find support in your local communities</p> 

For more information or to register, contact Mary Hansen, Spectrum Generations Program Facilitator (207) 620-2926 | mhansen@spectrumgenerations.org

Medicare Open Enrollment



2022 ANNUAL ENROLLMENT PERIOD DATES
Dates and deadlines you need to know

OCT. 15, 2021 *MEDICARE PART D (DRUG) COVERAGE BEGINS *This includes you can enroll for 2022 health coverage.	DEC. 7, 2021 *ANNUAL ENROLLMENT PERIOD ENDS *This includes you can enroll for 2022 health coverage.	JAN. 1, 2022 *TEST DATE COVERAGE CAN START Even if you enroll in December 2021, your new Medicare plan won't take effect until Jan. 1, 2022.
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October 15 through December 7 is the open enrollment period for Medicare Advantage and Medicare prescription drug coverage. Spectrum Generations' Aging & Disability Resource Counselors can help you understand your options and help you choose which plan is right for you. If you live in the Brunswick, Harpswell, or Sagadahoc County area, call (207) 729-0757 to make an appointment with one of our counselors. If you live outside of those areas, call Spectrum Generations' Consumer Helpline at 1-800-639-1553 to find the center closest to you.

Upcoming Event



Follow us on  @midcoastreefestival

Midcoast Tree Festival

Save the Date

November 19-21 and November 26-28, 2021

The Midcoast Tree Festival will be held at St. John's Community Center, 43 Pleasant Street, Brunswick

Caregiver Support Groups



Care Partners often become isolated, overwhelmed, exhausted, and in need of time with those who understand the situation they're in.

Spectrum Generations facilitates Caregiver Support Groups in order to bring Care Partners together, share experiences, and learn from others who have been in similar situations.

You are not alone on this journey.

Contact our ADRC team at 1.800.639.1553 to learn more about the support groups available to you.

Hitting the skids ... man, did that hurt!

(Editor's note: This month's column was meant to be about my taking part in a bicycle race in the Maine Senior Games, my decision to participate sparked by the outstanding performance of the People Plus table tennis team. Unfortunately, I was unable to pedal my way to possible glory. Here's why ...)

I'm disappointed. I'm embarrassed. I'm super sore. But not necessarily in that order.

Some of my columns take a bit of thought to come up with. However, today's offering literally slammed its way into existence pretty quickly.

It all has to do with my participation in the recent Northwoods Gravel Grind. As most of you probably recall, I was looking forward to the annual Rangeley competition, pedaling my way over a rugged 50-mile course through the western mountains of Maine.

It was a perfect day for racing against nearly 150 other cyclists, with temperatures

in the 60s. Much of the ride felt familiar, with this being my second time in the event. There were short sections of paved roads, but mostly it was two-track, trail, and a ton of gravel. My pace was strong; I actually was having a great time and getting into a consistent rhythm. Until I hit the 22-mile mark. And hit is just what I did.

Despite wishing to not relive the horror of what transpired, I feel duty-bound to give you the whole enchilada.

Rounding a slightly uphill right-hand curve, I found myself atop a deep descent. While it would have been a piece of cake had it been pavement, such was not the case out in the middle of nowhere. Without even trying, I began picking up speed as I headed downhill. As it turned out, way too much. Suddenly, my body and my bike started to shake uncontrollably as I barreled into a series of chatter bumps. That, combined with loose gravel, spelled doom for this 68-year-old bicyclist. Before I could even exclaim, "Oh, shoot," I was getting up close and personal with a very hard road

surface.

Wrapped around the frame of my cyclo-cross machine, I somersaulted down the rest of the hill without losing consciousness. Not knowing, at first, how badly I was hurt, I did realize one thing. My race was over.

After picking myself — and the bike — up, I assessed the damage. I noticed right away that I was dripping blood from several areas. As for my Specialized bike, the handlebars weren't straight and my chain was jammed. With no witnesses to my unfortunate folly, I attempted to fix my ride, knowing I was only a mile or so from a manned checkpoint. But the chain wouldn't budge; made more difficult because I only had the use of one hand.

A short time later, two other cyclists cruised by me and then quickly turned around — taking note of my grave situation. They tried their best with the stubborn chain, even removing the rear wheel, but without success. After making sure I was reasonably fine, they rode off and said they would alert the nearby volunteers to my predicament. And I began walking in the same direction ... with my broken bike. No way was I leaving it behind.

In relatively quick succession, I was taken by pickup to the checkpoint, examined and partially bandaged by a ski patrol dude, and driven by van four miles to the nearest "real" road and to the starting point of the race. An ambulance was waiting, but I refused treatment, deciding to take myself to the emergency department at the Farmington hospital — nearly 40 miles away. Ultimately, wanting to be closer to home, I ended up continuing on to the ER at MaineGeneral in Augusta. Once there, I was joined by my wife, which brought reassuring comfort.

So how messed up was I? One could easily conclude that my own self — and not my bike, thank goodness — took the brunt of the punishment. I have bruising everywhere, even in places you wouldn't think

Simply put

Patrick Gabrion



possible. Road rash is decorating most of my body, especially my knees. And, the coup de grace involves two fingers on my right hand. Both received stitches, as the tip of the middle one was nearly ripped off.

As I mentioned earlier, I'm disappointed because I didn't complete the race. Being off my bike for two-to-three weeks, I will miss the Maine Senior Games and Cadillac Challenge, which is another disappointment. I'm embarrassed because it happened and I should have been more mindful of the situation. And the super sore part? Obviously, that isn't much fun.

I'll just have to be more careful at next year's Northwoods Gravel Grind.

New and renewing members for September

Memberships received as of September 19, 2021.

* indicates new membership
• indicates donation made with membership

Bath

Muriel Hendrix*

Brunswick

June Austin

Don Barnett

Sue Blakemore

Marlene Budd•

Mike Deangelis*

Charles Flynn•

Marilyn Flynn•

Irene Gamache*

Karen Giustra

Pat Holmes

Patricia Holmes

Jennifer Jenkins

Dodie Kaloust*

Walter Kellan

Pat Livesay•

Holland Low

Debra Lupo

Sheila Malloy*

Joan McDuff

Gary Pinder*

Barbara Pinder*

John Quinn

Monica Ferrari Quinn

Valerie Robbins

Beth Schuller*

Celinda Shannon*

Martha Spruce

Mark Stephens*

Janet Stephens*

Frances Stewart*

Linda Trapp

Doris Weinberg

Susan Woodward

Robert Bouchard

George Phipps

Garet Bottger

Harpswell:

Theresa Lebel

Elizabeth Manning*

Anne Moseley*

Richard Moseley*

Anne Cauble*

Lisbon Falls:

Matthew Quinn*

Weekly Winners



Senior Intermediate Cribbage

- Sept. 1 Joe Tonely 726
Rollande Fortin 706
George Tetu 702
- Sept. 8 Armand Bouchard 722
George Hardin 699
Tom Kortzen 698
- Sept. 15 Jim Cherry 712
Anne Bouchard 704
Jen Haskins 683
- Sept. 22 Rollande Fortin 700
Rick Fortin 673
Joe Tonely 671
Anne Bouchard 668

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Bring diaper donations to People Plus in October!

In partnership with the United Way, we are hosting a diaper drive for the month of October!

Studies show that diapers cost approximately \$1,000 a year per child for a family. And children can often be in diapers until age 5. So with that in mind we ask all members to buy a pack or two of diapers through the course of the month of October and bring them to the People Plus Center! We will get them where they need to go to be distributed to families in our area who could use a little help.



Books A La Carte

The Books a la Carte reading group meets on the third Tuesday of each month at 2 pm. Here are comments on a variety of books:

FICTION

The Lost Apothecary by Sarah Penner. In 18th century London, a secret apothecary shop sells poisons to women to use against oppressive men. The owner, Nella, bonds with a 12-year-old client. Two hundred years later, an aspiring historian finds an old vial in the Thames. She traces the vial to past murders and interacts with the story of Nella and the girl. This is a well-written first novel.

NONFICTION

The Kings of Big Spring by Bryan Mealer. A very good read, a social history and memoir of four generations of a Texas family in the oil fields around Big Spring.

MYSTERIES

The Madness of Crowds by Louise Penny. The latest entry in the long (perhaps too long) series featuring Canadian Inspector Gamache. A professor of statistics proposes theories of selective cleansing of the ill and infirm. Gamache must protect her from harm. Many Penny fans will welcome the book, while others could be put off by the story line. The work is not an easy read.

The Labours of Hercules by Agatha Christie. Hercule Poirot is planning to retire, but not yet. He wants to end up by solving difficult cases. He selects 12 and likens them to the famous 12 exploits of Hercules. Very interesting book.

An Old, Cold Grave by Iona Winslow. One of a series featuring Lane Winslow. In 1947 a family in a small English town finds part of a skeleton. They call in Winslow, a female ex-agent, to help. A complete skeleton of a child buried for 40 years is uncovered. Winslow must solve the mystery.

Here are some good sources of book news:
— BookPage: A free magazine available in many libraries and bookstores.
— Bookmarks: A magazine available in the magazine room of the Curtis Memorial Library. Older copies may be checked out.

Comments: news@peopleplusmaine.org



Senior Health Expo 'At Home' Kicks Off Friday, November 12th

Exhibitor registration is open and free for the 2021 People Plus Senior Health Expo "At Home," made possible by our lead sponsors Coastal Landing Retirement Community, Mid Coast-Parkview Health, The Salvation Army, The Times Record, and Spectrum Generations and Event Sponsors Avita of Brunswick & Sunnybrook, Brackett Funeral Home, Healthy Living for ME, and The McLellan.

A premier event in our community connecting businesses and services with older adults, the Expo "At Home" will kick off on Friday, Nov. 12 and will include optional videos from exhibitors and sponsors.

Maine has the highest percentage of older adults in the nation, and the

Midcoast is where this population is growing the fastest. The People Plus Senior Health Expo brings together a variety of resources for this increasingly important segment of our community. The Expo provides an excellent opportunity to learn about products and services in the categories of medical services, fitness and health, technology, legal, community services, housing/respite care, and finance.

The registration deadline for this year's "At Home" version is Friday, Oct. 15. The Expo is free to nonprofits and "by donation" for all other businesses. Visit www.peopleplusmaine.org for more information, including registration forms and sponsorship opportunities or call the Center at 729-0757.

It's not too late to join these wonderful 2021 sponsors!





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Lunch out!

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Tuesday, October 12th at 11:30 am.



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