

45th *Plus!* People NEWS! ANNIVERSARY



People Plus
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Brunswick, ME
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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



OVER A DOZEN PEOPLE PLUS MEMBERS enjoyed their annual apple picking outing to Rocky Ridge Orchard in Bowdoin in September. Members indulged in delicious homemade apple cider donuts and hot cider with friends before heading out to the orchard to pick bags of their favorite varieties. This annual "pilgrimage" is a favorite regular fall activity for members and is one of the many activities offered at the Center.



Center launches annual fund

Vital services need your support

People Plus Community Outreach

- Provided 28,000 miles of FREE transportation to over 600 riders.
- Delivered over 2,000 grocery, medical, and pharmacy orders.
- Offered 2,806 meals to older adults.
- Loaned over 1,000 pieces of medical equipment to homebound elders.
- Recorded 4,650 Center visits for games, clubs, and classes.

As the numbers listed above show, People Plus is an invaluable resource for our community. It's amazing to look at all we have accomplished this year — during a pandemic!

The programs and services that are facilitated by staff and volunteers at the Center have a tremendous impact on literally thousands of people. Over 1,500 members can take exercise classes, learn languages, enjoy a snack or meal, take art lessons, play cards and games, attend presentations; the list is almost endless. It's a place to meet and make new friends.

"In the last 45 years, we've grown from a tiny social group with cards and bingo to a real community center with more than 1,500 members. We have gotten through the best of times and the worst. We've grown stronger, and today need each other more than ever," said executive director Stacy Frizzle-Edgerton.

With that in mind, People Plus is launching its annual fundraising campaign in November. And we would appreciate your support!

People Plus receives no money from the state or federal level. A portion of our funding comes from the towns of Brunswick and Harpswell, United Way, and Spectrum Generations, but the Center must raise over \$300,000 a year to meet the total budget demands.

To that end, every year the Center's board members spend several hours each personalizing more than 1,700 letters that get sent out to potential donors, signaling their support for what goes on at the Union Street Center. The letters are often followed up with personal contacts from the board, staff, or development committee members.

This year's goal is \$70,000. The funding is specifically slated for Senior Center programming: Supporting homebound elders, as well as the Volunteer Transportation Network, keeping all the classes in the Center at low cost, free lectures, free gaming and language clubs, and free events and more.

"It's been a very difficult year for everyone and People Plus has not been immune to feeling the effects of the economic impact," said Executive Director Stacy Frizzle-Edgerton. "We are hopeful our members and community partners will continue to send their contributions to keep this Center going."

In advance, we thank you for supporting People Plus!

Here's to your good health



Senior Health Expo 'At Home' kicks off Nov. 12

It's almost here! So mark your calendar! We're talking about the 2021 People Plus Senior

Health Expo "At Home," which is scheduled to launch on Friday, Nov. 12.

All this is being made possible with the generous support of Lead Partners, Coastal Landing Retirement Community, Mid Coast-Parkview Health and The Salvation Army, and additional Partners, Bill Dodge Auto Group, Priority Real Estate Group LLC, Rusty Lantern

Market, Spectrum Generations, and The Times Record. Event Sponsors include Avita of Brunswick/Sunnybrook Senior Living, Brackett Funeral Home, Brunswick Instant Printing, Healthy Living for ME, Riley Insurance Agency, and Refreshment Sponsor, Bridges Home Services.

"We are eternally grateful for our sponsors support. This event would not happen without them," said Stacy Frizzle-Edgerton, People Plus Executive Director. "I learned that by the year 2025, one-quarter of Maine's population will be over age 65. Our job is to connect all those residents with the area service providers and these are good resources to have and know."

While this year's gathering is absent the "in person" approach, due to the continuing coronavirus pandemic

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Don't miss the premiere of our 45th anniversary video at www.peopleplusmaine.org!

Three Cheers for the Center!

Improving lives for 45 years

I know I'm only speaking frankly when I remind you that our Brunswick area is a better place because of People Plus. We all just need to take a breath, members and



Enjoy our selection of photos "through the years" inside.

friends in a circle, to pause and say "three cheers" as we acknowledge our Center's 45th birthday!

I like to think of the Center as a living thing, experiencing good times and bad in what is almost a half century of life. We always seem to move forward, making new friends and nurturing the old, putting ourselves out there as examples, with experiences and moments to share.

The exercise programs, food events, self-helps, ride sharing, phone calls, hikes, trips, advice, and happy moments are hallmarks of the People Plus Center. It all wraps into a positive experience, both singularly and collectively, for so many Brunswick area citizens.

May the Center prosper for another 45 years, improving all our lives, minute by minute.

— Frank Connors, former Member Services coordinator.

Giving thanks in November!

November Member Only Raffle

Win a "Members only" Thanksgiving feast.

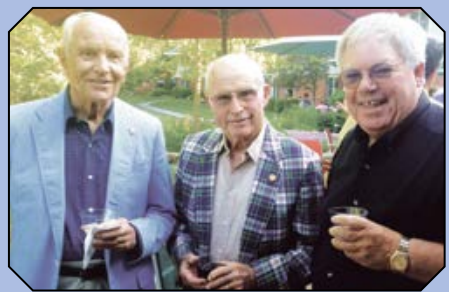
November's big holiday is about giving thanks and celebrating family. Our raffle for November celebrates YOU, our People Plus family, by offering a chance to win Thanksgiving dinner for up to six people! By participating, you will also be "giving" to our homebound seniors.

So please buy a ticket for a chance to win a homemade Thanksgiving dinner with all the fixings prepared by Stacy and the People Plus staff, including a tasty pie from Jane Connors! Food will be delivered right to your door on Wednesday, Nov. 24!

\$10/ticket (3 for \$20) supports homebound elders. Drawing will be Friday, Nov. 19th and TWO winners will be picked!

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





The whirlwind trip continues...

Jonathan and I are just back from a two-week honeymoon trip to England. We delayed our honeymoon because of COVID and it was a treat to finally experience everything we had planned for the last 18 months.

With several days in London, as well as excursions to the Lyme Regis Coast, Bath, Stonehenge, Stourhead House and the Cotswolds, it could not have been a more amazing trip, full of fun, laughter, history and food. We met and spent time with several of our new Instagram friends and were amazed at their graciousness, generosity, and warmth. All of them wanted to host us, feed and entertain us.

And there was plenty of time to reflect

on the last 10 years here at the People Plus Center. They've included my very first column from exactly 10 years ago on this page below and it's so interesting to see how astounded I was at that time by the good work that's done here and how I am still so amazed and honored to be a part of it all.

I feel I should thank you all again for entrusting me with being the executive director at People Plus. I never imagined all of the wonderful work we would accomplish or how we would grow to more than 1,500 members. We send out thousands of meals every month, provide tens of thousands of miles of free transportation, we deliver groceries and prescriptions, and see hundreds of

From the Executive Director

Stacy Frizzle-Edgerton



programs every month here at the Center for fun and health and wellness. People think of this place as their second home and we are their second family.

It's an incredible organization.

And I look forward to the many years ahead with all of you, here at the Center that Builds Community.



People Plus News

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

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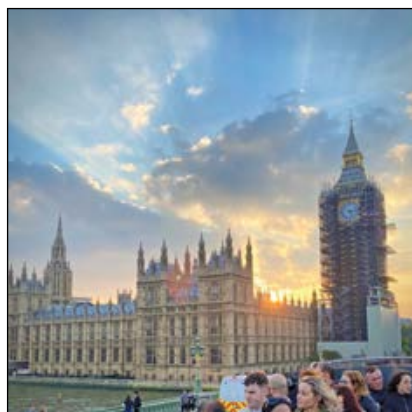
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Stacy's first column as Executive Director – from the People Plus News archives, November, 2011

Beginning a 'wonderful trip'

Hello! It's been a few weeks since I began my journey as the executive director here at People Plus and so far it's been a wonderful trip!

I've met so many wonderful people already — from the staff, to the board, to many of the volunteers — and I've been struck by the same thought time and time again which is that People Plus is a warm and inviting second home for the hundreds of people who visit the center and use it on a regular basis.

In the last few weeks I've developed a deeper appreciation for the fact that this organization exists solely for the betterment of other people's lives. It creates a sense of community with the many activities here like lunches, bridge games, cribbage matches, yoga, Tai Chi, writing, French Café, art and all kinds of dance — just to name a few.

After years of working in the private sector at Turner Broadcasting and The

Coca-Cola Co., I've found greater reward fundraising and marketing for smaller nonprofit organizations like the Bath YMCA, the Brunswick-Topsham Land Trust and the Brunswick Downtown Association. Now I'm excited to turn my attention to People Plus and the wonderful opportunities the center offers.

I've lived in Topsham at The Riverview Farm for almost a decade so my 3.2 mile commute to work is short and sweet. I put my three daughters on the bus and arrive at work to find the center bustling with activity.

Frank's bound to be there, either setting up or taking down one of the several meals he runs every month while chatting with half a dozen Ping-Pong or cribbage players about to start another mean round of competition.

Betsy may have never left as she works tirelessly to keep the center humming along like a well-oiled machine.

From the Executive Director

STACY V. FRIZZLE



And you're bound to run into Kathy, Joanne, or Dottie busy with their daily tasks.

If you stick around 'til afternoon, you'll meet Jordan who runs the Teen Center and you just might be lucky enough to meet a few of the grateful teenagers, too!

I am so appreciative of being entrusted with the position of executive director for People Plus. My office door is always open and I hope that you will stop in any time to see me and to say "Hello" and let me know your thoughts and ideas for People Plus. My dog Gertie may be sleeping in there too and we will both be happy to see you!

A peek at the first 45 years!



THRU THE YEARS a 45th anniversary feature

Nov, 2020: People Plus Senior Health Expo goes “Virtual” as the Center continues to adapt to the COVID-19 pandemic.

Nov, 2020: “Write From the Heart,” a 193-page collection of stories, poems, and information about Maine, is released by the People Plus Write On Writers to mark the state’s bicentennial.

Nov, 2020: Longtime member **Wanda Barlag** “stumps us all,” with the publication of her “Guess Who?” picture.

Nov 18, 2019: 42 members boarded a Bath Bus Service bus for the trip to Boothbay to see the **Gardens Aglow** light show at Coastal Maine Botanical Gardens.

Nov 4, 2018: **Scrabble Club** opens in the Teen Center, 9 am, Monday mornings.

Nov 10, 2017: **Sgt. Frank Connors**, U.S. Army, retired, marked Veterans Day by reading excerpted letters he’d sent home 50 years earlier, while serving in Vietnam.

Nov 23, 2016: **Corley Byras** of Bowdoin, who just happens to be the Center’s VERY FIRST “paid up for Life Member,” displays her fascinating collection of election buttons at the Center.

Nov 19, 2016: The Brunswick Knights of Columbus host a benefit **fish chowder dinner** at People Plus.

Nov 10, 2015: The Lunch Out! gang observes Veterans Day at the **Winners Sports Grill** in Brunswick.

Nov 2, 2015: The seventh annual **Holiday Food Drive** to benefit Mid Coast Hunger Prevention Program opens. Last season’s effort collected 1,046 pieces weighing 1,069 pounds and was able to finish two days before Christmas.

Nov 10, 2014: **Ruth Vogel**, legendary yoga instructor at People Plus, celebrated her 91st birthday with cake, ice cream, and “yet another class.”

Nov, 2010: **Julia Brown**, a junior at Brunswick High School, added to PP Board of Trustees.

Nov 1, 2010: **Jim Pierce** hired as Executive Director.

Nov 5, 2007: **Suzanne Benoit** hired as interim Director (6 months) “to take a tough look at internal Center operations...”

Nov 6, 2005: See “**The Full Monty**” at Northshore Music Theater, luncheon after at Danversport Yacht Club. Cost is \$84.

Nov 3, 2005: **League of Women Voters** and People Plus cosponsor a candidate’s forum at old high school. 7-9 pm.

Nov 19, 2004: **Holiday at Merrymeeting Park**, third heritage print commissioned by People Plus and painted by artist Bev Bevilacqua offered in public reception at Brunswick Library.

Nov 17, 2004: Students from Maine Voc. 10 will prepare and serve Thanksgiving dinner at the Center this year. Cost is still only \$7.

Nov 14, 2003: “**Chuting the Androscoggin**” Holiday Heritage Print, painted by John Gable, goes on sale for \$75.

Nov 26, 2002: Director Sig Knudsen talks of the years he lived and worked in remote southwest Alaska as a social worker for Dept. of Indian Affairs during our November Brown Bag lunch, Fun starts at noon.

Nov 23, 2002: Holiday Breakfast & Fair, 8 am-noon.

Nov 1, 2000: GRAND Re-opening of “Boutique” now located in Church basement, (where Headstart used to be). Visit our new library, larger sales area and soon-to-come coffee shop.

Nov 19, 1992: Taking a tour of **Parkview Memorial Hospital**. Did you know they have delivered over 18,000 babies? Did you know the cornerstone was laid by Alfred Senter? They have recently remodeled their emergency room and have a new outpatient surgery unit.

Nov 7, 1992: **Christmas On The Hill** fair, visit our bake tables, Country Store, Kris Kringle’s Korner, The Knitting Knook, Wooden Wonders and Lunch Stoppe. 9 am - 2 pm, loads of special and unique gifts.

Nov, 1992: Use your **Center Blue Card** when making purchases locally. You’ll really save!

Nov, 1988: We need a **refrigerator**, anyone know where we can get one?

Nov 9, 1987: 8 am **Just for men!** Pancakes and sausage cooked by Walter Cucci.

Nov 9, 1987: Balcony Bargain Boutique opens upstairs in “Brown Church” selling, “good stuff cheap.”

55 PLUS CENTER

A Center for Vital Aging

Date: Fall, 1999

Join in the Fun

- Exercise, Dance and Wellness Programs
- Computer classes
- Day and Overnight Trips and more.....



The changes in our food from 45 years ago

As I thought about what to write for my article to celebrate the 45th anniversary of People Plus, I thought about what I ate back then and did a Google search to see what has changed in all those years.

One theme was listed over and over again and it was about the size. The portions are bigger, the farms are bigger, the amount of processed food is so much more evident, and the amount of sugar in food has increased dramatically.

I remember stopping to get gas with my father and the owner would come over to pump the gas and wash our windows. There was no food or beverages available inside his shop. Now you can get food everywhere. Let’s not despair; let’s think about what we can do to try to get back to how it was 45 years ago!

- Things to consider:
- Go to the farmers’ market.
 - Share a meal when you go out.
 - Surround yourself with healthy foods so you won’t be tempted by those foods that are not as healthy.
 - Plan out your meals so you don’t find yourself famished while you are running errands.
 - Eat slower and enjoy what you are eating.
 - Choose not to finish something if the

portion is too large.

- Find a healthier version. I suggested a product called Undercover Quinoa (a cookie-like product) that many of my clients love!
- Make less.

This week Lexie (my intern) and I were discussing her slides that she used in her Diabetes Prevention class and we noted that she was able to find healthier options when dining out. So if you can look up the numbers, try to keep calories for the meal around 500-600 calories, carbohydrate at

From Anita’s Plate

Anita Nugent
(207) 504-6439



info@nutritionforeverday.com

30-60 grams per meal, and total fat for the day at about 50 grams.

A lot has changed in the last 45 years. However, we can identify those changes and do what we can to bring back some things that were around back then. Simply downsizing your portion sizes and having healthier options is a big step in the right direction.

Roasted Vegetables with Quinoa

Ingredients:

- Butternut squash, diced
- Red onion, diced
- Vegetable oil
- Black pepper
- Olive oil
- Balsamic vinegar
- Dijon mustard
- Maple syrup
- Garlic, minced
- Baby spinach
- Cooked quinoa
- Dried cranberries
- Toasted walnuts

Directions:

1. Combine the first four ingredients and put on a roasting pan. Roast for 20 minutes in a pre-heated 400 degree oven.
2. Combine the olive oil, balsamic vinegar, Dijon mustard, maple syrup, garlic and pepper in a mason jar.
3. Put the remaining ingredients in a serving bowl.
4. Add the cooked roasted vegetables and toss with the dressing.

Note: I chose this recipe because butternut squash is something I ate 45 years ago and the quinoa adds a newer food to the recipe. There aren’t any measurements, which reminds me of the way my great-grandmother used to cook. Enjoy!



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. For more information call 729-0757.

Register for activities @729-0757

CENTER CLUBS FREE: MEMBERS ONLY

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

Apple Club

Tue, Nov. 16, 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.

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 –new time

1st Tuesday, 2:30 pm. Spanish language club meets in person to chat in Spanish.

Kaffeestunde! –new time

2nd Tuesday, 2:30 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 –new time

4th Tuesday, 2:30 pm. French language club meets in person to chat in French.



Join Us for a Gratitude Circle

Mon, Nov. 15, 1:30 pm. In honor of Thanksgiving, let's join together and practice cultivating gratitude! Led by our new Thursday yoga instructor Maya Rook, you'll learn ways in which to cultivate gratitude in your day-to-day lives, engage in meditation, and practice movements to help deepen the feeling of giving thanks within our own bodies. All movements can be done seated in a chair. Registration & masks required. Free for members, \$5 non-members.

Maya hails from upstate New York and is happy to now call Midcoast Maine her home. She is passionate about creating an environment for students to maintain an awareness of breath and move with freedom, allowing their bodies to guide with intuition. With a desire for yoga to be accessible to everybody, she offers modifications and options throughout class so students can see what works best for themselves. Beyond her role as a yoga instructor, Maya is a historian and educator with a focus on American Cultural History. She teaches online college history courses with Southern New Hampshire University and offers public events to make history accessible, relevant, and fun.

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 online at www.peopleplusmaine.org.

Come Play with Us

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

\$10 Hair Cuts!

Fridays, 9-12 pm. Appointments with Margarita Day (no drop-ins). \$10 donation benefits People Plus. Open to the public! Registration & masks required, must follow building safety protocols. Call 729-0757

Lunch and Connections

Giving thanks at People Plus!

As a warm-up to this year's traditional day, People Plus will be giving thanks at its next Lunch & Connections Outside on Thursday, Nov. 18. We'll be serving a Thanksgiving casserole (with turkey, stuffing and more) with cranberry sauce on the side. We'll also have rolls and our traditional green salad. And we won't forget a special dessert!

These monthly Lunch & Connections meals are sponsored by our friends at Spectrum Generations, and are intended to focus on nutrition, useful information, variety, socialization and fun.

We'll serve the meal at noon. Come to the Center and claim your favorite seat, chat with your friends and maybe make new ones. Registration is required. It's really easy; just call 729-0757 to register anytime. Donations are appreciated.

Remember in November...

November 2: Election day!

November 7: Daylight Savings time ends at 2 am on Nov 7.

November 11: Center closed for Veterans Day

November 24-26: Center closed for Thanksgiving holiday break. Have a safe and happy holiday!



Medicare 101 with Spectrum Generations

Tue, Nov. 9, 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.



Activity Punch Cards

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



Programming Notes:

- Language clubs now meet at 2:30 pm instead of 3 pm
- We've changed back to two art classes/week instead of an Art Club.
- There is no Mens Coffee this month



Peter W. Ladner, President, circa 1980

BRACKETT FUNERAL HOME

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COOLER TEMPERATURES DIDN'T STOP THIS GREAT CROWD from attending a Balance and Falls Clinic at the People Plus Center last month. At these quarterly clinics, offered by Reform Physical Therapy, Dr. Christina Levesque, PT, DPT, teaches class participants what balance means, how to prevent a fall, and how to properly handle a fall if one occurs.

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

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Clinics also located in Yarmouth & Kennebunk!



Mon	Tue	Wed	Thu	Fri	Sat
1 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge	2 9:00 Chair Yoga 9:30 Beg/Int Bridge 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 12:30pm Easy Riders Club 2:30pm Spanish Club	3 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	4 9:00 Table Tennis 9:30 Beg/Int Bridge 9:30 Art Class 11:00 Yoga 1:30pm Women's Tailgate Tea Outside	5 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga	6 9:00 Zumba
8 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge	9 9:00 Chair Yoga 9:30 Beg/Int Bridge 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 11:30 LUNCH OUT 12:30pm Easy Riders Club 12:30pm Medicare 101 2:30pm German Club 4:30pm TCAC Meeting	10 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	11 Center Closed 	12 Senior Health Expo "At Home" 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga	13 9:00 Zumba
15 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 1:30pm Gratitude Circle 7:00pm Civil War Book Club	16 9:00 Chair Yoga 9:30 Beg/Int Bridge 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 12:30pm Easy Riders Club 2:00pm Books a la Carte 3:00pm Apple Club	17 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	18 9:00 Table Tennis 9:30 Beg/Int Bridge 9:30 Art Class 11:00 Yoga 12:00pm Lunch & Connections	19 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga	20 9:00 Zumba
22 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge	23 9:00 Chair Yoga 9:30 Beg/Int Bridge 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 12:30pm Easy Riders Club 2:30pm French Club	24 25 26 Center Closed for Holiday Break Nov. 24, 25, 26			27 9:00 Zumba
29 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge	30 9:00 Chair Yoga 9:30 Beg/Int Bridge 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 12:30pm Easy Riders Club	Masks required inside the People Plus Center 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.			



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BATH-BRUNSWICK

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



BEING *on* BOARD: anniversary edition

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.

Getting to know Dick Brautigam

My name is Dick Brautigam. My wife, Anne, and I live in a cottage in the Thornton Oaks Retirement Community in Brunswick.

I was born in 1931 and grew up in Hamilton, a small college community in upstate New York. Dyslexic, I learned to read in the fifth grade after my parents hired a tutor who worked with me for nine months. I loved playing sandlot tackle football, without equipment, skiing, playing a cornet in the school band, and acting in school plays.

This summer, my wife and I celebrated 68 years of marital bliss. We have five wonderful children and seven terrific grandchildren.

My profession was in social work. My practice included 13 years working with juveniles and adults in the Wisconsin Corrections Department and later teaching at the University of



Kentucky.

At People Plus, my wife and I enjoy bridge and the World Affairs biweekly discussions. At 90, I'm a competitor and I enjoy a spirited game of table tennis two or three times a week. I am a notoriously avid all-season bicycle rider and recently became the proud owner of an E-bike. I try to keep in shape by also participating in Running Start, a fitness program at Thornton Oakes three days a week.

In 2001, I was invited by then-director Sig Knudsen to join the 55 Plus Center board. But first I had to pass muster with the Brunswick Town Council. I served on the board until about 2010. During this time, I was a member of the finance and program/evaluation committees.

From my point of view, People Plus is a vital community asset to elders and more recently to youth. A casual look at the People Plus News calendar shows the range and variety of wonderful activities, and this doesn't even cover the many other services/programs like



the Good Morning Program and Volunteer Transportation Network, plus Stacy's regular community videos during the COVID pandemic.

Nonprofits like People Plus are governed by a board of directors which set policy. Board effectiveness and, ultimately, program effectiveness will be measured by the members' active and knowledgeable participation, ensuring that programs are responsive to board policies.

It's expected that board members serve on at least one People Plus committee. It's hoped that board members will contribute monetarily and also assist in fundraising. Committees may assist the board and executive director by providing feedback on program effectiveness. An attentive finance committee will regularly help monitor expenses vs. income, taking note especially when/if expenses exceed income.

I'm proud to have been a member of this "center that builds community" for nearly half of its earthly existence. It's been a pleasure and an honor.

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.

'Tis the Season for Giving!
People Plus is collecting donations for:

- MCHPP Food Drive (non perishable items, through December)

Select People Plus at **smile.amazon.com** and Amazon donates 0.5% of the price of your eligible AmazonSmile purchases.

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Lobster Party!

FUN is always on the menu!

There is nothing more fun than an old fashioned Maine lobster party. It takes experience to master cracking a lobster and at **The McLellan** we have lots of experiences to share. We all have also learned to simply enjoy life and everyone around us. We know life is a celebration and we always look forward to the next day and the next reason to celebrate. Here we are not just acquaintances, we are friends who share connections and **fun is certainly always on the menu!**

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Bill Dodge Auto Group,
10% off parts/service
118 Pleasant St, Bruns., 729-6653
www.billdodgeautogroup.com

Darling's Ford,
10% off invoice, parts/service
262 Bath Road, Bruns., 725-1228

Lee's Tire & Service,
10% off parts (not tires)
35 Gurnet Road, Bruns., 729-4131
27 Monument Pl., Topsh., 729-1676

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

RESTAURANT

Arby's, 5% off including combos. Excludes coupons/open discounts.
Topsham Fair Mall, 729-8244, www.arbys.com

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

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

Wild Oats Bakery & Cafe, 10% off Mon.
166 Admiral Fitch Ave, Bruns. 725-6287
wildoatsbakery.com

RECREATION / ENTERTAINMENT

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149 Maine St, Bruns., 729-5486
www.eveningstarcinema.com

Maine State Music Theatre,
Senior discount (60+) on matinee tickets
22 Elm Street, Bruns., 725-8769 www.msmt.org

Thomas Point Beach, \$1 weekdays admission.
29 Meadow Road, Bruns., 725-6009
thomaspoinbeach.com

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or mspruce@live.com

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



Do you get our weekly email?

Jill 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, 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!



MEMBERSHIP COORDINATOR LYNNE shows longtime member Lorraine LaRoche the delicious pumpkin chocolate chip cookies she made for the Women's Tailgate Tea Party last month. Almost two dozen ladies enjoyed the cookies along with hot cider and good conversation at the monthly tea. Join us next month!

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.

Introducing Linda Muller

My name is Linda Muller, a relatively new member of People Plus, and I live in Brunswick.

Most of my growing up years were in upstate New York, in Sauquoit. It is about a 45-minute drive down Route 8 from Utica. It was rural, dairy farming country.

There was a horse chestnut tree at the top of Butler Hill Road, where I and my friends would sometimes ride bikes, and a volunteer fire department, gas station, and penny candy store down by the river. Only years later, would I learn this was a far north tributary of the Susquehanna River. I walked in the woods a lot, to get to my friend's house — which was three miles away — or just for fun with friends.

My introduction to People Plus was pretty simple. I returned home from being a Grammy in May of 2020 and saw an outdoor exercise group at the Center. After learning I was in the right age range, I decided to check it out. The masking and outdoor setting impressed me as being "safe," in regards to COVID. From the first time at "Loosen Up," I felt welcomed and now attend regularly on Monday, Wednesday, and Friday.

I want to support the mission of People Plus, so I became a lifetime member. After about a year of being invited to deliver food, I finally had a neighbor whose broken leg prevented her from driving. So now I could



provide lunch occasionally.

In June of this year, a longtime friend joined People Plus and we went to the Member Picnic together. It was a lot of fun and very relaxing. It is important to me that anyone, of almost any age, can be involved in the People Plus organization. Building community is important to me, and I am also glad we have and support the Teen Center.

The question was asked if there was anything I'd like people to know about me? I am a member of Durham Friends Quaker Meeting and I always considered my years as a nurse practitioner to be a form of Quaker service to others. Several times I worked with groups sometimes stigmatized, but I enjoyed being of service.

I retired when I started having "body work done" — joint replacement, etc. My husband, children, and granddaughter are very important to me.

		PEOPLE PLUS MEMBERSHIP APPLICATION Date _____	
PO Box 766 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757 • www.peopleplusmaine.org			
Name (1) _____	Phone _____	Birthdate _____	<input type="checkbox"/> Female <input type="checkbox"/> Male
Email _____	Emergency Contact _____	(name) (phone) (relationship)	
Name (2) _____	Phone _____	Birthdate _____	<input type="checkbox"/> Female <input type="checkbox"/> Male
Email _____	Emergency Contact _____	(name) (phone) (relationship)	
Mailing Address _____		City _____	State _____ ZIP _____
<input type="checkbox"/> I do NOT need the People Plus monthly newspaper mailed to my house.		<input type="checkbox"/> Cash/Check (Payable to People Plus)	
Yearly Membership Dues (Scholarships Available)		Membership Dues: \$ _____	
Brunswick (___ New Member ___ Renewal): <input type="checkbox"/> \$30 per person		Additional Donation*: \$ _____	
Other towns (___ New Member ___ Renewal): <input type="checkbox"/> \$35 per person		(*donations above membership dues are tax deductible)	
<input type="checkbox"/> \$300 for Lifetime Membership (65 or over)		Total: \$ _____	
OFFICE USE: <input type="checkbox"/> Accounting <input type="checkbox"/> Data <input type="checkbox"/> Membership Card Sent			

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!

*Benefits subject to change

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2021 Senior Health Expo Exhibitors

- 211 Maine
- A Helping Voice
- Access Health
- Arbor Vitae Wellness
- Avita of Brunswick/Sunnybrook
- Bath Area Family YMCA + Landing Y
- Bath Area Senior Citizens Activity Center
- Bath Housing
- Bath-Brunswick Respite Care
- Bill Dodge Auto Group
- Brackett Funeral Home
- Bridges Home Services
- Brunswick Fire Department - "Stay Safe - Remembering When..."
- Brunswick Instant Printing
- Brunswick Parks & Recreation Department
- Carpe Diem Tech Support
- Catholic Charities Maine SEARCH Program
- CHANS Home Health & Hospice
- Chicks Do Chores, LLC
- Coastal Landing Retirement Community
- Coastal Shores Assisted Living
- Comfortably Home
- Dempsey Center
- Dionne Commons
- Disability Rights Maine/Maine Relay
- Elder Abuse Institute of Maine
- Everyday Nutrition Associates LLC
- Good Morning Program
- Harpwell Aging at Home
- Healthy Living for ME
- Horizons Living and Rehabilitation Center
- Law Office of N. Seth Levy
- Live Better Health Services, LLC
- LymeTV
- Maine Death with Dignity
- Maine Senior Guide.com
- Martha's Cottage
- Mary's Affordable Hearing Aids
- Merrymeeting Bay Triad
- Merrymeeting Gleaners at Mid Coast Hunger Prevention Program
- Mid Coast Hospital
- Mid Coast Hunger Prevention Program
- Mid Coast Senior Health Center
- Mid Coast-Parkview Health Neighbors, Inc.
- Northern New England Poison Center
- Norway Savings Bank
- People Plus
- Plant Memorial Home
- Priority Real Estate Group LLC
- Project Lifesaver Program
- Reform Physical Therapy
- Riley Insurance Agency
- Rusty Lantern Market
- Salvation Army
- Spectrum Generations
- Stroke Educator, Inc.
- The Times Record
- United Way of Mid Coast Maine
- Volunteer Transportation Network (VTN)
- Write On Writers

TUESDAY, NOV. 12, 2021

The *People Plus Senior Health Expo* is a premier event in our community; providing a link to local and regional resources for older adults.

FITNESS & HEALTH | TECHNOLOGY | MEDICAL SERVICES
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FREE EVENTS NOT TO MISS!

Video submissions launched on People Plus website, then hosted for one year thereafter

Expo Supplement in Times Record on Nov. 12th and available in the Mid Coast community

Special People Plus membership deal Nov. 12-19: \$25 for a year!

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COASTAL LANDING



Mid Coast-Parkview Health
MaineHealth



(This Expo preview is accurate as of the date of printing.)



Senior Health Expo continued from page 1

and its accompanying restrictions, the information and service connections being offered are still of great importance to everyone, especially for those older adults living in our surrounding communities.

This premier event connecting businesses and services with older adults will include video submissions launched on the People Plus website, then hosted for one year thereafter. All this is available to attendees from the safety and comfort of their own homes.

Maine has the highest percentage of older adults in the nation, and the Midcoast is where this population is growing the fastest. The Health Expo brings together a variety of resources for this increasingly important segment of our community. Learn the latest in the areas of medical services, fitness and health, technology, legal,

community services, housing/respite care, and finance.

Last year's online event included more than 60 vendors, businesses, and programs, and attracted more than 600 video views and over 400 visits to the event's website. So it's a good deal — whether it's "live" or online!

As part of this online event, a Special Expo Membership Deal is taking place for ONE WEEK ONLY — Join People Plus from Nov. 12-19 at just \$25 for the first year! Call or stop by the Center to purchase your membership at this limited rate!

Also, a Senior Health Expo Guide will appear in the Friday, Nov. 12 edition of The Times Record and can be found around town. Visit www.peopleplusmaine.org for more information or call the Center at 729-0757.

*Expo photos from previous years.



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This partnership strengthens care for our patients, giving them access to some of the best doctors, specialists, and treatments in northern New England while still maintaining their local providers.

We're excited to join MaineHealth and their vision to make our communities the healthiest in America for generations to come.

Learn more about the partnership at Mainehealth.org/midcoast

Mid Coast-Parkview Health MaineHealth



Brunswick Area Teen Center

Gobble, gobble! We are thankful for so many things



This year marks the 45th anniversary of People Plus, Stacy's 10th anniversary with People Plus and my 12th anniversary as Teen Center coordinator!

I started the position back on Noble Street when Sig Knudsen was just about to hand over the reins and the name change from 55 Plus to People Plus was underway. Prior to that I was involved in creating the Teen Center space and serving on the Teen Center board. Looking back, I had more energy and no gray hair then!

I am in the process of hiring an assistant and October seems to be the month for hiring staff with longevity and excellence. As I write this, I have 10 more days to meet an October hiring date! Wish me luck!

Halloween is coming and because we have quite a few high schoolers there isn't as much talk and excitement about Halloween as usual. The kids say, "No I'm not going out this year, I'm too old now" and so many of them have real jobs now they feel a lot older, but they still love candy. I can attest to that, so we'll have to make up some treat bags for them!

Speaking of holidays, when I reflect on last November, I feel we've come a long way in our battle with COVID-19. This year families will be able to gather again for the holidays, something that I know our family missed greatly and was perhaps the most difficult part of quarantining, breaking what for some have been decades long traditions! Progress! I did hear of those who did Thanksgiving last year in their garages with the door open ... but it wasn't the same, I'm sure.

We have a lot to be thankful for, as worn out as we may be from the past year and a half. I see it with the kids, some of the things we took for granted or felt were little things have taken on a new importance. Having kids be so happy to be in school is definitely a change when we were used to the complaining about hating it, how hard it was, so much homework, etc. Not hearing that this year!

They are happy to be back together at the Teen Center and hanging out with friends, even with masks on.

Teen Center News



Jordan Cardone

We have a daily group that goes outside to play basketball and they are so into it. That is the biggest new thing this year. They are competitive, think they should be a "real team" and we are still debating where they would go from there (I'm chuckling a bit — not sure they are ready for team T's and playing another team).

Although it's October I have already been asked by some of the kids "Are you doing something for the holiday again (Christmas) this year?" and that has been on my mind. We will and due to COVID we still have a ton of movie passes and Regal is now open again so we are all set on that! Please see our wish list if you are interested in contributing to this year's holiday giving for our teens.

In ending, we are thankful for many things and people, including you! The support we get from the community and community members sustains us and the program and has for over 16 years. We are proud to have had many of you join us in supporting our area youth over the years and want you to know that together we have and are making a positive difference in the lives of many and that is something to be thankful for indeed!

Happy Thanksgiving,
Jordan and the gang

TEEN HOLIDAY WISH LIST 2021

- ★ Amazon gift cards, \$25
- ★ Dunkin gift cards, \$10
- ★ Gelato Fiasco gift cards, \$10
- ★ Candy for stockings: skittles, sour candy things, starburst, Hershey kisses, etc.

We already have movie tickets - THANK YOU!!!!

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A Big Decision *By Doris Weinberg*

Every month I have to take an hour to balance my old checkbook. Young people today do it very fast by going "online" for a look.

I turned down that method when the bank suggested it, as recent as last September. At my age, I don't like change. The old way is easier to remember.

This month I noticed a surprise in my statement. The balance was \$1,000 higher. I forgot I had received it to cover a loss, And now "Wow!" I can be a buyer!

Should I let it just sit there and earn some interest?

Or treat myself to something nice?

A trip, some shoes or even a new mattress? Perhaps I need some advice.

I spend several days going over my choices.

My mind is like a military drill.

But in the end, I am very practical and just pay my dental bill.

Norman Rockwell *By Nonie Moody*

Norman Rockwell was America's mid-20th century painter and illustrator. His everyday themes would draw you into each picture. He painted each scene with movement, even if it was only the expressions of the eyes that would give clues to the mood of the picture. His paintings included models who were actually neighbors or his wife Mary. It took weeks or months to create one picture and Rockwell often made several drawings of the same picture until he thought it was correct.

Early in his life all he wanted to do was draw and draw he did. In school, he grew to be 6 feet tall and very thin. Sports were not his calling, but he could draw.

Norman Rockwell has always been popular in the United States. He painted the culture with a hint of looking back and also in the same painting looking into the future. His fame came from years of illustrating the cover of The Saturday Evening Post magazine.

President Franklin Roosevelt's address to Congress in 1943 inspired Norman Rockwell to paint the Four Freedoms. Each freedom was a cover in succeeding months of The Saturday Evening Post magazine.

The Freedom of Speech painting shows a middle-age man standing strong during a town meeting expressing his heart with his neighbors looking on with respectful approval.

The Freedom to Worship shows praying hands in front of many faces but three are prominent, two ladies with an older man in the middle. One elderly lady with gray hair pinned back in a bun has her head bowed in prayer. The older man is looking straight forward in worship and the other lady is looking heaven-ward with a glow on her face.

The Freedom from Want is the picture of the Thanksgiving dinner, with dad in his black suit standing as mom with her white apron covering her blue dress places the huge family turkey on the table in front of him. There is the white tablecloth and salt and pepper in the middle. Family faces are placed around the edge of the picture. This family is talking, laughing, and enjoying their time together.

The Freedom from Fear has mom tucking two little ones into bed and dad is standing next to mom watching while holding in his left hand the corner of the evening newspaper. The children look like they are already sleeping with their heads on white pillows. A very tender moment in the day of a family.

Norman Rockwell's talent took difficult ideas and using his brush detailed many works. The American people responded with their approval.

A Halloween Story

By Bonnie Wheeler

My son Brad, then 5 years old, knew how to trick or treat. It was the first year his little brother, Kevin, 3 years old, joined us. Off we started with Brad running ahead and Kevin far behind. I was in the street waiting as they went door-to-door.

I was yelling, "Brad, slow down. Kevin, hurry up."

As Kevin was falling farther behind, I finally said to him, "You must keep up." He looked so sad and a little green and said, "Momma, I'm eating as fast as I can."

Oh dear, my fault. I had neglected to tell him to gather the candy and bring it home.



Poems and Prose

Autumn *By Bonnie Wheeler*

Tips of red, yellow, and orange
On green trees far above
The wind whispers signs of early fall
A beautiful summer gone — enjoyed and loved by all
A sad goodbye to long days of sunshine
Birds singing us awake each morning
Changing from one wondrous season to another

A Favorite Place *By Doris Weinberg*

I first visited Richmond, Virginia, as a senior in high school, looking for a college to attend. I took the train and from D.C. south, and southern drawls became the trend.

My first impression was a good one, because it had a "small city feel." Philly or Baltimore was just too large, but Richmond had great appeal.

I checked out the college and spent one night at the famous Jefferson Hotel. I found it very exciting and elegant. Any doubts about the city were dispelled.

I spent four years in this historic place and constantly learned something new. Civil War remnants were all around me, and my fondness for history grew.

I made my way around the city, seeing the museums and beautiful parks. The Confederate Capital and famed Hollywood Cemetery, were two that left their mark.

I moved back north after those perfect years, and it was a long time before I went back. And now because my daughter lives there, I can fly or use Amtrak!

Now it has been more than 50 years
And yes, the city has changed.
It is actually even more beautiful,
but some areas to me look strange.

My little campus in the center of town
has grown to cover half the city.
I liked it better smaller and personal.
Now it's too big. What a pity!

A lot of old buildings have been replaced
and downtown is not the same.
My favorite stores have moved to the malls
and a big theater has changed its name.

But just the same, I still love to return
and visit my favorite places.
Richmond has so much to offer.
A city with many different faces.

Write on Writers
Wednesdays at 1 pm

Woke In Dark *By Russ Kinne*

I woke slowly, as is my custom. But I couldn't see anything! I seemed to be suspended in a calm and quiet, total darkness.

Something was most odd. I felt I was in some kind of bed, with a thin blanket of some sort over me. I was dry, and in a neutral, comfortable temperature; but where WAS I? Good time to find out.

So carefully and slowly, I felt around myself and discovered I was clad in a pair of Jockey shorts and nothing else. Well, OK for now at least. Slowly and very carefully I extended one leg and swept it over the mattress.

I did not encounter a warm human body, or even a COLD one, which was a huge relief; I was alone in the bed, and most grateful for that too. There were enough weird things going on without further complications.

But I had to find out where I was and, hopefully, how I got there. So I inched myself over the mattress edge and slowly lowered my leg

over the side. My foot landed on a firm, dry flat surface about a foot down. Whew! This was at least safe. But now what?

It was still completely dark, but it seemed to be a friendly kind of dark, if you can imagine that. But there is always some dim light, most everywhere you go, except for wherever this was, of course. I stood up and slowly shuffled around the room, with one hand in front of me, and the other on my head in case of a low ceiling or a wooden beam or a suspended water pipe.

I felt nothing, either by hands or feet or head, circled the small room and eventually came back to the bed — a "Hollywood type," with no headboard or footboard. It was warm, and I realized it was what I had just gotten out of, so it must be safe. I sat down to think things over.

But there wasn't much in my memory to think over! I didn't know where I was, or

for that matter, WHO I was, and what in the world had happened last night to cause all this.

There was now the faintest glow of light across the room; it seemingly was a dark sky-blue, but too faint to have much color. It seemed to be pulsing slowly, and I soon realized it was pulsing in time with my heartbeat! Now this is REALLY weird, but at least it was something to look at. It seemed to be getting stronger, so I just stared at it and waited.

Now there was a faint sound from behind the door and I held my breath. The door opened slowly, light flooded in and a human voice said, "Hey, sleepyhead! Time for orange juice. Get your lazy butt out of bed!"

The accent was unmistakable and recognition came in a flash. It was Ron Butterworth, a British friend I'd been with yesterday. But before I could speak, he said, "How'd you like those wild mushrooms we ate last night?"

Salute All Our Veterans *By Betty Bavor*

I stand at attention to salute you, looking at you in your WWII uniform photo. Flanking your picture is the American flag carefully folded that is protected in its triangular case. It was presented, so honorably, to me at your 2011 memorial service. Also displayed are your "dog tags" and the red, white, and blue window banner with a Blue Star your parents hung in the window while you were far away serving your country in the Pacific Theater. I did not know you then. During our 55 years of marriage, I learned about historic missions and met many members of the 43rd Bomb Group, attending great reunions around the country and becoming friends.

Gordon was the radio operator for the 43rd Bomb Group HQ on Gen. Enis C. Whitehead's B-17 in WWII. One important flight was from Okinawa to Atsugi Airport in Tokyo with Gens. Whitehead, Jimmy Doolittle, and Thomas White on board on Sept. 2, 1945. Whiteheads' personal plane was named "The Old Man" and had Uncle Sam's picture for its nose art. When they landed, the generals were met and whisked off to the battleship Missouri for the signing of the peace treaty.

My dear Gordon, let me tell you the 43rd Bomb Group remembers its brave courageous members. We continue to meet on Zoom every fourth Saturday for a monthly meeting. Vets are fading and younger family members are stepping up to learn more about their ancestor's military experiences before it is too late.

Our last meeting had a WWII historian and Pacific wreck researcher. He is the grandson of a 43rd member and presented a program of a B-17 crash site recently discovered in New Guinea having some visible nose art of Pluto. He traced this plane back to a mission of the 43rd Bomb Group. There was also a story and movie of a B-17



that landed on a beach in Port Moresby, New Guinea. The crew enlisted natives to find and install a track runway on the beach permitting a successful takeoff to return to their base. The search continues for WWII Pacific wrecks, helping families to learn about their lost relatives, recovering their remains for services and burials.

The 11th hour in the 11th day of the 11th month in the year of 1918, World War I ceased fighting and it was commemorated as Armistice Day. It is now celebrated as Veterans Day and Remembrance Day, honoring deceased and living veterans serving in all wars. Frank Woodruff Buckles, a U.S. Army corporal, born Feb. 1, 1901, was the last surviving American military veteran of WWI. He enlisted at age 16 and also served in WWII. He was captured by the Japanese and spent three years as a prisoner in the Philippines. He died on Feb. 27, 2011, at age 110. About 7 million people fought in WWII, 1939–1945. As of 2020, there are approximately 300,000 living veterans. These men and women were passionate about preserving the democratic ideals, freedom of our society and global peace as they sacrificed serving their country.

On the 103rd anniversary of Veterans Day, Nov. 11, 2021, at 11 am, stop what you are doing and be silent and in prayer remembering living veterans and all who gave the ultimate sacrifice serving their country. If you see a veteran, tell them, "Thank you for your service." God Bless America.



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Brunswick, ME
207-729-0475

www.spectrumgenerations.org

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

Monthly Update

November 2021

All Spectrum Generations' locations will be closed on November 11, 25, and 26.



Are you ready for a *Win-Tree Wonderland?*

Midcoast Tree Festival

St. John's Community Center | 43 Pleasant Street, Brunswick

Friday, November 19, 4:00 p.m. - 8:00 p.m.
Saturday, November 20, 10:00 a.m. - 6:00 p.m.
Sunday, November 21, 10:00 a.m. - 6:00 p.m.

Friday, November 26, 10:00 a.m. - 6:00 p.m.
Saturday, November 27, 10:00 a.m. - 6:00 p.m.
Sunday, December 28, 10:00 a.m. - 2:00 p.m.

The Midcoast Tree Festival will showcase fully decorated, themed, and lighted artificial Christmas trees on display throughout the two-weekend event, which will be raffled off to lucky winners at the conclusion of the festival.

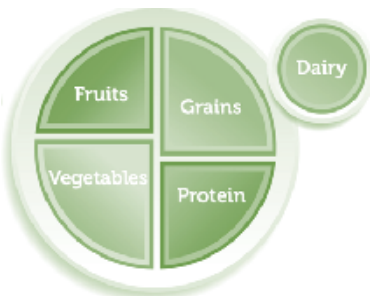
Admission is \$2 for adults and no charge for children 12 and younger.

Additional information and updates can be found at facebook.com/midcoastreefestival

The Midcoast Tree Festival proceeds will support: All Saint's Parish, Spectrum Generations' Meals on Wheels, and the Southern Midcoast Maine Chamber.



BUILD YOURSELF a Healthy Holiday Plate





Try to have at least 3 out of the 5 food groups on your plate

Choose a plate that is 9 inches in diameter to help control portions sizes

Divide your plate into quarters, with the vegetable and whole grains section making up a little more than a quarter

TRY THESE SUPERFOODS

 Avocados are full of healthy fat, potassium, folate, vitamin B6 and vitamins C and K

 Cucumbers neutralize acidity and contain potassium, vitamin C and electrolytes

 Spinach is packed with iron, calcium, magnesium, and vitamins A, K and E

 Broccoli contains vitamins A, C and K and helps regulate blood pressure

FREE CLASSES

Living Well with Diabetes

Tuesdays, 2:00 - 4:30 p.m.
Nov 9 - Dec 14
ZOOM



For more information or to register, visit healthylivingforme.org or call 1.800.620.6036

Need Help?

Medicare Counseling

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 a resource counselor near you.



National Diabetes Awareness Month

In November, National Diabetes Month focuses attention on the growing cost of diabetes on American's health. From the physical, emotional and social effects to financial and damaging health, diabetes impacts more than 30 million people in the United States. Also known as American Diabetes Month, the month focus on making healthy changes and reducing the risk of type 2 diabetes.

When we make small changes, we are more likely to stick when them. So, add one or two small changes at a time, instead of huge sweeping changes.

Spectrum Generations' President and CEO, Gerard Queally, was recently diagnosed a pre-diabetic. He has been very successful with the support of the HL4ME Living Well with Diabetes class.

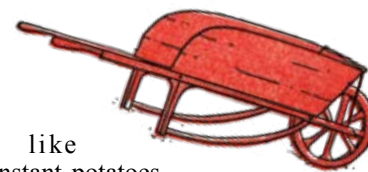


"Putting in place more practical goals, makes creating behavioral change easier," said Queally.

Proud to partner with People Plus



It's time to fill up the red wheelbarrow with food!



For many members, coming to the People Plus Center triggers a sense of familiar surroundings that often leads to comfort and joy. And about this time every year you can always count on one thing — the return of the little red wheelbarrow!

Yes, the annual campaign is now underway to collect non-perishable food for the Mid Coast Hunger Prevention Program, this being the 13th edition of such a worthy cause.

It's really easy to do! Just place your donations in the red wheelbarrow located near the

lobby inside the Center. People Plus, with awesome assistance from longtime member Frank Connors, collects the items for MCHPP and delivers them in bulk every week.

Brunswick's nonprofit community food bank lists canned soups, fruits and vegetables, peanut butter, and baked beans as items that are in constant need. Also, people wanting to donate money directly to MCHPP may do so as well.

Final figures from last year's event revealed that the total pounds of food collected were

1,115, surpassing the 1,000-pound goal. A total of 1,101 items were brought to the Center, along with \$180 in donations.

"There is certainly a need to help others, and we greatly appreciate the donated items from everyone," said Sarah Deck, office coordinator at People Plus and one of the key organizers of the food drive. "The issue of hunger never really goes away, so anything we can do to help others is greatly welcomed."

The upcoming holiday seasons occurring in November and December also increase the

need for items like boxed instant potatoes, cranberry sauces, and canned gravy. Boxed "helper" mixes, both hamburger and tuna, are also useful to help fill anticipated holiday wishes.

So please help us fill up the little red wheelbarrow over and over again. The more trips to MCHPP we make, the better. And in advance, thank you very much for your donations!

Get "Connected"

Connected is a non-denominational, free group, which resumes meetings starting in November. The group invites widowers, widows, divorced, and singles 55 and over to socialize, mingle and meet new friends.

The November meeting will be held on Nov. 8, the second Monday of the month from 7-9 pm at St. Charles Borromeo Church Hall at 132 McKeen St. in Brunswick.

All future meetings will take place on the first Monday of the month.

A guest speaker is invited and light refreshments are served. Vaccinated attendees preferred. For more information, call 725-1266 or 725-8386.



PUMPKINS AND GOURDS were the seasonal inspiration of the day for this art class with Ed Higgins at the Center. Members are learning how to use easels to create their works using different techniques such as water colors, charcoal or colored pencils. Look for their holiday art show coming soon to the Center gallery.

Concerts for a Cause series returns

Novel Jazz Septet kicks off the reopening of the UUCB Concerts for a Cause series on Nov. 13 at the Unitarian Universalist Church of Brunswick. These accomplished jazz musicians draw from the Great American Songbook and specialize in the works of Duke Ellington and Billy Strayhorn, who together wrote some 3,000 compositions over their musical careers.

Tickets for Novel Jazz are \$15 in advance for adults, \$18 at the door. Students and children are \$10. Tickets are available at the Brunswick Unitarian Universalist Church office (729-8515), Gulf of Maine Books, or online at <https://ticketstripe.com/noveljazz>.

Two-thirds of the proceeds from all this season's concerts will benefit Mid Coast Hunger Prevention Program and Immigrant Legal Advocacy Project.

Masking and proof of COVID vaccines or negative test will be required at the door.

The area's choices for Assisted Living and Memory Care.



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Avita of Brunswick
— A Northbridge Memory Care Community —

207.729.6222

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Sunnybrook: 340 Bath Road | sunnybrookvillage.com

Avita: 89 Admiral Fitch Avenue | avitaofbrunswick.com



Club Corner



Text & photos by Patrick Gabrion

“15 ... 2, 15 ... 4”

Members 'count' on cribbage for fun and friendship



Without a doubt, one of the more popular activities at People Plus involves those members coming together to play cribbage.

Following the warm greetings as everyone arrives, the games begin. There is a touch of seriousness in the air, but the mood is actually rather light ... with plenty of banter coming from the various tables arranged in the room. Yes, there is competition, but everyone seems to be having a good time.

So why do they enjoy coming to the Center to play cribbage? Here's what the members had to say:

— “As peers, we understand each other. The competition is fun.” – Jen Haskins

— “It’s a nice time with good friends.” – George Hardin

— “I enjoy the company of the players. Also, it is a fun game.” – Lorraine LaRoche

— “I like the camaraderie and enjoy the game.” – Armand Bouchard



— “I enjoy playing and I enjoy the people.” – Lois Fournier

— “The players are very welcoming and I look forward to a morning out each week.” – Jane Bouchard

— “Good company.”
— “I enjoy the people and we have a good time.”

If you enjoy cribbage — or even want to learn the game — please come and join these friendly participants on Wednesdays at 8:45 am at People Plus.

Weekly Winners

- Senior Intermediate Cribbage**
- Sept. 29 Lorraine LaRoche 719
Lois Fournier 672
 - Oct. 6 Rick Fortin 720
Jen Haskins 717
Joe Tonely 699
Rollande Fortin 694
 - Oct. 13 George Tetu 718
Jim Cherry 714
 - Oct. 20 Joe Tonely 715
Rick Fortin 699
Jen Haskins 698



Gone but not forgotten – in Memory of

Clee Miller

Sept. 20, 1924 — Aug. 29, 2021

Flaurange Renaud

July 4, 1922 — Sept. 12, 2021

Paul Jeffrey

Feb. 27, 1949 — Sept. 21, 2021

Patricia Jeffrey

Feb. 15, 1927 — Sept. 22, 2021

Doris Armstrong

Feb. 13, 1929 — Oct. 3, 2021

STORM POLICY

When Brunswick schools are closed due to weather, all People Plus activities are canceled for the day. Check www.peopleplusmaine.org or local media for closure information.



It's time for another trip across the pond

I've got to admit, Stacy's recent trip to England with her husband, Jonathan, left me green with envy. Seeing the photos she posted on Facebook quickly reminded me that it's one of my favorite places and definitely perked my desire to return someday soon.

I have had the good fortune of traveling to England on seven different occasions, but it has been 20 years since my last trip. Each

visit was filled with wonderful times, but my initial sojourn in 1982 really stands out — not even taking into account my falling in love with a beautiful nurse, who would eventually become my wife.

Looking back, here are some of the more memorable moments from my first journey "across the pond" ...

— Pubs are a big part of the social fabric in England and have been for centuries. While

I made it a point to visit as many of these gathering places as possible, two stood out. One was the Adam and Eve pub in Norwich; it was established in 1249. The other pub was built in 1106, but I can't recall its name or what city it was in — possibly too many ales. I do remember that its front door was low enough that I had to bend down to enter.

— I got to know London pretty well. Bruce, a friend I was staying with, had a job that took him to the city's different boroughs. He would call me up most mornings, making arrangements on where to meet him for lunch — usually at a pub. Surprise, surprise! I would pull out my "London A to Z" book and make my way there via the Tube (subway) or double-decker bus.

— Speaking of London. What was a real eye-opener for a white dude from Maine was the diversity, both culturally and ethnically. The streets were a United Nations of sorts.

— For me, one of the top historical attractions was St. Paul's Cathedral and its Whispering Gallery in London. By climbing 259 steps, you arrived in the Whispering Gallery, which runs around the interior of the dome. It gets its name from a charming quirk in its construction, which makes a whisper against its walls audible on the opposite side. Believe me, it actually works.

— Westminster Abbey was another neat place. It was quite amazing to view the burial stones of people like Rudyard Kipling, Charles Dickens, and Thomas Hardy at Poets' Corner.

— One time, I was wandering around the government buildings in London and remembered it was Budget Day. I had read that the prime minister would be making her way to Parliament as part of the process, so I headed to Downing Street. This was when one actually had access to the area, which is no longer the case now. Anyway,

Simply put



Patrick Gabrion

I found myself probably 40 feet from the door of Number 10 and, after a short time, out walked Margaret Thatcher to a waiting car. It's not every day you see the leader of a country so up close.

— Two happenings come to mind on a side trip to Scotland. First, I did make it to Loch Ness and stopped at Urquhart Castle, where there have been many "sightings" of the famous monster. Bruce and I think we saw "Nessie" that afternoon, but then again we had spent a few hours in a pub prior to arriving. Secondly, one night at a pub in Loch Lomond, we spent two hours with a gentleman named Jimmie MacTavish. He kept buying us drinks, because Americans helped win the war, and I recall literally not understanding a single word he said the whole time ... because of his heavy Scottish accent.

— I did attend one play in London's West End. It was noteworthy for the simple fact that it was written by Eric Idle, a former member of the British comedy troupe Monty Python. The name of the play was "Pass the Butler."

— I lived just blocks from the Tower of London. I found myself hanging out there quite a bit, taking in its historical significance — along with watching all the tourists from around the world.

Anyway, Stacy's trip has certainly taken me down memory lane. And I think it's time for me and Vicky to book a trip to my wife's motherland.

New and renewing members for October

Memberships received as of October 19, 2021.

* indicates new membership

• indicates donation made with membership

BATH

Tilly Atkins *
Cecelia Hitte
Dorothy Moody

BRUNSWICK

Lenore Armellino
Carol Bondy
Regina Campbell
Alice Carroll
Caroline Chinlund *
Marcia Clayton
Alison Coffin •
Jana Coffin *
Jon Coffin *
Lillian Connors
Marcia Crooker *
Daniel Cunningham
Lucy Cunningham
Anita Davis *
Priscilla Davis •
Mal Gormley *

Pamela Gormley *
Patricia Holmes
Myrtle Lacroix
Tony Lacroix
Leon Laffely
Judie Lemons
Richard Libengood *
Janet McGraves
Deb Hewson Merrill *
Susan Morris *
Donna Perrault
Judith Plimpton
Roger Rancourt
Lorraine Rich
Read Rich
Joanne Rioux
Colette Ross *
Joan Shepherd •
Judith Stoy
Sonia St. Pierre *
George Tetu
Ruthanne Thibodeau
Wayne Thibodeau
Connie Turner
GEORGETOWN
Sara Barnes •
HARPSWELL
John Haggerty * •

Sally Haggerty •
Sandy Potholm

LISBON

Nina Hodgkins *

LISBON FALLS

Peter Armstrong
Christa Kay *

POWNALE

Jen Hayes *

TOPSHAM

Nancy Campbell
Roger Campbell
Diana Carter
Greg Daily •
Janet Daily •
Adele Gassett
Eileen Peabody
Margaret Ann Sanfasin

WEST BATH

Nancy Hurd *

WESTPORT ISLAND

J.D. Willams

YARMOUTH

Margareta McDonald *

YONKERS, N.Y.

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Music in April

Congratulations to Chuck and Monica Annabel for “winning” the fall garden tour and luncheon in the 2021 Music in April online auction. These two generous folks not only help with lunch every month and serve on the programming committee but they also spent a pretty penny to enjoy this prized event. They invited their friends, Frank and Jane Connors, to join them at the home of Jane Donelon, who has now donated two fall garden tours at her beautiful home.

Our thanks go out to Chuck and Monica, and to Jane, for their continued generosity in supporting the People Plus Center!



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:

MYSTERY

A Little Local Murder by Robert Barnard. A darkly humorous book about a small town in England which is twinned with an American town in Wisconsin. A radio station in America wants to do a study of the lives of the people in the English town. The study leads to conflicts, secrets revealed, and, eventually, a murder.

The Twelve Lives of Alfred Hitchcock

by Edward White and Hitchcock (The Complete Films) edited by Paul Duncan. The first book is divided into 12 chapters. Each describes an aspect of Hitchcock’s life — his insecurities, relations with women, treatment of actors, his religion, eating and drinking, etc. It pulls no punches. The second book is a monumental tome (687 pages) detailing everything you might want to know about his films. It contains many photos and stills from his films. Both books are fascinating.

FICTION

The Return by Nicholas Sparks (the author of Message in a Bottle). An army doctor, badly injured in Afghanistan, returns to coastal North Carolina. He moves into a cabin inherited from his grandfather and tends bees. He becomes involved with two women who change his life.

Dead Wake: The Last Crossing of the Lusitania

by Erik Larson (author of The Splendid and the Vile and The Devil in White City). In 1915, the British luxury liner Lusitania was torpedoed by a German U-boat. It had sailed despite warnings by the Germans that they would consider ships in war zones as targets. The British ignored the warnings. The book describes in detail the stories of the ship captain, passengers, U-boat operations, etc. Extremely readable and interesting.

NONFICTION

Nomadland by Jessica Bruder. The story of older Americans who adopted transient lives traveling around the U.S. in RVs after the recession of 2008 working at mostly menial jobs. They banded together in a unique lifestyle. Most had no permanent homes. The author traveled with them documenting their lives. The book was made into a movie, which was awarded best picture in 2020.

Correction: In the October book list, the author of *An Old, Cold Grave* was listed as Iona Whislaw. Her name is Iona Whishaw.

Comments: news@peopleplusmaine.org

“With everything taken care of, we can just relax and enjoy life.”



Mid Coast Senior Health’s Assisted Living at Thornton Hall offers a home environment with caring services that encourage each resident to live life to the fullest.

We offer an opportunity to live as independently and comfortably as possible in a carefree and peaceful home, with a breadth of healthcare services and social activities readily available.

For more information on services and amenities, call (207) 373-3646 or visit www.midcoastseniorhealth.com.



Mid Coast Senior Health
MaineHealth

Tuesday, November 9th at 11:30 am.

Lunch out!



357 Maine Mall Rd, South Portland



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