

PEOPLE PLUS SENIOR HEALTH EXPO "AT HOME" LAUNCHES FRIDAY, NOV. 12!

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

Non-Profit Organization
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Portland, ME 04101
Permit No. 454



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

FREE VIDEOS & INFORMATION!

Log on to **peopleplusmaine.org** to explore videos and senior resources in our community!

Thank You 2021 Lead Sponsors!

Special membership deal **Nov. 12-19: \$25 for a year!**
See page 5 for details.



Mid Coast-Parkview Health
MaineHealth



DOING THE MOST GOOD



The Times Record
Local. Legitimate. Journalism.

Free Videos



FITNESS & HEALTH • TECHNOLOGY • MEDICAL SERVICES • INSURANCE • LEGAL SERVICES • COMMUNITY SERVICES • HOUSING & RESPITE CARE • FINANCE & BANKING • NUTRITION

Welcome to the People Plus Senior Health Expo “At Home!”

This has been a year of challenges and recovery. A year unlike any most of us have seen — so we are bringing you an Expo like no other as well!

We are focused on the positives and continue to be your place for one-stop shopping for healthy aging resources.

So if you are getting a little older — and who isn’t?! — then this is the place for you to learn everything you need to know for the best years of your life! We are honored to bring you this innovative and amazing way to connect with vendors, organizations, and businesses who serve the ever-increasing senior population of the Midcoast.

During this online event, you will find something for everyone, including health care, housing options, transportation solutions, hospice and end-of-life guidance, exercise opportunities, how to improve your hearing, what insurance program is best, how you can stay longer in your home as you age,



and answers to all your questions on where to live, what to eat, technology, and more!

Launching this online Expo is exciting, so thank you for joining us as we come “together” for this lovely opportunity to “visit” with each other virtually and learn something new at the Senior Health Expo “AT HOME” with People Plus, the Center that Builds Community.

We hope you’ll join us by visiting our website, www.peopleplus-maine.org, on Nov. 12! Find the article on the front page and click on the link to the Expo website.

Here you will find a list of exhibitors. Click on the one you want to know more about and you’ll find a description, their contact info and links to a video if available.

Can’t watch on Nov. 12? That’s OK – the information will remain up on our website all year!

Thanks for “tuning in” and joining us!

Stacy Frizzle-Edgerton
Executive Director, People Plus



It is our mission to stay connected with all our senior members and the community.



**At People Plus,
we never paused!**



Over 11,433 services provided in the past year!



- 2,681 rides given by over 117 drivers providing over 28,000 miles of free transportation
- 1,300 grocery trips
- 750 prescription/medical deliveries
- 1,000+ “Midcoast Meals” deliveries
- 238 food pantry pick ups

- 526 locally grown food deliveries
- 2,806 meals provided
- 1,000+ check-in calls to 75 seniors
- 1,016 birthday calls
- 1,200 face masks distributed
- 10,000+ volunteer hours

- 4,650 class, club and game visits
- 468 haircuts inside
- A dozen presentations outside, including a safely spaced holiday concert
- 538 update, exercise & interest videos with 14,039 views from 36 countries!



Coastal Landing Retirement Community

Coastal Landing Retirement Community has 82 independent-living apartments. They offer a selection of apartments ranging from studio, 1 bedroom, and 2 bedroom options. Coastal Landing is a residence for those who do not require assistance with most daily activities, but may benefit from senior-friendly surroundings, convenient services, and increased social opportunities. Coastal Landing Retirement Community enables those who wish to maintain an independent lifestyle to do so. Further assistance from Rousseau Management's home care agency, Neighbors Inc., is available as well if necessary.

Coastal Shores Residential Care, which has 40 assisted living based apartments is conveniently located in a separate wing of the same building. This residence consists of furnished private rooms and is designed for those who require assistance with personal care support, home making chores, and most daily activities such as meals, medication management, bathing, dressing and transportation. Coastal Shores offers individualized care and encouragement for each resident to live life to their fullest.

As providers of healthcare in the mid-coast Maine region since 1982, Rousseau Management's hope and vision aims at providing amenities and the comforts of home to their residents who will truly embrace and enjoy them throughout the years. Life at Coastal Landing Retirement Community and Coastal Shores Residential Care will consist of a plethora of wonderful amenities and comforts to those who live there. These include delicious home cooked meals, various exercise programs, beauty parlor, spa, a cozy café



bistro, a state-of-the-art movie theater, an ice cream parlor, an outdoor patio area, community-based events, transportation, housekeeping, and a variety of other services. The front porch lends itself as the ideal spot to spend an afternoon or evening catching up with family or making new friends. All residents are encouraged to take part in a full activity program that promotes socialization, volunteerism, and community spirit.

Brunswick Landing offers an idyllic setting for Coastal Landing Retirement Community and Coastal Shores Residential Care. The surrounding area is rich with history and offers an abundance of recreational based activities such as walking trails, picnic areas, bird watching, wildlife viewing, golfing, and the area altogether promotes a great sense of community. For those living at the facility who wish to stay active, there are all the advantages to do so just waiting,

literally at the front door.

For more information or to schedule a tour, please contact Coastal Landings admissions director Susan Cary at 207-837-6560 or the admission's director for Coastal Shores, Jenny Khuong at 207-522-1438.

We invite you to learn more about Rousseau Management and what we have to offer by visiting our website at rmimaine.com.

When contemplating a move...

to a Retirement Community, please visit us at **Coastal Landing**. (Assisted Living available on the same campus.)

Included in your monthly rent:

- * Choice of two meals daily
- * Activities and Social Events
- * Light Housekeeping
- * Private Bathroom and Kitchenette
- * Cable TV
- * Scheduled Local Transportation
- * Heat and Electricity
- * Maintenance Service
- * Free Laundry Room

Other services available for a reasonable fee.



**COASTAL
LANDING**
RETIREMENT COMMUNITY

www.coastallanding.com

142 Neptune Drive, Brunswick, ME
837-6560

EXERCISE ROOM



DINING HALL



MOVIE THEATER



CHAPEL





DOING THE
MOST GOOD

Some people's legacies are engraved on monuments...learn how yours can be written on lives. **Contact Amy Anderson at 207.245.3734.**



“It was such a wonderful experience to go swimming, to just be a kid.”

LIFE-CHANGING BEQUEST

Couple's estate gift ensures that Maine children in need can attend Salvation Army's Camp Sebago

CHILDREN FROM ALL OVER THE WORLD come to summer camp in Maine, spending a few precious weeks swimming in clear, cool lakes, exploring the wilderness, learning new skills, and building lasting friendships around nightly campfires. Every summer since 1958, The Salvation Army's Camp Sebago has offered the same experience to children from Maine, New Hampshire, and Vermont at little to no cost—children who might otherwise never have the opportunity to attend summer camp.

One of those children was Jeannette Parker. Growing up in Augusta in the 1960s, Parker and her family lived in a housing project and her life was still far from stable and secure.

One summer when Parker was 10 years old, she attended Camp Sebago for a week. On Sebago Lake's western shore, the camp's 285 wooded acres and rustic, brick-red cabins were a world away from Parker's usual daily experience. “I lived in such a bad house, with cockroaches, bed bugs, drunks, and fights; at camp I had three meals a day and a clean bed and no screaming and hollering,” Parker remembers.

Parker credits The Salvation Army with helping

to make sure her upbringing in the Augusta projects didn't determine her life. A Salvation Army officer and mentor said, “You know, you're going down the road and you come to a fork; if you go this way, this is how your life is going to turn out, and if you choose to go that way, this is how it's going to be,” Parker recalls. After her eighth grade school year, Parker worked at Camp Sebago, washing the pots and pans in the kitchen. “I went back three more years after that and did other jobs,” she says.

Parker followed the fork that ultimately led to a successful, rewarding career and a happy marriage. Now retired, she and her husband, Michael are ensuring that other children will have the same life-changing opportunity she had as a girl. The Parkers have willed their entire estate to The Salvation Army for the express purpose of sending Maine kids to Camp Sebago. They are both keenly aware of how fortunate they are, and how much hard work it took to get there.

Jeannette shared, “We're really proud that we support The Salvation Army so other kids can find a safe and happy place at Camp Sebago.”



MAKING AN IMPACT AT CAMP SEBAGO

- Nearly 1,000 children attend camp each summer.
- Boys and girls ages 7-12 spend a week at camp; teens ages 13-16 have the option of a wilderness program or staying at camp for a traditional program.
- Camper to staff ratio: 2:1
- Of the children attending camp: 20 percent reported to have had a significant life event (abuse, loss of loved one, adoption, foster care, etc.)
- 16 percent have been treated for emotional, behavioral or eating disorders.
- 25 percent are treated for ADD/ADHD.
- 50 percent are presenting with prescription medication.
- 29 percent are from a single parent home.
- The average cost to send a child to Camp Sebago is \$550 a week. Because fees are heavily subsidized through private donations, families may pay as little as \$0-\$60 per child per week.
- Other programs offered at camp include individualized programming for women and for men, Family Camp, and Children's Music Camp.

45th *Plus!* **LOW YEARLY MEMBERSHIP RATES**
People Brunswick residents: \$30
 The center that builds community All other residents: \$35
ANNIVERSARY

Special EXPO Deal!

November 12-19 — \$25 for one year!

Call or stop by the Center before 1 pm
 Nov. 12-19 to purchase your membership!

Membership Benefits

The following businesses offer discounts for members.

AUTO SERVICE/SALES

- Autometrics**, 10% off labor
21 Bath Road, Bruns., 729-0842
- 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

Are you a local business?

Call 729-0757 to discuss advertising your business with us!

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. 725-6287
166 Admiral Fitch Ave, Bruns.
wildoatsbakery.com

RECREATION / ENTERTAINMENT

- Eveningstar Cinema**, Discount bag of popcorn at evening shows (\$1 sm, \$1.50 med), 729-5486
149 Maine St, Bruns., 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 week-days admission. 725-6009
29 Meadow Road, Bruns., thomaspointbeach.com

BEAUTY/HAIR SALON

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

MASSAGE/CHIROPRACTIC

- Augat Chiropractic**, Free consultation & cursory exam
9 Pleasant St, Bruns., 725-7177
- Hearts & Hands Reiki**, 10% off first visit. 751-5339 or mspruce@live.com



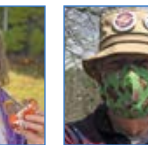
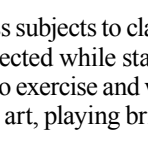
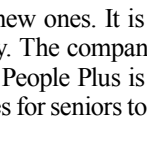
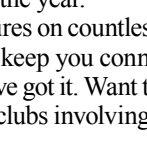
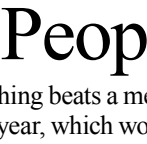
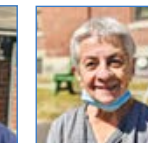
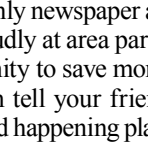
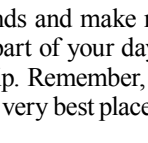
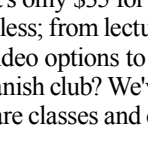
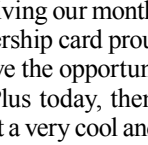
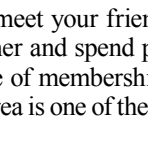
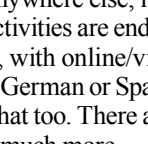
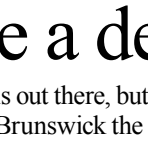
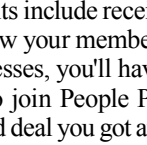
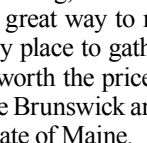
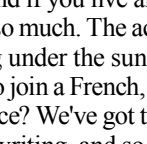
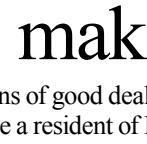
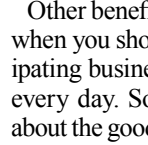
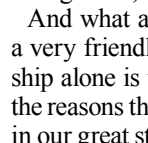
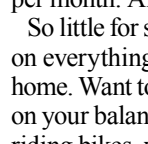
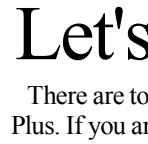
Let's make a deal at People Plus

There are tons of good deals out there, but practically nothing beats a membership at People Plus. If you are a resident of Brunswick the cost is \$30 per year, which works out to just \$2.50 per month. And if you live anywhere else, it's only \$35 for the year.

So little for so much. The activities are endless; from lectures on countless subjects to classes on everything under the sun, with online/video options to keep you connected while staying home. Want to join a French, German or Spanish club? We've got it. Want to exercise and work on your balance? We've got that too. There are classes and clubs involving art, playing bridge, riding bikes, writing, and so much more.

And what a great way to meet your friends and make new ones. It is just a very friendly place to gather and spend part of your day. The companionship alone is worth the price of membership. Remember, People Plus is one of the reasons the Brunswick area is one of the very best places for seniors to live in our great state of Maine.

Other benefits include receiving our monthly newspaper and when you show your membership card proudly at area participating businesses, you'll have the opportunity to save money every day. So join People Plus today, then tell your friends about the good deal you got at a very cool and happening place.



Massage on Maine, First visit \$60, seniors-\$10 off
56 Maine St, Bruns., 504-6913
massageonmaine.com

FLORIST

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

DRY CLEANER

J&J Cleaners, 10% off pickups on Wednesdays (for 55+)
Maine Street, Bruns., 729-0176

CANDY

Wilbur's of Maine, 10% off, anytime, 43 Maine St, Bruns., 729-4462

HEARING AND OPTICAL

Berrie's Hearing & Optical Center, 10% off complete eye-wear, up to \$500 off hearing aids
86 Maine St, Bruns., 725-5111
www.berriesopticians.com

Maine Optometry

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

LEGAL

Attorney N. Seth Levy, 319-443
Discounted legal services incl. wills, living wills and estates.
14 Maine St, Bruns., www.sethlevylaw.com

TECHNOLOGY

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

*Benefits subject to change

People Plus! **PEOPLE PLUS MEMBERSHIP APPLICATION** Date _____
 PO Box 766 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757 • www.peopleplusmaine.org

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

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

Mailing Address _____ City _____ State _____ ZIP _____
 I do NOT need the People Plus monthly newspaper mailed to my house. Cash/Check (Payable to People Plus)

Yearly Membership Dues (Scholarships Available)

Brunswick (___ New Member ___ Renewal): \$30 per person
 Other towns (___ New Member ___ Renewal): \$35 per person

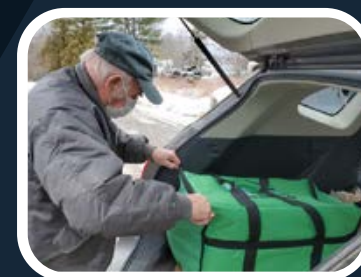
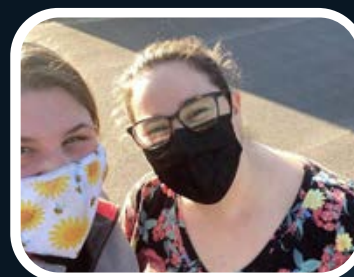
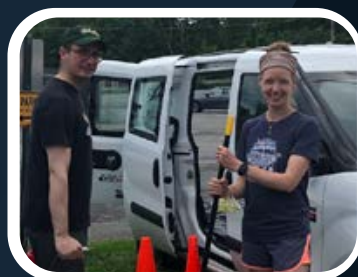
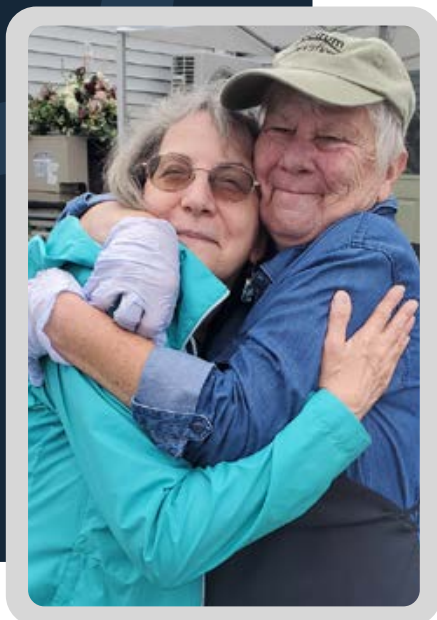
\$300 for **Lifetime Membership** (65 or over)

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

Expo deal Nov. 12-19
 \$25 all towns

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

OFFICE USE: Accounting Data Membership Card Sent



(*Data is from services provided during the period (9.1.20- 8.31.21)

At Spectrum Generations, we work strategically throughout the year to help serve a community where adults with disabilities and older adults are valued, engaged, and living with dignity. We would like to share some of our achievements from FY20* with you!



Provided services to **6,493 unduplicated** residents in six counties, including the towns of Brunswick and Harpswell.



216,146 meals delivered through Meals on Wheels.



Aging and Disability Resource Specialists provided **3,387 hours** of outreach, counseling on topics including elder abuse, prescription drug coverage, and long-term care.



The support of **361 volunteers** created an agency savings valued at almost **\$700,000**.



The Healthy Living for ME™ (HL4ME) network delivered **123 workshops** to **974 participants**.

Thank you for trusting us to provide the care you need! We are grateful to the many **volunteers and supporters** who help us **fulfill our mission**. If you would like to **join a workshop** or be a part of our **volunteer team** please **contact us!**

Helping YOU Age Gracefully!

Belfast | Brunswick | Camden | Damariscotta | Hallowell | Skowhegan | Waterville

1.800.639.1553 | spectrumgenerations.org



It's time to fill up red wheelbarrow!



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!

	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 Happy Thanksgiving  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.			

PEOPLE PLUS CALENDAR - NOVEMBER 2021

Rusty Lantern Market is pleased to support

As the Proud Sponsor of the Volunteer Transportation Network program, Rusty Lantern Market shows support of our communities through action.



Visit us and see why coffee lovers choose...



Every cup ground fresh!

FRESH. FAST. FOR YOU!

VTN drives an important service

The Volunteer Transportation Network (VTN) has been a valuable service provided by People Plus for several years. But the importance of this vital program has greatly increased because of the coronavirus pandemic.

In order to keep people safe, VTN has gone from its initial mission of giving rides to appointments and other locations to now offering a shopping and delivery service to our homebound seniors, picking up food items, supplies, and even prescriptions and taking them to their doors.

In recognition for such a fantastic job, the drivers of the VTN program were named 2020 Volunteers of the Year at People Plus.

With volunteers being the heart and soul of People Plus, it is customary for the Center to present Volunteer awards annually. Very little could be accomplished without these important people. While one person is usually recognized, in 2020 it was important to highlight ALL of our volunteer drivers.

"The volume of calls has grown tremendously since the arrival of the pandemic," said VTN Coordinator Lynne Smith. "Without these wonderful volunteer drivers, this program wouldn't exist. Their generosity cannot be measured. They are unbelievable in what they do."



LONGTIME VTN VOLUNTEER GLADYS SZABO has been giving free rides for over 10 years. Thanks, Gladys!

Serving adult residents of Brunswick, Harpswell, Topsham, and the surrounding region, VTN's numbers tell a remarkable story: in the last fiscal year, there have been nearly 3,000 provided rides, covering almost 30,000 miles. Since mid-March 2020, when stay-at-home orders started, over 1,000 deliveries have been made by VTN drivers. The program currently has 653 riders signed up and more than 100 drivers.

One of those drivers is Hugh Hardcastle of Harpswell. Talking about the VTN program, Hugh said, "It allows people to stay in their homes longer and safely. It also allows people to get around (to needed appointments). For me, I get to meet a lot of people that I otherwise would have never met. I get to know people and I enjoy that."

Karon Salch of Brunswick is another volunteer driver. "After joining People Plus, I saw the opportunity for drivers and I said, 'I can do this.' Because of the pandemic, people are reaching out. Some are pretty isolated, so this is a way of checking in," Karon said.

"The people I meet are amazing," Karon continued. "There's a great level of trust when you're doing shopping for them. It's very personal. It has kept me very busy and I'm enjoying it."

"The VTN program does a lot of different things for me," said volunteer driver Donor Dorr of Brunswick. "It organizes my retirement life and it allows me to interact with other people. We talk and share and I really enjoy that."

All this also couldn't be accomplished without our sponsors. They include Rusty Lantern Market, United Way of Mid Coast Maine, Spectrum Generations, Maine Community Foundation, Maine Women's Giving Tree, Norway Savings Bank, Linda Cronkhite and the Suzan Wilson & Daniel McLaughlin family. Thank you so much!

"The VTN program is another way for all of us to stay connected. The help these drivers provide is just wonderful," said People Plus Executive Director Stacy Frizzle-Edgerton.

If you need help with the VTN program, contact Lynne by calling and leaving a message at People Plus (207-729-0757), email at driver@peopleplusmaine.org or visit our website at www.peopleplusmaine.org. More drivers are always needed. Again, get in touch with Lynne if you would like to be a part of this great team!



OUR FRONTLINE VOLUNTEERS HAVE SAVED THE DAY since Covid hit. The drivers immediately switched gears and began delivering food, masks, prescriptions and supplies. Many of our homebound elders would not have survived without this amazing bunch of folks.

SERVING OUR COMMUNITY

We'll pick it up!

In addition to providing free rides for medical and other needs, the Volunteer Transportation Network has added a free delivery service to keep homebound seniors well supplied. Our volunteer drivers are grocery shopping and getting prescriptions for area residents and members alike! FMI 729-0757.

Want a phone call?

People Plus staff and area volunteers are calling local seniors on a regular basis to have a chat! Would you like a call? Know a senior who would? Contact 729-0757 or reception@peopleplusmaine.org for more information!

Got masks?

We have masks available to the public at the Center. Call 729-0757 for your free mask!

Staying Connected!

Watch our exercise videos, art classes, guest videos and recordings of past presentations at the Center. Visit www.peopleplusmaine.org and click on the Free Videos tab and choose the type of video you are looking for. You can also catch programs on Brunswick TV3 & Harpswell TV14.



VTN VOLUNTEER SARAH DECK, who is also our very own office coordinator, delivers food to a home-bound participant.



VTN DRIVER DONOR DORR lead the charge, driving more than any other volunteer in 2020.

Join our team - volunteer to drive or shop TODAY!

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(207) 837-6198

www.priorityrealestategroup.com



Proud to sponsor People Plus for over fifteen years!

Thank You 2021 Partners & Sponsors!



211 Maine

211 Maine is a free, confidential resource that helps people find local resources like food pantries, recovery services, and more. People can access information by calling 211 (or 1-866-811-5695) or visiting www.211maine.org. 211 Maine is an initiative of the United Ways of Maine in collaboration with the State of Maine.*video available.

PO Box 807, Waterville, ME 873-0686
www.211maine.org

A Helping Voice

A Helping Voice is a confidential phone service that provides support and guidance to people who have concerns about an older person being mistreated, exploited, or neglected and are uncertain about whether they should report this to Adult Protective Services. Anyone is encouraged to call: 207-805-5555. *video available.

**135 Maine Street, Suite A #152,
Brunswick, ME 805-5555**
www.ahelpingvoice.org

Access Health

Access Health is a comprehensive community health coalition working with community partners to encourage healthy choices and prevent underage substance use in Sagadahoc County, Brunswick, and Harpswell.*video available.

**66 Baribeau Drive, Brunswick, ME
373-6970**
www.accesshealthME.org

Arbor Vitae Wellness

Arbor Vitae Wellness supports you in your healing journey. We help you release stress, find new mobility, bring more awareness to how you make choices, and relieve the effects of stress, injury, and disease through massage therapies and somatic healing services.

**331 Maine St, Suite 15, Brunswick, ME
606-4441**

www.arborvitaewellnessme.com

Avita of Brunswick/Sunnybrook -2021 SPONSOR

Two Northbridge communities in Brunswick, Maine offer area seniors an array of senior living choices. Sunnybrook offers Assisted Living while Avita of Brunswick caters to those living with Alzheimer's disease and dementia. At both communities, our goal is to ensure each resident lives well and loves life, every day!

**Avita: 89 Admiral Fitch Ave, Brunswick,
ME 729-6222**

**Sunnybrook: 340 Bath Rd., Brunswick,
ME 443-9100**

avitaofbrunswick.com; northbridgecos.com/sunnybrook

Bath Area Family YMCA + Landing Y

We embrace the active older adult. From aquatics programs through our yoga, tai chi, silver strong and wellness classes, we encourage strengthening spirit, mind and body for all ages and abilities. We always strive to provide our services without regard for one's ability to pay for such services.

303 Centre Street, Bath, ME 443-4112
www.bathymca.org

Bath Area Senior Citizens Activity Center

For people 55 years plus, a place of meeting for mutual benefit, pleasure and amusement, affording them a means of contact with others, to keep alive old friendships and make new. Includes: luncheons, bocce, exercise classes, cribbage, line dancing, knitting, cards, day trips, commercial bus tours, shopping, casinos, and more.

45 Floral St., Bath, ME 443-4937
bathseniors@comcast.net

Bath Housing

Bath Housing works to enhance housing stability in order to have safe, vibrant, just and prosperous communities. We work to fulfill our mission through a portfolio of subsidized and unsubsidized affordable rentals, administration of housing choice vouchers, resident services, and our free home modification program for home owners, Comfortably Home.*video available.

80 Congress Ave, Bath, ME 443-3116
www.bathhousing.org

Bath-Brunswick Respite Care

Bath-Brunswick Respite Care is a licensed, non-profit adult day service program. For 32 years we have been providing services to families living with Alzheimer's and other dementia. Our day program, "The Club", provides time-off for caregivers and joyful hours for participants. We also offer two support groups for caregivers. Call 729-8571.*video available.

9 Park Street, Bath, ME 729-8571
www.respite-care.org

Bill Dodge Auto Group -2021 SPONSOR

Maine's family owned, community dealership in Brunswick, Westbrook, and Saco! With 8 new car brands and 3 pre-owned super centers, we have something for everyone! Discover the Bill Dodge Difference at billdodgeautogroup.com.

118 Pleasant St, Brunswick, ME 721-8300
www.billdodgeautogroup.com

Brackett Funeral Home -2021 SPONSOR

Locally owned and operated for over 150 years. Offering several public health responsible options to celebrate lives through the pandemic: cremation, traditional funeral, home services, or green burial. We promise "to provide the highest quality of service, to serve needs in a compassionate, courteous, dignified and meaningful manner, within the means of all."*video available.

29 Federal St, Brunswick, ME 725-5511
www.brackettff.com

Bridges Home Services -2021 SPONSOR

For over 20 years, a division of Spectrum Generations providing expert, knowledgeable care, enabling loved ones to stay home where they want to be. Professional, certified, trained staff are devoted to providing individualized solutions for families caring for loved ones and for older adults who need extra help with daily activities.

1 Weston Ct, Augusta, ME 623-0761
bridgeshomeservices.org

Brunswick Fire Department - "Stay Safe - Remembering When..."

Free program to assist seniors age in place safely in their own homes. Videos available on demand on Brunswick TV3 website and on Brunswick Fire Department's YouTube Channel. Produced by Brunswick FF David Jester and Brunswick Videographer Pete Compagna. Supported by numerous agencies. Received award from the Maine Fire Protection Services Commission.*video available.

**21 Town Hall Place, Brunswick, ME
725-5541**
www.brunswickme.org

Brunswick Instant Printing -2021 SPONSOR

We print announcements, bill heads, booklets, brochures, business cards, carbonless forms, Christmas cards, coupons, envelopes, flyers, gift certificates, invitations, invoices, letterheads, menus, newsletters, note cards, note pads, post cards, posters, prayer cards, prescription pads, programs, raffle tickets, tags, tickets and more! Proudly serving the area since 1974.

**44 Cushing Street, Brunswick, ME
725-2726**

www.biprint.com

Brunswick Parks & Recreation Department

Provides approximately 100 indoor and outdoor recreation programs annually for preschool, school age, adults and seniors. Center has an indoor track, 2 basketball courts, and 4 pickleball courts. Maintain and manage 42 parks, facilities and public spaces including walking/bike paths, athletic fields & courts, boat launches, parks and natural areas.

**220 Neptune Drive, Brunswick, ME
725-6656**

www.brunswickme.org/parks-recreation

Carpe Diem Tech Support

Need technology help? Help with MAC, PC, Chromebook, iPhone, Android, audio-visual equipment, Internet, email, most software issues, hardware/software installation and troubleshooting. Can rescue data from a computer that no longer works. Tutoring services. Meet in your home or office, at People Plus by appointment, by phone or by remote connection to your computer.

**104 Merrymeeting Rd, Brunswick, ME
522-1238**

www.carpediem-me.net

Catholic Charities Maine SEARCH Program

SEARCH is a Program of Catholic Charities Maine. Our mission is to enable vulnerable seniors to remain independent and create a long-term support system to meet their needs. We provide FREE in-home volunteer support services to seniors living in Sagadahoc, parts of Lincoln County, Brunswick & Harpswell. FMI call 837-8810.*video available.

P.O. Box 155, Bath, ME 837-8810
www.ccmaine.org/SEARCH

CHANS Home Health & Hospice

CHANS Home Health & Hospice is a full service, non-profit, Joint Commission Accredited agency providing nursing, rehabilitation, palliative, hospice, and private duty care services, and an array of community-based wellness clinics in the Midcoast Area.

**45 Baribeau Drive, Brunswick, ME
729-6782**

www.chanshomehealth.com

Chicks Do Chores, LLC

Chicks (and sometimes Chuck) Do Chores (so you don't have to!) LLC. What do we do? Anything you as a homeowner would normally do, but now you need extra hands to work with you or do for you! From lightbulbs to bills to base-ments, and anything in between! Just ask!

PO Box 385, Brunswick, ME 729-5760
cdc4u@comcast.net

Coastal Landing Retirement Community -2021 SPONSOR

A retirement community serving the Mid-coast area. Come and see our warm and friendly environment where friends and family gather. Please call 837-6560 to schedule your visit and see for yourself why so many people are calling Coastal Landing their home!*video available.

142 Neptune Drive, Brunswick, ME
837-6560
<http://coastallanding.com/>

Coastal Shores Assisted Living

Coastal Shores Assisted Living is a residence for older adults, which offers furnished private rooms. Our home is designed for those who require assistance with personal care, homemaking chores, and daily activities such as meals, medication management, dressing, bathing, and transportation. *video available.

142 Neptune Drive, Brunswick, ME
725-5801
www.coastalshoresresidentialcare.com

Comfortably Home

Comfortably Home is a program that specializes in one-time, minimally disruptive but high-impact minor home improvements. Bath Housing's professional maintenance team makes home accessibility modifications that facilitates ease-of-living as people grow older. The program includes safety checks, accessibility modifications, and minor repairs. *video available.

80 Congress Ave, Bath, ME 443-3116
www.bathhousing.org

Dempsey Center

Located in Lewiston, South Portland and in our new virtual space - Dempsey Connects - makes life better for people managing the impact of cancer. We offer services both virtually and in-person. Visit www.dempseycenter.org for more information or call 877-336-7287 to schedule a personalized orientation. Services are provided at no cost.*video available.

29 Lowell St., Lewiston, ME
778 Main St., South Portland, ME
877-336-7287
dempseycenter.org

Dionne Commons

A sixty-bed assisted living facility. Rooms consist of furnished private and semi-private apartments. Dionne is designed for those who require assistance with personal care and homemaking chores, but wish to maintain an independent lifestyle. We look to provide the comforts of home for our residents will truly embrace and enjoy. *video available.

24 Maurice Dr., Brunswick, ME 725-4379
dionnecommons.com

Disability Rights Maine/Maine Relay

Maine's Protection & Advocacy agency for people with disabilities. Represents people whose rights have been violated or who have been discriminated against based on their disability. Includes Maine Relay, a communication service that connects individuals who are deaf, hard of hearing or speech disabled with specialized telecommunications equipment to people who use standard telephones.*video available.

1 Macworth Island, Bldg C, Falmouth, ME
797-7656
drme.org and www.maine.gov/trs/home

Elder Abuse Institute of Maine

Our mission is to ensure that all older Maine people impacted by abuse have access to the resources, services, and support they need to live the life they choose. We design, deliver and evaluate elder abuse prevention, detection, and intervention programs that become a permanent part of Maine's aging services.*video available.

135 Maine Street, Suite A #152
Brunswick, ME 805-3708
www.eaime.org

Everyday Nutrition Associates LLC

Discover quick, easy and flavorful ways to increase nutrients in your traditional favorite meals. Watch Anita Nugent MS, RD, LD, CDCES and Lexie Jungbluth MS, CP Dietetics Student do a cooking demo and provide healthy tips and strategies to get the most out of the meals we enjoy. *video available.

35 Tedford Rd., Topsham, ME 504-6439
www.nutritionforeveryday.com

Good Morning Program

A program of People Plus and the Brunswick Police Department. Providing a simple, FREE, and confidential daily telephone call-in system; ensuring the safety and well-being of older or disabled adults. For residents of Brunswick, Harpswell, Freeport. For application visit peopleplusmaine.org or call 729-0757.

35 Union St, Brunswick, ME 729-0757
www.peopleplusmaine.org

Harpwell Aging at Home

Harpwell Aging at Home (HAH) is a community-led organization committed to helping people thrive while aging at home. Current programs include: Home Repairs, Resources, Home Helpers, Transportation, Lunch with Friends, Meals in a Pinch, and Seniors Connecting. Volunteers are the key to the success and sustainability of HAH. Volunteer opportunities are many.*video available.

PO Box 25, Harpswell, ME 833-5771
www.hah.community

Healthy Living for ME -2021 SPONSOR

HL4ME is a statewide network of local organizations, health systems, and volunteers that work together to empower individuals to take control of their health. Through tailored services, we provide personalized free and low-cost options that focus on the entire individual to improve overall quality of life. 1-800-620-6036 or info@healthylivingforme.org. *video available.

One Weston Court Ste 104, Augusta, ME
1-800-620-6036
healthylivingforme.org

Horizons Living and Rehabilitation Center

Horizons Living & Rehabilitation Center is a skilled nursing and rehab facility in Brunswick, Maine. Life at Horizons involves a plethora of wonderful amenities and comforts to those who live here. Residents partake in our full activity program that is designed to promote physical function, socialization, and community spirit. *video available.

29 Maurice Drive, Brunswick, ME
725-7495
<https://www.horizonslivingandrehab.com>

Law Office of N. Seth Levy

The Law Office of N. Seth Levy works with clients to set up Wills, Financial Powers of Attorney, and Advance Healthcare Directives (living wills) and also helps families probate the estates of loved ones. We offer supportive and caring legal services to our clients.

14 Maine St., Suite 109D, Brunswick, ME
319-4431
www.sethlevylaw.com

Live Better Health Services, LLC

A new home health care agency, specifically designed for seniors who would like personalized support & health care in their homes. Our caregivers come with one main ingredient, kindness. Living better, comes with better care, which comes from better caregivers. It is our first priority.*video available.

26 Cumberland St., Brunswick, ME
607-4144
www.livebettermaine.com

LymeTV

Non-profit dedicated to educating global community about Lyme disease & other dangerous tick-borne infectious diseases worldwide. Diverse team of patients, advocates, and caregivers. Envision a world where tick-borne diseases are well understood, rarely caught, & quickly treated. Mission is to reduce the incidence of dangerous tick-borne diseases through prevention, education & outreach.*video available.

PO Box 15369, Portland, ME 561-212-2166
www.lymetv.org

Maine Death with Dignity

Our overall mission as a 501(c)(3) non-profit is providing services, education, and end-of-life advocacy to people who wish to actively explore the meaning of life through embracing the certainty of death. A primary program is connecting people to the information they need to learn more about The Maine Death with Dignity Act.

PO Box 801, Wiscasset, ME 240-3186
www.mainedeathwithdignity.org

Maine Senior Guide.com

A free on-line resource that's easy to use! Check out our website. Scroll over menus, find a category you'd like to explore, then search by your region or town to see local resources. Includes information on everything from independent living to elder law attorneys, joint replacement to senior activities. Free!*video available.

PO Box 48, Freeport, ME 232-7847
www.maineseniorguide.com

Martha's Cottage

Martha's Cottage is a program of the Elder Abuse Institute of Maine that provides transitional housing and supportive services to older Maine residents who have experienced abuse. The goal of this program is to help clients leave unsafe situations and transition into sustainable, safe housing of their choice. *video available.

135 Maine Street, Suite A #152, Brunswick, ME 805-3708
www.eaime.org

Mary's Affordable Hearing Aids

Hearing evaluations and hearing aid fittings in the comfort of your own home with licensed hearing specialist Mary Marino. Free hearing exam, quality hearing aids at affordable prices, personalized service. Over sixteen years of experience, satisfaction guaranteed, 30 day trial period. Home visits. Now a provider for many insurances.

132 Luce Road, Readfield, ME
1-781-249-5330
marysaffordablehearingaids.com

Merrymeeting Bay Triad

An organization dedicated to the promotion of programs, education and materials that enhance the well-being of Merrymeeting Bay's citizens. This is accomplished through an all-volunteer organization that merges cooperative efforts between seniors, police, and senior service agencies.

443-5563 x2215

merrymeetingbaytriad@gmail.com

Merrymeeting Gleaners at Mid Coast Hunger Prevention Program

Began in 2016 as project of the Merrymeeting Food Council and in 2021, moved to be a program of Mid Coast Hunger Prevention Program. Gather surplus produce from farmers' fields and from local farmers' markets and distribute to over 30 hunger prevention organizations. Gleaned over 225,000 lbs. of fresh food since 2016.

12 Tenney Way, Brunswick, ME 725-2716

<https://mchpp.org/project/merrymeeting-gleaners/>

Mid Coast Hospital

Full-service, 93-bed, hospital with active medical staff of more than 200 providers in over 30 primary care and specialty areas. Part of MaineHealth, a not-for-profit integrated health system consisting of eight local hospital systems, comprehensive behavioral healthcare network, diagnostic services, home health agencies, and more than 1,600 employed and independent physicians working together through an Accountable Care Organization.

123 Medical Center Drive, Brunswick, ME 373-6000

www.midcoasthealth.com

Mid Coast Hunger Prevention Program

MCHPP offers dignity and empowerment by providing all members of our community with access to healthy food. We provide free groceries and meals to anyone who wants or needs them and we offer a wide variety of volunteer opportunities to anyone looking to stay busy and give back to the community. *video available.

12 Tenney Way, Brunswick, ME 725-2716
mchpp.org

Mid Coast Senior Health Center

Mid Coast Senior Health Center offers a full continuum of senior healthcare and living options in Brunswick, Maine. Services include assisted living, memory care, long-term care, skilled nursing, and rehabilitation.

58 Baribeau Drive, Brunswick, ME 373-3646

<https://www.midcoastseniorhealth.com>

**Mid Coast-Parkview Health
-2021 SPONSOR**

Part of MaineHealth, Mid Coast-Parkview Health is a dynamic healthcare system addressing a full continuum of community health, wellness, and prevention needs with a full-service 93-bed hospital (Mid Coast Hospital), a diverse medical group (Mid Coast Medical Group), senior health care (Mid Coast Senior Health), and home healthcare services (CHANS Home Health & Hospice). *video available.

123 Medical Center Drive, Brunswick, ME 373-6000

www.midcoastparkviewhealth.com

Neighbors, Inc.

Neighbors, Inc is a non-medical organization specializing in supporting mostly elderly individuals to remain independent and stay in their own homes as long as possible. We provide transportation, meal preparation, help with chores, medication reminders, shopping and companion/safety care. Services are available from 1 hour to 24 hours daily.

142 Neptune Drive, Brunswick, ME 725-9444

www.neighborsinc.com

Northern New England Poison Center

Located at Maine Medical Center in Portland serving ME, NH, VT. Staffed with nurses and pharmacists 24/7 who can help with possible poisonings, pill identifications, drug interactions, food poisoning and general poison prevention questions. Contact at 1-800-222-1222, chat at nnepc@mmc.org, or text to 85511. Calls are free and confidential. *video available.

22 Bramhall St., Portland, ME 1-800-222-1222

www.nnepc.org

Norway Savings Bank

Norway Savings Bank helps you live your life in color! Although we're just a small part of your life, we're here to help make it great. With three branches in the Midcoast area, you're never far away from banking that's as unique as you are.

83 Maine St/14 Gurnet Rd, Brunswick, ME 1-888-725-2207

www.norwaysavingsbank.com

People Plus

People Plus, located in Brunswick, supports an engaged, healthy, and independent life for older adults, while joining others to build community for all ages. We offer numerous choices for fitness and wellness services, recreation and learning opportunities, education and outreach. *video available.

35 Union St, Brunswick, ME 729-0757

www.peopleplusmaine.org

Plant Memorial Home

A nonprofit assisted living & independent living facility located on the banks of the Kennebec River in Bath, Maine. It was built by Thomas G. Plant in 1917 to provide safe, affordable housing to local seniors needing a home and assistance with activities of daily living.

1 Washington St., Bath, ME 443-8986

www.planhome.org

**Priority Real Estate Group LLC
-2021 SPONSOR**

A commercial real estate investment and development company located in Topsham, Maine. Established in 1998, Priority specializes in commercial real estate development with a core competency in site location, site and building design, permitting, construction management, budgeting and budget management, community relations, property leasing, build to suit value added construction management and property management and maintenance.

2 Main St, Topsham, ME 837-6198

www.priorityrealestategroup.com

Project Lifesaver Program

A public safety program designed to protect and locate missing persons due to wandering. Uses state of the art technology in assisting those who care for victims of Alzheimer's, dementia, Autism, Down syndrome and any other cognitive condition that causes wandering. Provided through Brunswick Police Department. *video available.

85 Pleasant Street, Brunswick, ME 725-5521

projectlifesaver.org

Reform Physical Therapy

A Maine, female, and independently-owned outpatient practice that focuses on treating the individual as a whole, not just the injury. Offering one-on-one, evidence backed services to patients of all ages and backgrounds. Treatments include but not limited to dry needling, cupping, therapeutic massage, post-concussion care, and progressive strength training. *video available.

439 Lewiston Rd., Topsham, ME 725-4400

www.reform-pt.com

**Riley Insurance Agency
-2021 SPONSOR**

Independently owned and locally operated to handle your insurance needs. Focus on Brunswick and offer affordable and reliable insurance choices all across Maine. We will help you find the right combination of tailored, personalized insurance coverage at just the right price to fit your needs. Auto, home, business, life. *video available.

139 Maine St., Brunswick, ME 729-3321

www.rileyinsuranceagency.com

**Rusty Lantern Market
-2021 SPONSOR**

Rusty Lantern Market operates branded fueling stations combined with exceptional convenience store products and made-to-order food and beverage options. We're moving decisively to change consumers perception of what to expect from a convenience store. Proud sponsor of People Plus Volunteer Transportation Network.

www.rustylanternmarkets.com

Salvation Army -2021 SPONSOR

The Salvation Army is more than Christmas kettles. Visit our virtual booth to hear about our Bath office; anti-human trafficking initiatives; fresh produce; help with Will writing and much more!

PO Box 3647, Portland, ME 245-3734

www.nne.tsalegacy.org

**Spectrum Generations
-2021 SPONSOR**

Spectrum Generations has been a leading provider for adults for over 40 years. Spectrum Generations serves adults of all ages and backgrounds in a changing, challenging world. We're here for you as you look forward to longer, more active lives and seek to engage in new physical and intellectual challenges.

One Weston Ct, Augusta, ME

1-800-639-1553

spectrumgenerations.org

Stroke Educator, Inc.

Stroke Educator, Inc., conducts a national "Aphasia Awareness" campaign, educating people about stroke and aphasia, a serious language disorder that is often the result of a stroke. It is the sixth year, with over 300 presentations, 30 states, and almost 10,000 people so far learning about stroke, aphasia, and plasticity. *video available.

4 Aspen Drive, Brunswick, ME 798-1449

www.strokeeducator.com

**45th
People
Plus!**
The center that builds community
ANNIVERSARY

The Times Record ~2021 SPONSOR

The Times Record is Midcoast Maine's only daily newspaper and your best source for local news and information. Local. Legitimate. Journalism.

3 Business Parkway, Ste 1
Brunswick, ME 504-8270
www.timesrecord.com

United Way of Mid Coast Maine

United Way brings people together to change the world around us & advance the common good by giving, advocating, and volunteering. We support effective programs achieving the best results in the most important issues facing local people. We lead initiatives to create long-lasting change by identifying challenges and designing solutions.*video available.

34 Wing Farm Parkway #201
Bath, ME 443-9752
www.uwmcm.org

Volunteer Transportation Network (VTN)

A program of People Plus. Providing FREE rides for medical appointments and grocery shopping, as well as personal needs such as trips to the bank, post office, and hair salon. Expanded services during pandemic include grocery and prescription pick-up/delivery. Visit peopleplusmaine.org for application or call 729-0757.

35 Union St, Brunswick, ME 729-0757
www.peopleplusmaine.org

Write On Writers

The Write On Writers meet every Wednesday at People Plus to read and share their works of poetry and prose, and to improve their writing skills. They have published six books and recorded one CD. New members are welcome at any time. Experience is not necessary.

35 Union St, Brunswick, ME 729-0757
www.peopleplusmaine.org



Creating a Healthier Maine



Healthy Living for ME (HL4ME) is a statewide network of local organizations, health systems, and volunteers that work together to empower individuals to take control of their health. Through tailored services, we provide free and low-cost options that are personalized to focus on the entire individual rather than a single condition to improve overall quality of life.

HL4ME's **current offerings** fall under the following umbrellas:

Caregiving
Chronic Disease and Pain Management
Community Health
Diabetes Management and Prevention
Falls Prevention
Intellectual and/or Developmental Disability Support
Nutrition Support
Program Trainings for Staff/Volunteers
Tablet Lending

CONTACT US:

1.800.620.6036

info@healthylivingforme.org

@HLforME

HL4ME

To learn more,



FIND A BIG GREEN BOX

FOR YOUR
Unused, unwanted, or outdated
MEDICATIONS

Prescription | Over-the-Counter | Veterinary

Please, no needles or thermometers.

Safely dispose of unused/unwanted/expired medications at a "Big Green Box" located in the lobby of all local law enforcement agencies.

- Bath Police Dept - 250 Water St
- Brunswick Police Dept - 85 Pleasant St
- Richmond Police Dept - 26 Gardiner St
- Sagadahoc County Sherriff's - 752 High St
- Topsham Public Safety Bldg - 100 Main St

Available 24 hours a day.



Help keep our youth and
environment safe



www.healthylivingforme.org

Current People Plus Games, Classes, Clubs and Meals

CLASSES (\$5/class members, \$10 non-members):

Art Class

Tue & Thu, 9:30 am. All levels welcome. Explore different mediums.

Chair Yoga

Tue, 9 am & Fri, 11:45 am. Instructor Bea Blakemore, a wonderful blend of breathing and stretching to improve balance, stability and peace-of-mind.

Gentle Barre

Wed, 12 noon, Instructor Bea Blakemore. A hybrid workout class combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Uses the back of chairs instead of a bar.

Loosen Up!

Mon/Wed/Fri, 9 am. Includes resistance training, core strengthening, and exercises intended to improve balance and posture. Performed standing and seated.

Qigong

Fri, 10:15 am. Instructor Suzanne Neveux. Related to Tai Chi.

Tai Chi

Wed, 10:15 am. Instructor Suzanne Neveux. Exercises your mind and body. The body is challenged with moving slowly to keep your feet underneath you to enhance the power of your movements.

Yoga

Tue, 10 am & Thu, 11 am. Stretch, flex, breathe and relax for optimum well being. Instructors Ann Kimmage and Maya Rook.

Zumba

Mon, 10 am (Zumba Lite) and Sat, 9 am. Instructor Bea Blakemore. Aerobic and dance moves set to popular music. Low-impact for seniors.

GAMES (Free, members only):

Mah-Jongg

Mon/Wed/Fri, 9 am. Chinese multi-player tile game. All skill levels welcome.

Bridge

Mon, 12 noon. Advanced Bridge. *Tues & Thu, 9:30 am.* Casual Bridge, all levels welcome.

Cribbage

Wed, 8:45 am. Play cribbage with different partners.

CLUBS (Free, members only):

Apple Club

3rd Tuesday, 3 pm. Bring your Apple device and questions.

Books a la Carte

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

Cafe en Francais, French Club

4th Tuesday, 2:30 pm. Spend a lively hour once a month speaking French with good company.

Cantina Espanol, Spanish Club

1st Tuesday, 2:30 pm. Spend a lively hour once a month speaking Spanish with good company.

Civil War Book Club

2nd Monday, 7 pm. Meet to discuss books about the Civil War.

Easy Riders Biking Club

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

Fiber Arts Club

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

Kaffeestunde! German Club

2nd Tuesday, 2:30 pm. Spend a lively hour once a month speaking German with good company.

Outing Club

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

Table Tennis

Meet to play ping pong multiple times per week - check calendar for days and times.

Walking Club

Visit the Brunswick Parks & Rec. indoor track and log your walks in the logbook.

World Affairs Conversation Group

Every other Friday, 11 am. Meet to discuss topics of the week. Space is limited.

Write on Writers

Wed, 1 pm. Read and share your works of poetry and prose, and to improve writing skills.

Meals Outside at the Center (Members Only)

Lunch and Connections

3rd Thursday at noon. Check our calendar for the monthly meal.

Men's Coffee Break

4th Thursday at 1:30 pm. Enjoy coffee and a treat while socializing with the gents.

Women's Tailgate Tea

1st Thursday at 1:30 pm. Enjoy tea and a treat while socializing with the ladies.



Activity Punch Cards: Safe & convenient. FMI call 729-0757 or stop by to purchase your card! \$25 for 5 classes, \$50 for 11 classes (that's 1 free!).



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PEOPLE PLUS 45TH ANNIVERSARY WORD SEARCH

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 WRITE ON WRITERS
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Thanks to The Cryer and Anita Munton for creating this puzzle

Safety Check-In program looking for participants!

Are You Signed Up Yet??

The Good Morning program is a free daily safety check-in program available to adults in Brunswick, Harpswell, and Freeport. Once registered, participants call in every morning to say they are OK. If a registered participant does not call in by 9:30 am, a volunteer will call the home. If there is no answer, the emergency plan will be enacted, which may include a wellness check by local police.

Giving peace of mind to participants and their families, the Good Morning program is ideal for those who live alone or have recently returned from the hospital or rehabilitation facility.

For more information, call People Plus at 729-0757 or Brunswick Police non-emergency number at 725-6621. To download an application, visit www.peopleplusmaine.org/good-morning-program.



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

Medical equipment loan helps everyone!

Do you have a temporary need of a little support? A wheelchair, crutches, a walker, shower and toileting devices? The People Plus Center maintains a "lending inventory" and it's ready when you are. "It started almost by accident," explained Frank Connors, the retired Center staffer who in the past usually hauled the surplus equipment up and down the stairs to a basement storage area, "We had members who'd used this equipment and no longer needed it, they offered it to us, we saw the need and the opportunity, and away it went!" Now, on a regular basis, members needing equipment to keep them safe and secure at home have a new source of access. "Everyone wins," Connors said. "We ask people to bring it in clean and in working condition," he added, "we take care of the rest." If you have a specific need, or equipment to loan to the program, call or come by the Center. You do not need to be a member to borrow equipment.



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Dear Plus, 1999

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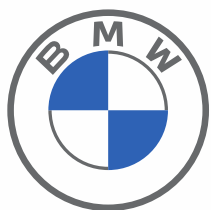
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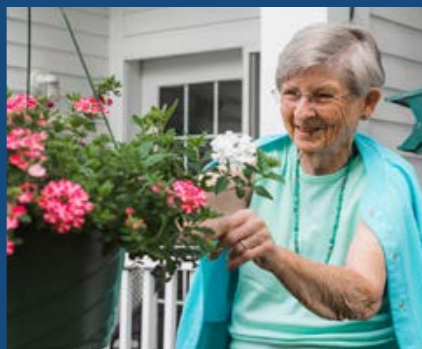
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\$10 Hair Cuts

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



Video selections keep folks informed and entertained

In an effort to keep people engaged while staying home, many of our classes have been made into free videos. Members can maintain routines with their favorite instructors right from home. Videos include Art class, Zumba, Loosen Up, Tai Chi, Qigong, Yoga, Chair Yoga, Meditation and more.

People Plus also offers dozens of videos featuring guest hosts and instructors. With topics designed to entertain and engage, these videos include exploring nature, book readings, beekeeping, bird-watching, gardening, building a sauna, cold water plunging, healthy nutrition tips, cooking shows and so much more.

As a bonus addition to all

of these great videos, the historical library of People Plus presentations is available free of charge. There are lectures by Sen. Angus King; Captain Kirk of the Zumwalt; Clayton Rose, the president of Bowdoin College, and much more.

We hope our members will be able to keep up their routines, and that others will try something new, even if you can't make it to the Center in person. You can share these videos with your favorite parent or grandparent wherever they are!

Visit www.peopleplusmaine.org and click on the Free Videos tab and choose the type of video you are looking for. You can also catch programs on Brunswick TV3 & Harpswell TV14.



Giving thanks in November!

Members Only Raffle Thanksgiving feast for 6

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. 19. 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.



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Get on the move with People Plus!



At People Plus, we are here to help you get moving. With a long list of exercise class options to choose from every week, there is no shortage of activities to help you become and stay active throughout the entire year.

The classes at the Center are varied and designed specifically for the bodies of a senior adult. Someone who is getting a little older may not be as loose and limber or trim and fit as they used to be, and certainly may not have the same range of motion or strength at this stage of their lives. But none of those are reasons to not exercise. They are actually why anyone should undertake exercise, and starting a program is super easy at People Plus.

Here are some fitness options at People Plus:

- **Chair Yoga**, seated yoga twice a week
- **Easy Riders Biking Club**, group bike ride once a week
- **Gentle Barre**, ballet-inspired moves once a week
- **Loosen Up**, strength and flexibility training three times a week
- **Outing Club**, group hike once a week
- **Qigong**, channel your energy once a week
- **Table Tennis**, times vary – check online calendar
- **Tai Chi**, gentle flowing class once a week
- **Yoga**, twice a week
- **Zumba**, dance your way to fitness twice a week

All of these options are fun, accessible to everyone at all fitness levels AND all of our classes at the Center are free the first time - so you can try it out!

Or if you just want to try it from home, we have an entire video library available on our website, www.peopleplusmaine.org/free-videos, with hundreds of exercise classes, programs, and more! Try any class – any time – from the comfort of your home for FREE!

Sooooo, come on down to People Plus OR stay at home – either way we hope you'll give it a try! Let's stave off the winter blues, scare away that winter weight, and end up next spring feeling happy, healthy and connected!



Brackett Funeral Home

OUR HISTORY TELLS YOU WHO WE ARE.

The firm began as Robert's Funeral Home in 1862, later becoming Gordon Funeral Home, then Law's Funeral Home, and finally established as Brackett Funeral Home in 1956. Located on historic Federal Street in downtown Brunswick, it has faithfully served our community for over 150 years.

With the purchase of the Brackett Funeral Home in 1973, Peter W. Ladner began with a promise "to provide the highest quality of customer service, to serve each family's individual needs in a compassionate, courteous, dignified and meaningful manner, within the means of all."

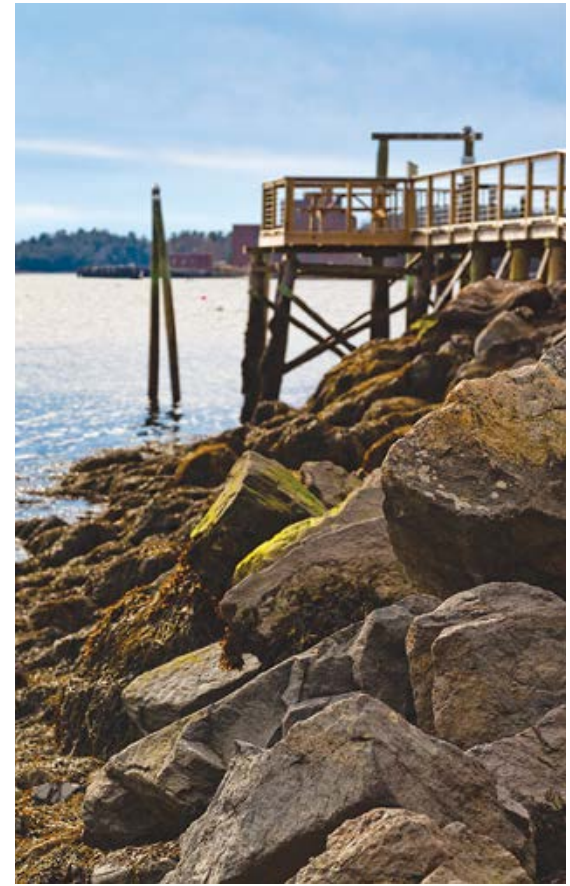
Hoping to improve the quality of lives in our community, Mr. Ladner's promise remains our mission now and for the next 150 years.

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Rest Up with Respite Care

By Faith Perry, BSN, RN, Director of Residential Services, Marketing & Admissions, Mid Coast Senior Health.

Being a caregiver can be a very demanding job. The support, assurance, and reliability that senior care patients receive from their caregivers are just some examples of how caregivers shape the lives of those for whom they care. This can take a toll on the person holding the weight of the caregiver role. The caregiver side of the senior care experience is extremely important in providing quality of life for the patient or family member, but caregivers rarely practice quality self-care.

Respite care programs offer temporary relief for a primary caregiver, enabling them to take a break from overseeing a sick, aging, or disabled family member. Respite provides a support system that can offer a sense of security and comfort, as well as help relieve stress, restore energy, and promote life balance.

Caregiving is likely to bring out many different emotions, both positive and negative, in both parties involved. Feeling frustrated is a common experience, and taking care of oneself is one of the most important things a caregiver can do. Seeking support and maintaining one's health is extremely important as a caregiver. Making sure to have time alone, eat healthy foods, and incorporate some type of physical activity are simple but important things to include in your daily routine.

Respite care can happen in the caregiver's home, at day-care centers, or nursing facilities that offer overnight stays. Both in-home care and overnight stays allow caregivers to take an extended break or vacation while the person they care for stays in a supervised, safe environment. Having the right senior care that completely focuses on the health and wellness of patients ultimately promotes physical, emotional, and spiritual wellbeing, and should be applied to both the person receiving care, as well as the caregiver.

In addition to respite care as an option, there are other ways caregivers can find relief:

- Reach out to family members for specific means of support, possibly establishing an online calendar to organize relief. Keep your family up to date on your loved one's condition and maintain open lines of communication open for all to stay current.
- Changing roles can also improve family involvement. There may be different ways of approaching situations and family can assist with any limitations that may be encountered.
- Support groups for caregivers also offer relief. Learning how other families handle these challenges can provide new strategies for coping. Building and developing peer relationships with other caregivers can also offer opportunities to share respite services and can become invaluable supports themselves.

Overall, respite care can provide caregivers a chance to spend



WHEN YOU BOTH NEED SUPPORT.

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Mid Coast Senior Health
MaineHealth

time with other friends and family, time to take care of errands such as shopping, exercising, getting a haircut or going to the doctor, and the comfort and peace of mind knowing that the family member in need of care is spending time with another caring and responsible individual. Both the caregiver and the person they are caring for can spend time in safe, supportive environments, as well as participate in activities designed to match personal abilities and needs. Someone who is elderly or ill may feel isolated if time is constantly spent at home. Caregivers can feel isolated too, and respite care can be a welcome break for both of you.

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