

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

Two years – standing strong together!



CAN YOU BELIEVE IT'S BEEN TWO YEARS since the pandemic broke out? We had no idea what we were getting into back then but People Plus has made the most of it and managed to overcome the hurdles while staying together as a community. We responded to the lockdown on Monday, March 16, 2020 with regular Community Update and exercise videos and over the next two years we produced hundreds of them! We held many events outside as well as indoors. We also took care of our homebound friends and residents and even kept the Teen Center cranking after school! With nearly 60,000 miles in free transportation, 4,000 grocery and pharmacy deliveries, 6,000 meals provided and over 5,000 class, club and game visits, we really never missed a beat. The only thing we never saw at the Center was COVID! Thank goodness for that! And thanks for sticking with us while we got through these two years together!



STACY PRODUCED OVER 100 COMMUNITY UPDATE VIDEOS to keep residents connected, informed, and entertained during the lockdown.

‘Good Morning’ starts everyone’s day off right

Sonia Moeller, key link in popular People Plus call-in program, retires

Quite literally, good morning, Sonia Moeller. Enjoy your retirement!

We are sending these good wishes to the Bowdoinham native who recently left her public safety career after 34 years of service. But there is another important thing she is noted for. Moeller has been deeply involved in the People Plus Good Morning call program right from the start.

The Good Morning program, which is managed by People Plus and physically located at the Brunswick Police Department (BPD), 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.

“The Good Morning call program has literally changed lives for so many folks. We have many examples of people

who have fallen and spent the night on the floor only to be discovered by the police the next day when they didn’t call in for this program,” said Stacy Frizzle-Edgerton, People Plus Executive Director. “One gentleman had a stroke and didn’t call in, so a cruiser went to make a wellness visit and found him on his bed, where he would’ve spent the last hours of his life had we

not gone to find him.”

“Another woman is the care provider for her incapacitated husband. She fell and broke her ankle and was unable to call in. After not answering her return call, they sent a cruiser and got her to the hospital. In that situation, both she and her husband would have been in real trouble had it not been for the Good Morning program,” added Frizzle-Edgerton.

“It’s a really easy thing to do every morning, and the volunteers and police officers who answer the calls really love getting to know all of the clients. And it’s completely free and gives your family enormous peace of mind,” the executive director concluded.

The idea for the Good Morning program came about in the late 1990s or early 2000s, said Moeller. “People Plus was the driving force behind it. They wanted a program that was appropriately run and to keep clients’ information confidential,” she said. “Thus background checks were done on volunteers, who helped run the program.”

“For me, the biggest takeaway from the Good Morning program is that when people retire, they have the ability to stay in their homes and remain independent. And their families are secure in the knowledge that someone is checking in on them. It gives them peace of mind,” added Moeller.

“You develop personal relationships with the people calling in, and I will miss that,” she said.

Moeller, who is 63, comes from a public service family. Her father was fire chief of



SONIA FRIZZLE MOELLER retired after 34 years with the Brunswick Police Department and over a decade as the Good Morning program liason.



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Stacy Frizzle-Edgerton honored with Outstanding Women award

Congratulations! Our very own Stacy Frizzle-Edgerton has been chosen as one of Coast 93.1’s and Hannaford’s 20 Outstanding Women of 2022!

Coast and Hannaford have teamed up to recognize women in Maine who go above and beyond the call of duty to make a difference in their community. At the end of the nomination period, in which nearly 120 candidates were put forth, Hannaford Supermarkets selected the final 20.

“When I learned of the Outstanding Women in Maine award, I quickly came to the conclusion that Stacy fit the bill, hands down!” said People Plus Board Member Jim Burbine, who nominated her. “Stacy, celebrating her 10th year with People Plus, and leading a terrific, caring, and dedicated staff during this year of the 45th anniversary of People Plus, is so deserving of this award.”

“Stacy and her team provide a tremendous service to both seniors and teens throughout the community. Whether it be connecting members through activities, gatherings, or luncheons; or providing assistance of transportation, or grocery and pharmacy deliveries; it is this type of tremendous work that supports the mission of People Plus in supporting, engaging, and building community,” added Burbine.

Stacy and the others will have a full day of recognition on Coast 93.1, featured with on-air interviews as well as on its website. They also will be invited to the 20 Outstanding Women award ceremony at Hannaford Hall at the University of Southern Maine in Portland on April 4.

Vicky Gabrion, wife of PP newspaper editor Patrick Gabrion, also received the award for her work as director of the Hallowell Food Pantry.

Members Only March Raffle: Luck of the Irish to you!

This is no blarney! We’re excited to cook a traditional Irish corned beef and cabbage dinner for up to four people for you to take home on St. Patrick’s Day.

So please give up a little bit of green in our Members Only March raffle, to support services for our homebound elders. To

purchase tickets, visit peopleplusmaine.org or stop by the People Plus Center, Mon-Fri, 9-1 pm, or give us a call at 729-0757. Cost is \$10 each or three for \$20.

The drawing will be March 17, and thank you for supporting People Plus!



It’s coming! Fun & festive Music in April

Live online auction on April 29 is part of month-long event

Attention bidders! The People Plus Center’s 20th annual Music in April fundraiser, which will be an online silent auction and raffle again this year, is set to run from April 1 to 29, and we are excited to once again share it with the whole community.

Last year’s first online auction was very successful, with more than 200 bidders, almost 300 items, generous sponsors, and it

raised nearly \$50,000 for the Center! We are currently collecting auction items from businesses and community members for our 2022 event.

Can you ... donate an item you make or from your business or that you purchase? Donate your professional services? Do you ...

have a contact for a business near or far? Have season tickets you won’t be using?

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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:

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

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People Plus Staff

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

Spectrum Generations Staff

Andrea Handel
Aging & Disability Resource Specialist
ahandel@spectrumgenerations.org
207-607-4405 or 1-800-Medicare
Meals on Wheels: 207-607-4406
FMI.spectrumgenerations.org

One simple call changed it all

It's February break week after two long years of COVID and I had the joy of taking my youngest daughter, Juliet, to see some colleges today. She will be 17 very soon — although it seems like yesterday that she was still swaddled in my arms.

She's a junior in high school now and we are starting to make plans about her future. As the youngest of my three daughters, this was a rough year as the second of her sisters went off to college, leaving her alone for the first time in her life. We have bonded over this, which has been lovely, but I know these days are fleeting. She is beginning to feel the breadth of her own wingspan — and she'll soon fly away too, as she should.

Yet, there was a brief time when I wasn't sure my littlest chick would be able leave the nest at all ...

Two years ago during the winter break we weren't looking at colleges. We were skiing with friends at Sugarloaf when Juliet began complaining of abdominal pain and we made our way to Mid Coast Hospital. This was before the pandemic had officially begun and you could easily get into the emergency room. It proved to be appendicitis and she had her appendix out on Presidents' Day of 2020.

That's really not such a big deal and certainly not worthy of an anniversary notation, except that a day after her surgery we got a call to let us know her appendix contained a cancerous tumor. Yes, you heard me right. My little girl's appendix held a tumor.

Now that type of cancer is a pretty rare thing in a person of her age and certainly not what we expected to hear, especially as she was dancing competitively, playing hockey, and all around enjoying her freshman year in high school.

We were in shock, of course — especially when we were informed a day later that she needed an operation to remove much



JULIET FRIZZLE BUMPED INTO THE HUSSON UNIVERSITY EAGLE MASCOT during her college tour in February! He loved meeting Juliet (not so much her University of Maine sweatshirt!)

of the surrounding tissue — including parts of her intestine and lymph nodes to ensure clear margins. "Clear margins" is a term that people with cancer hear all the time, yet was certainly nothing I had ever anticipated hearing about my child.

It was a scary and overwhelming few days until the Friday of that week — three days after her initial surgery — my cell phone rang and I heard Lois Skillings, the CEO of Mid Coast Hospital, on the other end of the line. If you've never talked to Lois, she has an amazing voice. It's strong and purposeful, yet soothing and calm. And I needed that voice right about then.

She called to say she had reviewed Juliet's case and felt we should put the brakes on any surgeries. Since Juliet was out of immediate danger, we should go to the Children's Cancer Center and get some expert opinions on the matter. So thanks to Lois, after many meetings and many review panels, we were given the happy news that we would just keep an eye on Juliet's abdomen with ultrasounds.

So here we are two years later celebrating that she has had many of those "clear margin" ultrasounds and that we expect many more to come. And it's really because the leader of our community hospital stepped in and, for Juliet and my family, she literally saved the day.

So as you read this, it's March 2022 and while Juliet's cancer-versary is a huge thing in my house, we know that the two-year mark of the COVID-19 pandemic is an anniversary on a global scale. We all know someone who's been impacted by the virus. We all know someone who has lost a loved one and felt the fear of something that also seemed overwhelming and much larger than them.

And again our seemingly tireless medical leader Lois has come to our rescue. It's been two solid years of Mid Coast Hospital

From the Executive Director

Stacy Frizzle-Edgerton



leading the charge and providing care for this community, taking on more patients than it was ever designed to hold, finding the supplies, the personnel, the beds, and the energy to treat what seemed to be a never-ending onslaught of patients with a virus that has no cure. And she did it with that same voice. The same steadfast, calming and determined energy that kept us all focused, washing our hands and wearing our masks. And somehow over the last two years she and her team have managed to administer more than 75,000 vaccine doses to turn the tide of this pandemic. It is incredible.

So as we begin to take off our masks, look each other full in the face, give hugs again and lean in closer while talking, I know Lois is the first person to say it took hundreds and hundreds of committed community members to get us here.

And while that's true, we all appreciate her being at the helm and repeatedly making the call that saves lives. It's that sort of community involvement that is so amazing. It is the willingness to help the greater good and we see it all the time at People Plus and in our volunteers — just as we see it in our community leadership. And it's because of this selfless giving to others — the taking notice of one family's challenges while caring for an entire community — that has made a difference for all of us these past two years.

So from my family and Juliet, as well as from the entire (nearly fully vaccinated) People Plus membership, we really appreciate it. Thank you Lois and everyone in this community who helped us get through the last two years. We are happy to see the light at the end of the tunnel and that those "clear margins" are growing larger every day.



MY HEARTFELT THANKS TO LOIS SKILLINGS for all she's done for both my family and our community!

Support still sought for annual fund, minivan campaigns

It's almost hard to imagine that People Plus has been around for 45 years. At its start, who would have guessed that what began as a tiny social group with cards and bingo would become a real community center with more than 1,500 members.

The Center is a place that offers hundreds of programs and activities that benefit literally thousands of people in our communities. Meals, classes of every description, free lectures, driver services, and so much more. And just as important, a place for companionship and making friends — in a safe environment.

Part of what makes all this possible is the support generated by our annual campaign. 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, and the staff and volunteers raise \$300,000 a year to meet the total budget. This year's annual campaign goal is \$70,000. The funding is specifically slated for Senior Center programming to support our homebound elders, as well as the Volunteer Transportation Network, and more. The Teen Center has its own annual fundraising campaign.

HALF WAY THERE

Speaking of the Teen Center, a funding drive is also underway to purchase a minivan that will be used to transport kids from their schools to the program. The vehicle will also be used in support of services associated with the Senior Center.

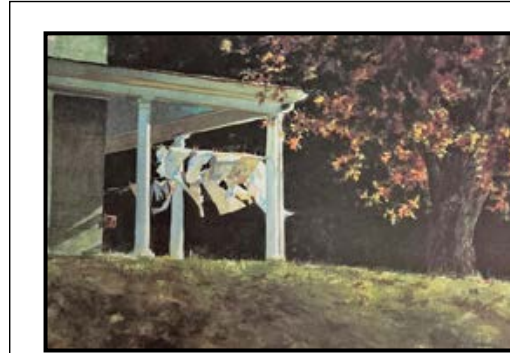
"The biggest change we've experienced during the past two years of COVID has been

the inability of students to get transportation from school to the Teen Center, and this is during a time when they need a program like ours the most. Coming up with an alternative (for rides) is crucial now and for the future," said Jordan Cardone, Teen Center Coordinator.

"The valuable services we offer at the Center are vital to so many people. With that in mind, we are hopeful that our members and community partners will continue to send their contributions," said Executive Director Stacy Frizzle-Edgerton. "Thank you to everyone who has already donated!"

PRINTS SAY 'THANK YOU'

As part of the fundraising effort to generate more support for the Senior Center, Woolwich muralist John Gable, a long-time backer of People Plus, has gifted 50 prints from his work to be given to "the first half-hundred folks who support the Center's annual campaign."

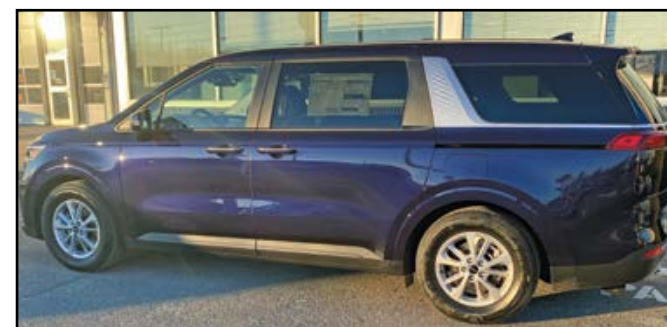


Porch Light by John Gable

was painted nearly a decade ago by Gable, and the original is in a private collection. These unframed images on offer are what he calls "the last of the prints." Each is individually signed by the artist. Gable also painted three of the Center's five Holiday Heritage prints, including High Noon, High Tide, Chuting the Androscoggin, and Celebrating Topsham Fair.

Gable did not want to restrict his donation, just saying it was "my way" to support People Plus, plus it's a "unique thank you" for helping "our unique Center." Prints are available on a first-come, first-served basis.

According to Office Administrator Barbara Quinn, the Senior Center annual campaign fund total as of Feb. 22 is \$59,491, with \$2,472 in membership donations. The Teen Center annual campaign total is \$12,463, along with \$16,605 in the Back to School campaign and \$2,005 in Learn to Drive funds. The new minivan total is \$26,656 in funding.



Good Morning continued from page 1

Bowdoinham for 35 years, and as the senior dispatcher at the BPD, her brother, Arthur Frizzle, is now overseeing the Good Morning program.

"It has been a fantastic program right from day one. It has been a benefit to us; really, a benefit for everyone. To make connections and make sure people are safe, it's just a wonderful program," said Officer Frizzle.

Moeller had been a part of the BPD for 34 years. She started out as a school crossing guard, then took on the parking enforcement position, and then became a dispatcher, linking her to the Good Morning program.

Now retired, she said, "I feel like I'm on a long vacation. I'm relaxing, but I'm bored, as I've always kept busy. So it's been an adjustment, but I will be looking for something part-time." She also mentioned that they're able to spend more time at their camp in Bingham.

Commenting about the Good Morning program, Scott Stewart, chief of the Brunswick Police Department and a People Plus board member, said, "We are very happy to participate in this program and the

Communications Officers look forward to the brief calls with the participants. This part of the morning is rewarding and a great change of pace from the normal police, fire, and EMS calls."

CALL TO ACTION
With 20 people taking advantage of the Good Morning program, there are currently 30 open slots ready to be filled by people who live alone or through a care provider for someone who is incapacitated. So please don't hesitate and get signed up by calling the People Plus Center at 729-0757 or the Brunswick Police Department non-emergency number at 725-6621.

While there is the possibility of seeking more volunteers in the future, because of the continuing situation with COVID, the police dispatchers are still handling all the Good Morning program calls at the present time.

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.



Do you live alone?



The Good Morning program is a FREE daily safety check-in call **providing peace of mind.**

In partnership with Brunswick Police Department.

Sign up now!

FMI 729-0757
peopleplusmaine.org



THANKS TO BRITTANY AT SPARK AND BANGOR SAVINGS for sponsoring a really fun ride at the new cycling center at Brunswick Landing! Stacy joined about a dozen other riders for a class last month which brought in over \$400 for the People Plus Center! The community focused rides have been a great way to give back to the community, sponsored by Bangor Savings Bank and Spark. Thanks so much!

From Anita's Plate

Anita Nugent
(207) 504-6439

info@nutritionforeveryday.com



There are a world of flavors to enjoy

March is National Nutrition Month (NNM). Every year, the Academy of Nutrition and Dietetics identifies a theme. This year it is "Celebrate a World of Flavors." It embraces global cultures and cuisine.

I am always trying something new and like to do things a bit differently. Last Christmas eve, I broke from traditional and made a dinner menu from recipes around the world. At the beginning of the meal everyone received a menu card that listed everything that was going to be served. It was a huge success!

Our grocery stores and local markets have lots of foods that we may not have

grown up with but are fun to try. With these items available, it is easier to find the ingredients to try new recipes from different cultures.

NNM is also a time to think about reflecting on our food choices, asking ourselves if there are habits or food routines that we would like to improve on. Making changes are usually best if taken step by step. Think about trying a new recipe from a different culture. Check out Eatingwell.com and search for international recipes to look for a great recipe to make one of these days.

Here is to NNM and celebrating a world of flavors!

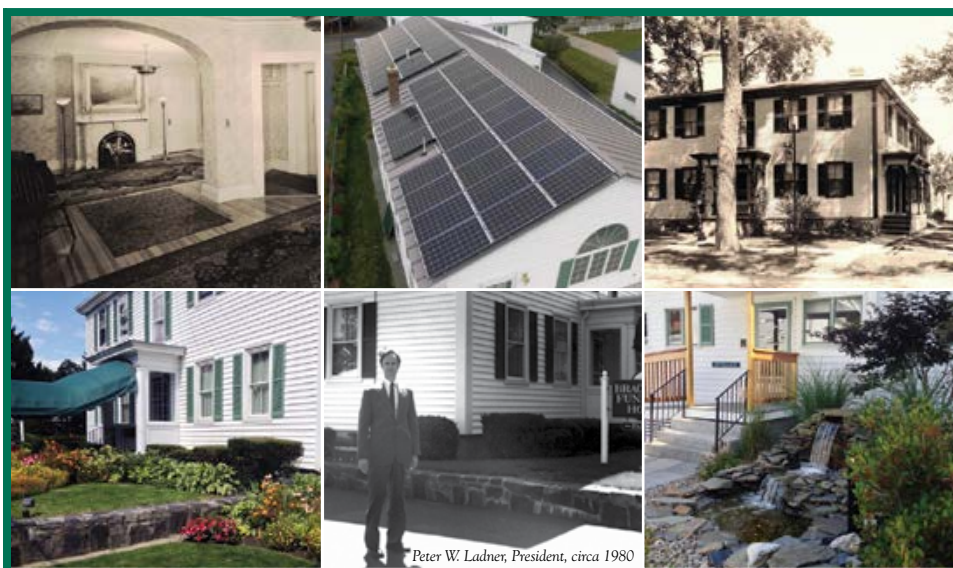
Indian Chicken Stir-Fry

Ingredients:

- 1 Tb. grated ginger
- 1 Tb. grated garlic
- 1 serrano pepper, minced
- ½ t. garam masala
- 2 Tb. peanut oil, divided
- 1 bell pepper, chopped
- 1 sm. onion, chopped
- 1 lb. cooked chicken, chopped
- 1 large tomato, chopped
- a few sprigs of cilantro

Directions:

1. In a small bowl, mix together the ginger, garlic, Serrano, garam masala and 1Tb. oil.
2. In a large non-stick pan, heat the remaining oil over high heat. Stir fry the bell pepper and onion until charred in spots. Remove from the pan.
3. Add the ginger mixture to the pan. Stir-fry until fragrant. Add the chicken, tomato and vegetables to the pan.
4. Toss everything together.
5. Garnish with cilantro.



Peter W. Luhn, President, circa 1980

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For more information or to learn about items we can accept, please call (207) 373-2122 or visit www.midcoasthealth.com/auxiliary.

WWW.MIDCOASTHEALTH.COM/AUXILIARY

Thank You!

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

Mid Coast-Parkview Health
MaineHealth

STORM POLICY

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

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March is Magnificent at People Plus!!

Author's Chat

Split in Two: Reconciled Through Yoga



Thu, March 3, 1 pm.
Wanted by the FBI, Ann Kimmage's pro-Communist parents escaped the U.S. to the Eastern Bloc during the Cold War. At only eight years old, Ann was forced to begin a 13-year exile, mostly in Stalinist Czechoslovakia, then in a Russian school in Mao's China, with stretches in Mexico. Each new country demanded a new name and a fabricated past existence, which led to the continuous altering, fragmenting, and burying of her American identity. Secrecy and hiding became her armor, and she wore it well until her parents renounced Communism to return to the U.S. Forced to go back with them, she mourned the loss of her Czech self. She felt estranged from America and functioned as an alien in an unknown place.

Stumbling into a yoga class at age 57, she felt more awkward and out of place. Yet, something unfamiliar and incomprehensible nudged her senses. These new sensations stimulated her curiosity. Yoga made her feel conscious. A new world of powerful postures and breathing techniques communicated wordlessly with her shattered self. Could yoga heal a disconnect, a fragmented self? The now-longtime yoga instructor at People Plus tells her story at this in-person event, Zoom option is also available. Signed books will be available for sale. Registration required (729-0757).



IT WAS SO FUN TO WORK WITH THE LUNCH CREW last month at the Center. We had a great time pulling together split pea soup with biscuits and fresh homemade chocolate chip walnut brownies made by our very own Sarah Deck! The ladies had a great time chatting and laughing in the kitchen and everyone who had lunch really enjoyed themselves! We ended up being inside because the weather was so cold. Join us on March 17th for our St. Patrick's Day lunch at the Center!

Lunch Crew Help Needed

Volunteers needed to help with our monthly lunches including meal prep, event set-up and clean-up and most importantly dish washing! FMI call 729-0757.



Lunch and Connections

Traditional Irish boiled dinner – inside!

Thu, March 17, 12 noon. Lunch falls on St. Patrick's Day this year – perfect timing for our next Lunch & Connections that will feature an Irish theme.

Heading the menu will be corned beef and cabbage. Delicious side dishes will include potatoes, carrots, onions, pickled beets and turnips. There also will be salad and traditional Irish soda bread. For dessert, those in attendance can look forward to Shamrock cookies, made by our special March lunch sponsor, Sunnybrook Senior Living!

Lunch will be served seated, inside the Center and space is limited. So make sure to call and reserve your spot! Bring along your friends and

appetite for good food and conversation.

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

Remember, the dining room opens at 11:15 am, we'll start serving our buffet meal at noon. Don't forget to wear green! Come to the Center and claim your favorite seat, chat with your friends and maybe make new ones, and pick up your 50/50 raffle ticket. Space is limited to the first 50 people. It is important that you pre-register to be included. It's really easy; just call 729-0757 to register anytime.



Good Eats – Good Friends!

Women's Tea

Thu, March 10, 1:30 pm. Enjoy tea and a treat while socializing with the ladies. Members only, registration required.



Men's Coffee

Thu, March 24, 1:30 pm. Enjoy coffee and a treat while socializing with the gents. Members only, registration required.

Medicare 101

Tue, Mar 8, 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.



Apple Tech Time

Thursdays, 9:30-12 noon. Bowdoin College Senior Ashlynn Autrey is back with her popular technology tutoring sessions. Register for a 45 minute session, bring your Apple device (iPhone, iPad, Macbook) and she will answer your questions! \$10 requested donation. Members only, appointments required.

Programming Notes

For March 2022:

The Town of Brunswick has lifted its mask mandate. **Masks are no longer required** at the Center, but please do what makes you comfortable.

***Anyone can try any activity once for free!**

Register for activities @729-0757

Come Play with Us

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Mon	Tue	Wed	Thu	Fri	Sat
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!)	1 8:00 AARP Tax Aid 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 2:30pm Spanish Club	2 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 11:00 Outing Club 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis	3 8:00 AARP Tax Aid 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Time 11:00 Yoga 1:00pm Author's Chat	4 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga	5 9:00 Zumba
7 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	8 8:00 AARP Tax Aid 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 11:30 LUNCH OUT 12:30pm Medicare 101 2:30pm German Club	9 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 11:00 Outing Club 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis	10 8:00 AARP Tax Aid 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Time 11:00 Yoga 1:30pm Women's Tea	11 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga	12 9:00 Zumba
14 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing 7:00pm Civil War Book Club	15 8:00 AARP Tax Aid 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 2:00pm Books a la Carte	16 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 11:00 Outing Club 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis 6:30pm Bruns. Coin/Stamp	17 9:00 Beg/Int Bridge 9:30 Art Class 9:30 Apple Tech Time 12:00pm Lunch & Connections 12:30pm AARP Tax Aid	18 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga	19 9:00 Zumba
21 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	22 8:00 AARP Tax Aid 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 2:30pm French Club	23 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 11:00 Outing Club 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis	24 8:00 AARP Tax Aid 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Time 11:00 Yoga 1:30pm Men's Coffee Break	25 9:00 Mah-Jongg 9:00 Hair Cuts 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga	26 9:00 Zumba
28 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	29 8:00 AARP Tax Aid 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis	30 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 11:00 Outing Club 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis	31 8:00 AARP Tax Aid 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Time 11:00 Yoga	People Plus Hours Monday-Thursday: 9 am to 4 pm Friday: 9 am to 1 pm Call 729-0757 to register.	

Free Tax Help!

AARP Tax Aides will be at People Plus on Tuesdays and Thursdays until April 15, with COVID-19 protocols in place. Clients will be asked to pick up pertinent documents from People Plus to fill out before their appointment. Tax clients will NOT sit with tax preparers inside during their appointment, but must remain on the People Plus premises — in a car or the designated waiting area located inside — during entire appointment. Clients will sign documents once they are completed. Appointments required.

Collette Travel

Tiptoe Thru the Tulips on a River Cruise!

Savor springtime in Holland and Belgium with a 7-night cruise April 25-May 3, 2023, that highlights the blooming Dutch tulip fields. Explore the charming fishing town of Volendam, then choose to spend your afternoon visiting a local cheese farm for a tasting or visit Medieval Haarlem for a guided tour; travel to Arnhem, the favorite summer retreat of the Dutch royal family; dock in Middelburg and explore its twisting lanes; visit two of Belgium's oldest cities, Ghent and Bruges; enjoy a guided local tour of Antwerp, rich in Gothic and Baroque architecture followed by dancing; experience Kinderdijk, home to Holland's largest collection of windmills and explore the world famous Keukenhof Gardens, home to more than 7 million tulips. Open to the public. FMI https://gateway.gocollette.com/link/1093932 or call 729-0757.



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THRU THE YEARS a 45th anniversary feature

Mar 5, 2021: COVID changes everything. The Fish Lenten Suppers at St. Charles (to benefit the Teen Center) go remote! Meal is a drive-thru, a "heaping helping" (full pint) of fish chowder, with wrapped dessert, for only \$10. Please bring the right change!

Mar 3, 2021: Executive Director Stacy Frizzle-Egerton finishes her "FIRST 100" Community Update videos. Since the first video last March, the site has been viewed on Vimeo.com 14,000 times, plus views on the Brunswick and Harpswell Community Television stations.

Mar 26, 2020: Frank's Field Trip via the Amtrak Downeaster to the Maine Flower Show in Portland is canceled by COVID.

Mar 15, 2020: The great state of Maine turns 200, but most of our celebrating is postponed, due to COVID concerns.

Mar 12, 2020: Members Alison Coffin and Claude Bonang blend their recollections to produce "Memories of Brunswick, 1930-1950."

Mar 18, 2019: The lobby puzzle gang finished its latest work, a 1,000-piece map of Michigan. Dr. Richard Guistra, one of our most faithful puzzlers, glued it up and took it home to his wife, Karen.

Mar 2019: Planning for the 11th annual Gelato Fiasco Scoop-a-Thon progresses, the goal is to raise a total of \$11,000. Planning for the 17th annual Music in April is also "flying forward!"

Mar 4, 2018: Swing Dance Brunswick moves to the Center on Sunday evenings. DJ Paul Krakauske does the music. "All generations" are welcome.

Mar 2018: Bonnie Dickey's colored-pencil art collection gets "rave reviews" in the Union Street Gallery at People Plus.

Mar 27, 2017: Brunswick writer Paul Bettit introduces his latest work, "Let Me Tell A Story," at an afternoon Author's Chat.

Mar 2017: Mountain climber Ed Webster "takes his act outside," pitching tents and building fires on the Center's snow-covered lawns, showing members what it "can be" like camping in 50-knot winds at 10,000-foot elevation.

Mar 25, 2016: Greater Brunswick Physical Therapy offers its latest FREE Healing Clinic at People Plus.

Mar 11, 2016: Maine Senator Angus King comes to the Center for his 11th at 11 presentation, marking the 40th anniversary of People Plus!

Mar 18, 2015: Center's newest discussion group opens, to discuss the American Experience in WWII.

Mar 15, 2015: Center member John Webster, himself a descendant of Brunswick's storied Jordan family, leads a FYI titled, "The Jordans: A Family History."

Mar 2015: "It's gonna be so-o-o busy this month at People Plus, and we are so-o-o done with snowstorms..." Teen Center Coordinator Jordan Cardone wrote in the March PP News.

Mar 21, 2012: Freeport author and poet Ken Nye, author of "From the Heart" a collection of poems reflecting on growing old in Maine is today's Author's Chat.

Mar 2012: Healers Burt Brewer and Merrilyn Tombrinck invite us all to check our newly painted and reorganized healing room.

Mar, 2012: Jack Hudson, our "Computer Tutor" offers three classes this month, "Intro to Excel, Troubleshooting Word and Excel, and Searching the Internet safely."

Mar 29, 2011: The Carefree Cafe, a joint effort of Brunswick Respite Center, People Plus and Spectrum Generations, has first outing in the Union Street Cafe.

Mar, 2011: The exceptional watercolors of Brunswick artist Bev Bevilacqua are featured in the Union Street Gallery, show is titled, "The way I see Brunswick."

Mar, 2009: Sig Knudsen announces plans to retire in September, "has been synonymous with the development of People Plus for more than a decade."

Mar, 2009: Member Robert Dow profiled in PP News, as a notable writer / photographer.

Mar 16, 2006: Comed beef & Cabbage served at St. Patrick's Day dinner, cost is \$7, wear a touch of the green and be eligible for a door prize.

Mar, 2006: Jack Frost walks, on snow-covered trails with Libby, or Frank (or both). Hot chocolate served at the Center afterwards.

Mar 20, 2004: Second Dinner-Theater gala, Music in March, at Bowdoin College with MSMT features Ruth Vogel.

Mar 15, 2004: Membership memo 791 members. (49 new, 742 renewed)

Mar 15, 2003: Broadway Revisited a fundraiser for the Center at Bowdoin College, with MSMT cast members.

Mar, 2002: Claude & Ann Bonang of Brunswick are featured in What's Happening on the Hill paper as Center members of the month.

Mar, 2002: A computer is set up at the Center to help process Canada RX orders. For a handling fee of \$9.99 (Canadian) members may order drugs for a substantial savings over local costs.

Mar, 2001: Crafters are settling into their new space on the lower level of the hall, and the Boutique has moved from the balcony to this same area. Our new library is sharing the same space.

Mar 2, 2000: Jim Dodd offers lessons in Ballroom Dancing. First & third Thursday evening from 7:15 p.m. to 8:15 p.m. Only \$4 per class.

Mar 2, 2000: Tai Chi is coming to the Center. Elizabeth Sylvester teaching and coxing from 4-5 p.m. 8-week session is \$30.

Mar 21, 1992: 9 a.m.- 3 p.m., Attic Treasures and Memories, our annual flea market in the main hall. Reserve your table and come to shop, of course we'll have coffee and refreshments.

Mar 10, 1992: Maine Mall Trip, \$5! Pick up stations are the Center and Maine Street Baptist Church at 9 a.m.

Mar, 1992: Remember that our Quilt Doctors are on hand every Monday, to help you treat your ailing quilts or help you make the quilt of your dreams.

Mar, 1992: BINGO! Every Friday and Saturday, 6:30 p.m. to closing and Sunday, beginning at 1 p.m. Donald & Shirley Hart are your hosts.

Mar 4, 1988: First-ever Maine Flower & Garden Show at the Maine Mall. Cost of trip is \$3.50.

Mar 23, 1987: Janet Foley hired, Executive Director of 55 Plus Center.



MARIA STAPLES, DIRECTOR OF PENQUIS FOSTER GRANDPARENT PROGRAM and Chair of the National Senior Service Corps of Maine (NSSC), holds bunches of socks for seniors! Maria delivered the socks to the People Plus Center last month as a donation for local seniors. The socks were collected during the January Warm Heart, Warm Feet campaign where Maine Americorps Seniors (of which Penquis is a part), partnered with Renys locations all across the state to collect donations of new pairs of socks to give to older adults in need! People Plus was excited to be one of the recipients of the socks for seniors!

New member grabs January raffle!

Here's hoping Karen Bergren enjoys the rest of the winter as she captured the Snowshoe Package for two in the People Plus January raffle.

Bergren, who is a new member and regularly attends Zumba class, is snowshoeing away with a prize valued at \$640.

Thanks to everyone who participated, as your support allows the Center to provide valuable services to thousands of people in the community.

A total of 53 tickets were sold in the January raffle, bringing in more than \$1,000!



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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Spectrum Generations seeks board member

Spectrum Generations, which has strong connections to People Plus with its Meals on Wheels program and other important services housed at the Center, is in search of a new board member from the Brunswick/Harpswell area.

"I think having someone on our board from People Plus can make our connection/collaboration stronger," said Gerard Qually, President and CEO of Spectrum Generations.

The mission of Spectrum Generations is to promote and advance the well-being and independence of older and disabled adults, with the support of their care partners, to live in their community of choice.

If you are interested in serving on the board, please contact Qually at gqually@spectrumgenerations.org or (207) 620-1674.



WE LOVE CELEBRATING the holidays with our new mascot, Frankie! And may the luck of the Irish be with you all for the month of March! Barbara is so cute with her creative stylings for him. I cannot get over his red beard this month! Come check it out!

Weekly Winners

Senior Intermediate Cribbage

Jan. 26: Rick Fortin 725
Leo Robichaud 723
John Bouchard 701
George Hardin 689
George Tetu 719
John Bouchard 717
Jen Haskins 712
George Hardin 722
Jen Haskins 709
Jim Cherry 707
Feb. 16: Joe Tonely 718
George Tetu 703
Anne Bouchard 702



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BEYOND the BOARD

Editor's note: There are countless factors that play into the success of People Plus. There are the volunteers, the instructors, the generosity of individuals, groups, communities, and businesses, and there are the members themselves. Another key component of the Center is our board of trustees, who devote a great deal of time and attention to help make all this possible. And then there are those who help steer People Plus without being on the term-limited board. This is a question-and-answer opportunity to get to know one such member and we thank him for participating.



Q. Your name, please?
A. David Knight.

Q. The community where you live?
A. Brunswick, Maine.

Q. Professional occupation?
A. I am a retired professional in nonprofit institutional advancement (fundraising), having worked in universities, think tanks, and conservation organizations. For 12 years, I taught fundraising to all the "Friends" organizations for the Bureau of Land Management.

Currently, I'm serving as a "professional" volunteer to a group of nonprofits in Brunswick and from away.

Q. How many years helping out with People Plus and committee positions you have served in?
A. Around 2002, I was introduced by Mike Feldman to Sig Knudsen, then the head of People Plus (formerly, 55-Plus). Sig very much impressed me with his "community for all ages" vision. He asked such questions as, "What's the quality of your community if young kids are afraid or uncomfortable with seniors and seniors afraid of teenagers in groups?" I was an adviser to folks who were trying to come up with ideas on how generations could better understand one another.

After Sig's passing, I recall "55-Plus" brought on a development committee that I joined. I honestly can't recall exactly when that was, but I enjoyed working with people like Mike and Jim Pierce, and many others. I've been on the development committee since then. Because of my time commitments with other nonprofits, I made my focus fundraising vs. a full board member commitment.

Q. Please tell us a little about yourself (i.e., growing up years, things you like to do in your spare time, etc.)?
A. My parents were from Maine, so every summer was spent here with the balance of the year in Connecticut.

My wife, Margo, and I moved here from Washington, D.C. in 2000, after 25 years of the traffic congested, work-alcoholic life in Washington, and because of my father's close relationship with Bowdoin.

We are avid sailors and throughout our marriage we have been devoted to travel. We also enjoy giving cats a privileged lifestyle, working on our 200-year-old house, and contributing time to our church and local nonprofits and projects, such as People Plus, the Brunswick Downtown Association, and several out-of-town nonprofits.

Q. Your view of People Plus and why you believe it's so important to be of service to the Center?
A. To me, People Plus directly reflects the quality of life that we have here in the Brunswick area. This ranges from the number of activities and services that are offered by People Plus to local citizens, to the very talented staff, volunteers, and administrators that make them possible. This very much includes imagination, sensitivity, and acuity exemplified by all that People Plus did to weather the pandemic. And, these are just some of the elements that these leaders bring to this organization.

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Maria Doolittle Aug. 30, 1931 — Jan. 18, 2022	Donna Begley Sept. 1, 1947 — Jan. 31, 2022	Sheila Benner March 14, 1935 — Feb. 7, 2022	Donna Sciascia Feb. 25, 1931 — Feb. 8, 2022

March Madness at the Center — We miss Lunch & Connections!





Pasta Making Dinner For Four (4) with Gentleman Farmer in Maine

Learn how to make hand rolled pasta with Jonathan and Stacy Edgerton (The Gentleman Farmer in Maine), at their home, the Mossy Ledge Farm in Bowdoin. This fun event for up to four (4) people will be educational and delicious! Jonathan teaches the basics and pasta making techniques while Stacy prepares a homemade sauce. The evening begins with a Prosecco toast and charcuterie board, followed by salad, the pasta meal and fresh bread. Meal served with select wine pairings. Dinner will be capped with Stacy's famous tiramisu and a glass of Italian dessert wine. Learn how to make a delicious pasta and sauce while creating memories to last a lifetime!

Save the date for our first ever live interactive online auction!

Friday, April 29th, starting at 7 pm



Long Weekend (4 days) at the Beach!

Sink your toes into the sand as you enjoy "Hazel-rah," a beautiful house on Popham Beach. Sleeps eight (8) and is only minutes from the beach on foot.



Granite Lazy Susan

Beautiful white granite with hints of tan and grey. Makes the perfect classical centerpiece for any island or dining table.

Music in April Auction continued from page 1

Have an antique or wonderful used item you no longer need? You never know what an item will bring!

Some of the Music in April auction items we have received so far include an original Edythe Laws painting, whimsical hand-carved painted pig set, tickets to Story Land, a new Kindle, vintage Sea Captain Fisherman's lamp, antique caned armchair, granite Lazy Susan, handbags, prints, toys, and much more!

Also new for the first time ever, save the date for our live interactive online auction on Friday, April 29! Nearly as fun as being there in person, our live interactive online auction will be a fun and festive hour of Frank Connors and Stacy Frizzle-Edgerton entertaining you as they review all the live auction items and encourage you to bid for them live online! More details to follow in the April newspaper and in our Auction Guide in The Times Record on April 1st! But be sure to mark your calendar for 7 pm on Friday, April 29!

To register as a Music in April sponsor or donate items for the auction, please call the Center at 729-0757 and ask for Program and Events Coordinator Jill Ellis. Thank you!



Thank you 2022 Sponsors!

Logos for various sponsors including Bill Dodge Auto Group, Goodwin Motor Group, Norway Savings Bank, Priority Real Estate Group, Rusty Lantern Market, Spectrum Generations, Bath Savings Institution, CHANS Home Health & Hospice, Kennebec Savings Bank, CHANS Home Health & Hospice, Rousseau Management, The Highlands, The Times Record, Thornton Oaks Retirement Community, and JHR.

Music in April Online Auction Sampler – look for the Auction Guide for more items!

A grid of images showing various auction items: a Monopoly board, a Boston Red Sox baseball cap, a framed painting, a quilt, a mosaic, a cat figurine, a necklace, a pie, a tablet, a house, a Smitty's Cinema gift card, a wooden cutting board, a rooster figurine, and a yellow boat.

Church "chowdah" benefits Teen Center



It's time to "chowdah" down! The Teen Center program at People Plus is grateful to once again be one of the local nonprofits to share in the proceeds from the annual Lenten Chowder Takeout at St. Charles Borromeo Church in Brunswick.

So get your appetite ready for the six Fridays in Lent, starting on March 4 and running through April 8, from 5-6 pm.

"While we miss how the cafeteria-style event in the past brought people together, we are at work raising funds to purchase a much-needed van for the organization, primarily needed to transport kids from the schools to the Center. We are getting there, and in the midst of all of that going on, we are at work raising funds to purchase a much-needed van for the organization, primarily needed to transport kids from the schools to the Center. We are getting there,

The menu includes homemade fish chowder, package of oyster crackers, and a wrapped dessert for only \$10.

Drive up to enter the east parking entrance at St. Charles Church (132 McKeen St.); signs at the entrance will direct traffic; 200 portions will be available each Friday on a first-come, first-served basis, please provide the exact cash or check, made out to All Saints Parish, when purchasing.

Proceeds from the Lenten Takeout will benefit these area services: Mid Coast Hunger Prevention, Tedford Shelter, The Gathering Place, Habitat for Humanity-7 Rivers Maine, Oasis Free Clinics, and the Brunswick Area Teen Center.

Fundraisers, drive for van keeping Teen Center busy

Spring is coming soon! Hooray! We provided lots of dry socks, especially in February, to teens arriving with soaking wet feet from walking in the snow (umm — without boots on!).

There are lots of exciting events coming up, and the whole organization is officially in its busiest time of year. Up first, the St. Charles Church Lenten suppers! Once again, the Teen Center program will be one of the six local nonprofits benefiting from the proceeds of the six Fridays of to-go chowder suppers.

Next comes Music In April, People Plus's annual fundraiser. The event will be online again this year and consist of auction items and raffles for the whole month of April!

During the last week of the auction, the Teen Center will have its major annual fundraiser, the Gelato Fiasco Scoop-a-Thon. The official date is Wednesday, April 27, from 11 am to 11 pm, and we are back inside this year!

And in the midst of all of that going on, we are at work raising funds to purchase a much-needed van for the organization, primarily needed to transport kids from the schools to the Center. We are getting there,

we have over \$26,000 raised so far. It's a great start!

Meanwhile, in the Teen Center we have been gradually increasing our numbers as COVID cases have declined greatly in the schools! Hopefully, shortly after February vacation week, the week of Feb. 21, we can lift all attendance restrictions. The kids keep asking "when can we stop wearing masks?" We feel their pain, but they have been much better with masking during the past surge.

We welcomed a new intern in February, Alex Curtis, a senior at USM who will be graduating when he finishes his internship with us. Alex is interested in working with pre-teens and teens in some fashion when he graduates. He is a welcome addition to our afternoons; the boys admire his video game skills and have taken to him quickly! The kids spent most of February playing indoor b-ball, lots of Nintendo Mario games with the Nintendo Switch and occasionally went back to their other stand-by favorite games. More pool was played this month than usual, too. Staff have been doing more on-site cooking as well. All in all, it's been a good February and we are looking forward to an even better March!

I keep trying different hereditary trees and tests and I'm still half Irish no matter what I do — meaning St. Patrick's Day has often involved celebrations and parades during my lifetime. But since living here in

Teen Center News
Jordan Cardone

Maine (a long, long time now) it has meant more of wearing green and hoping for the luck of the Irish for the month!

We'll let you know how that goes!
Jordan and the gang



All Saints Parish
St. Charles Borromeo Church
LENTEN SUPPERS

Tasty Fish Chowder Take-Outs ...
A pint of homemade fish chowder, package of oyster crackers and wrapped dessert. \$10 each, exact cash or checks (made out to All Saints Parish).

*Served 5-6 pm: 200 portions available on a first-come, first-served basis.
*Customers are asked to enter the East parking lot entrance at 132 McKeen Street and will be directed by signs to the pick-up area.

Come all! 132 McKeen St., Brunswick (pick-up instructions listed above)

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

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Topsham Fair Mall, 725-7020
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Thomas Point Beach, \$1 weekdays admission
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Member Moment

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

Getting to know Tony and Myrtle Lacroix

In this month's "Member Moment" article, we have a special treat. In a way, our readers are getting two for the price of one, as we are featuring a married couple — Tony and Myrtle Lacroix.

So ladies first ... My name is Myrtle Lacroix. I live in Brunswick and I'm 81 years of age. I grew up in a small town in northern Vermont. Most of my time as a youth was spent babysitting, doing school activities, and belonging in Girl Scouts.

I met Tony 64 years ago at a dance and, as they say, the rest is history. We will have been married 64 years in November. I opted to stay home and babysit my grandson, instead of working as a medical secretary.

As far as other activities, I have been a member of a Stampin' Up greeting card-making group for the past 17 years. And we are both members of the Maine Wood Carvers Association.

I have always loved art



— mostly oil painting — so I was thrilled when I heard that People Plus had an art class. We loved (former longtime instructor) Connie Bailey's art classes and now, seven years later, we are enjoying Ed Higgins and his art classes.

We love all the warm and friendly people at

People Plus. Sarah, the Center's office coordinator, always greets us with a welcoming smile.

Hi, I'm Tony Lacroix. I, obviously, also live in Brunswick and I'm 85 years of age.

I also grew up in a small town in northern Vermont. My youth was filled enjoying my friends, skiing, and acting.

After high school, I joined the Air Force and stayed for 21 years, working in meteorology. Then, I went to Lyndon State College in Lyndonville, Vermont, and graduated with a degree in broad field science and a high school teaching certificate.

I spent the next 26 years in meteorology with the National Weather Service, which brought us to Maine 42 years ago as a weather radar specialist. I am now retired and enjoying life here in Maine!

People Plus is a good way to meet people and socialize. As Myrtle said, we have enjoyed the weekly art class at People Plus for the past seven years or so.

Celebration of Life for Alvina Menard set for June 7, 2022



The People Plus family lost one of its most precious last month. Our lovely member and volunteer, Alvina Menard, passed away quietly on February 8th at the age of 93. One of the original members of People Plus, Alvina was a die-hard volunteer, primarily as the chief newspaper delivery person working with Frank to ensure that the People Plus News made its way into the community.

Executive Director Stacy Frizzle-Edgerton recalled "She was a lovely person. I first met her when she was 84 years old. I came for one of my first days of work at the Center and Alvina was loading bundles of newspapers into her car. I offered to help her and she refused to let me touch those papers as she wrangled them into the backseat. And those bundles of newspapers are pretty darn heavy! And if you knew Alvina, you know she was a petite wiry woman with not an

ounce of fat on her bones. And she could haul those newspapers around like they weighed nothing at all!"

A regular at Women's Breakfast and all of the lunches & parties, she was quick with a smile and a smart, witty comment. We were already missing Alvina as we haven't seen her during the pandemic and the loss of her smiling face will be felt for years to come.

Her family is planning service on June 7 at St. John's Catholic Church (Pleasant Street, Brunswick) at 10:30 am. Following the Mass, please join us here at the People Plus Center (35 Union St) for a celebration as we share stories and memories of our lovely Alvina. Her request was that in lieu of flowers all donations be made to the People Plus Center in her memory. "It's just like her to take care of us till the very end," said Frizzle-Edgerton.

My Home By Lucy Derbyshire

There are three things I love about Peoria, Illinois. They are City Hall, St. Mary's Cathedral, and World's Most Beautiful Drive (Grandview Drive).

Every Tuesday, from 6:30 to 8:30 pm, my father sat at City Council monitoring what the "City Fathers" were doing. He often forced my mother, Agusta, myself, my younger sisters, Barbetta and Esther, to come sit with him and listen to horrendously boring monologues that put all of us to sleep except for himself. The city councilors and mayors of the city called him, "a crazy ole cool." He called himself a "watchdog." He had always prepared his handwritten speeches to expose any underhanded dealings. He had spent hours and hours of reading, studying, and research on the meetings' agenda items.

A person can see St. Mary's two crosses from any of the four bridges when arriving into downtown Peoria. St. Mary's is located on the corner of Madison Avenue and Green Street, about four blocks from the Illinois River. (I grew up at 517 Green St., which was burnt to the ground July 18, 2011, by homeless squatters smoking in mine and my ex-husband's bed on July 17. The house had been deserted since November 2010.)

In December 1995, Mother Teresa came to St. Mary's. Her nuns, the Sisters of Charity, operated and still operate the homeless feeding shelter next door to where my home once stood and next door to St. Mary's. Over half of the population of Peoria were parked all around St. Mary's to see her in real life. My mother, father, brother, ex-husband, and I watched on TV as Mother Teresa was televised in St. Mary's.

The World's Most Beautiful Drive was the place my mother, Agusta, loved when she arrived in Peoria after marrying my father on July 10, 1946, in Galesburg, Connecticut. She and my father had both grown up homeless. She was raised by rich Jewish families up and down the East Coast from age 13. While my father survived by selling newspapers at the train station and radios from his shop on Franklin at age 15.

She and dad would go for long walks on Grandview Drive. She and dad could see all up and down the Illinois River. The drive was world-famous my parents told me. I often took my boyfriends from other towns for walks with me. Only the rich and famous in Peoria could afford to live in those beautiful houses along that drive.

So if you ever get a chance, come to Peoria and walk along the World's Most Beautiful Drive.

Friends By Gladys Szabo

Though Valentine wishes are already past Their meanings are here to forever last From my location I'm soon to depart Your friendships remain engraved in my heart I won't let distance close the door We will remain in touch forever more Friendships to me are never ended Let nothing happen that can't be mended Friends are forever Never to sever

A Stranger on a Train By Doris Weinberg

It happened on a train when I met a girl my age. I was on my way to college and was terrified at this stage!

I had rarely been away from home and my dad was supposed to drive me down. But at the very last moment, he couldn't get away from town.

So here I was on a train heading south and boy was I so scared. To be on my own in a strange new place, I didn't feel prepared.

A young woman took the seat beside me and we both began to chat. She was a senior returning early, and calmed me down, just like that!

By the time I got to Richmond, I was ready to face the world. I caught a cab and headed to the dorm, my stomach no longer churned.

It was silly of me to be so nervous, but I was a very young eighteen. And luckily this older girl arrived, and was there to intervene.

A "stranger on a train" no less, was there when I was upset. And I was forever grateful in the way that we had met.

Poems and Prose



Always Prepared! By Doris Weinberg

They said it was coming, so we had to prepare for this usual winter event. In fact, we had a whole week's notice, and it would be time well spent.

"Check your generator!" they said, and "charge all your phones, and fill your car with fuel." If you should lose your power, you will be glad you followed the rules!

When you live in the north, up here in Maine, a storm is not a surprise. From the first report that one is coming, action is taken, I surmise.

We know what to do. It has happened before. And Mainers are well prepared. Supplies may be already stored away as soon as the event is declared.

This time they are predicting a very big one. Maybe two feet or more! I don't have any worries. I live where I am well-cared for.

I do keep looking out the window. The sky is heavy and gray. I've no doubt the forecasters were correct. The snow is on the way.

I find it so exciting. I never tire of the sight. I love to see the swirling flakes piling up so deep and white. I'm a little too old to go out with a sled or have a snowball fight. But keeping warm by the window, for this old lady seems right!

I am curled up now in my rocker, enjoying hot chocolate and cake. And my eyes are peeled through the glass. Watching for the very first flake. I hope everyone has heeded the TV warning, because we will be buried by snow in the morning!

Hope By Robert Milligan

What Happens when all seems lost You are Overcome by events beyond your control But you Persevere because you know that That in the End all will be fine. How many times have you questioned The Outcome of a difficult situation Been Prepared for the worst to occur only to find That Everything has turned out OK They say Hope springs eternal And One might find this true When of all Possible solutions Each offers an opportunity to you Having an open mind With Options to explore The Potential for success Exists for your hope to be restored



Imploding By Virginia Sabin

From a crawl space flooded From early spring thawing Of ice and snow Forcing an unrelenting Unmitigated Course of renewal Soggy crawl space insulation Broken Water softener Waste disposal Wash machine Microwave Coffee maker From aloft A leaking shower Into the ceiling And light fixture below it To top it all off My computer quit Cutting me off In a small space What's happening?!!! Evil Eye Did occur to me Though lately I'm feeling like a bride Starting over with so many new appliances

Courage By Nonie Moody

Courage is often thought of as a person who has done a heroic deed, such as one who witnesses an accident and quickly goes to the aid of the injured while thinking only of the other person. But there are other examples of people who make choices of courage that may go unnoticed — like that in daily living with restrictions from a pandemic that is going on for a third year. Courage is strength and commitment when to speak and when to take action as with occupations of teachers, EMTs and firemen. Courage is a firm resolve with bold spirit like Susan B. Anthony and women's suffrage, and with Rosa Parks who was fed up with being reseated to the back of the bus during the civil rights movement. We can also be of good courage as we are blessed here in the USA beyond measure. We have shoes on our feet, coats to wear, and food on our tables. There's much to be thankful and encouraged.

New in 2022 By Betty Bavor

An unexpected goodbye to 2021 and hello to 2022. New Year's celebration for me was my son and girlfriend arriving from Connecticut. We all stayed at my daughter's home and watched the Rose Parade and then ventured to Portland's Evergreen Cemetery to see the river otters. I am not sure if this is their common habitat, however, many people lined the banks of a pond to watch these unique animals appear from holes in the ice.

It seemed red salmon had been thrown on the ice for these playful animals to retrieve and disappear back in the hole and under the ice. Only one at a time was visible. It came quite close to the pond's bank to survey all the visitors with cameras ready. It posed for several minutes as if to say, "Here I am for your photo opts! — Happy New Year!"

A second 2022 New Year experience was Geocaching, known as the World's Largest Treasure Hunt. I remember doing this at a Girl Scout camp many years ago using a compass and topographic survey map. Today, Geocaching is very popular and high tech with people registering on a cellphone, iPad app.

Much information leads hikers to sites where a geocache treasure is hidden. Locations are dotted on the trail app, dates when they were located, plus a hint or two. We found five on Lisbon and Durham trails, plus one at the Lisbon Methodist Church and another in the community garden. We left a marble in the container at each site.

My son and girlfriend have been searching for awhile submitting details — location, condition of container, date found etc. Finders receive badges for their success and they were notified they had earned a Maine badge to add to their collection. On their way home, they stopped at L.L. Bean and found one hidden by the big boot.

If you have not tried Geocaching, check it out — www.geocaching.com. I hope I will have another opportunity to try it again in 2022. It was exciting and fun.

A third new joy of 2022 was a special dinner to celebrate my soon to be new decade. I will be away for my birthday, so an early family event was the plan — birthday cake and an evening together playing games. I am filled with gratitude for the gift of family and friends, and look forward to more new experiences in 2022. I could not have had a more joyful New Year's weekend.

I hope you all had family holiday gatherings in 2021 and I wish everyone a healthy, happy, blessed and peaceful 2022. Let us all look forward being thankful with hope, happy spirit, new energy and God's love.

A Dilemma By Doris Weinberg

I have a gift that needs a box, but it is such an awkward shape. To try to cover it sufficiently, will take a lot of tape!

It won't fit into a box that's square. One side will surely stick out! And it would look like a messy job. Of that, I have no doubt.

I did try a box that was oval, but the sides would not fit in. And a large carton that is right here, is too much like a bin!

I only have just so much gift paper, and I do want it to look nice. Why did I ever choose to buy this particular device?

I could have gotten a shirt or a tie and not had all this stress. But would he have really liked it? I did so want to impress!

Maybe I will try a brown shopping bag. It could work out just fine. He probably will just rip it open, if I tied it up with twine.

Next time, to avoid this problem, when I need to buy a gift, I'll make sure a box comes with it, and the gift wrapping will be swift!

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

*Benefits subject to change

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

Monthly Update

March 2022



National Intellectual and Developmental Disabilities Month

March is National Intellectual and Developmental Disabilities Month, and we would like to take the opportunity to introduce you to our Case Management team who serve these members of our communities. **Spectrum Generations has 10 case managers serving 7 counties;** we're here to help you and your family navigate the many complexities of available funding resources.

With effective and responsive coordination, Spectrum Generations' case managers link consumers to resources, enhancing their quality of life and inclusiveness in their communities.

We are here to help:

- Follow the wishes and needs of each individual through a person-centered planning process
- Enable people to explore a full range of options
- Develop formal and informal supports
- Advocate for the interests, preferences, and dreams of the individual
- Assist individuals and families in independently coordinating their own supports and services if they so desire
- Support the development and expression of self-determination and self-advocacy
- Provide a wide range of available resources

For more information on resources that are available, contact Sandra Labelle at (207) 620.1667 or slabelle@spectrumgenerations.org


Last summer, Mary Fernandes joined Spectrum Generations volunteer team to assist with the Money Minders Program.

Mary began assisting a consumer, Dawn, with sorting out their mail, balancing their checkbook, and paying bills. During her time working with Dawn, she discovered that Dawn didn't have heat or hot water and through the winter months she depends on electric space heaters to keep warm.

Mary took action! She spent weeks searching for a company that would replace her furnace (average cost of \$10,000). Mary worked with Spectrum Generations' ADRC Specialist, Brooke Jansen, and KVCAP to get a new furnace installed at no cost.

In addition, with the help of Mary and Brooke, and recognizing Dawn's isolation and loneliness they were able to connect her with Meals on Wheels.

Thank you Mary and Brooke for going the extra step to provide our consumers with the best resources available to them.

 Spectrum Generations is an Equal Opportunity Provider. Please let us know if you require special accommodations at least two weeks prior to the event.

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WORKSHOPS

Free and Low Cost Workshops

We invite you to visit healthylivingforme.org to see the full list of upcoming workshops we are offering. These workshops are open to adults of any age in Maine; some options include:

- Living Well with Diabetes starting March 3
- National Diabetes Prevention Program starting March 22
- Living Well for Better Health starting March 24
- HealthMatters starting March 28
- Living Well with Diabetes starting March 31

And more!

For more information or to register, visit healthylivingforme.org, call 1.800-620-6036, or email info@healthylivingforme.org today!

Join our Team

Let us guide you →



Would you like to **join a team** of kind and caring professionals? Spectrum Generations is currently looking for two **Meals on Wheels Site Coordinators** for our Brunswick office and in a float position. These positions all the opportunity to help the people in your community and includes a generous benefits package.

For more information, visit our website or see our posting on Indeed.

Volunteer Spotlight

Mary Fernandes



Darn it! My bike might get dirty

With the arrival of March and all that entails, including long-awaited warmer temperatures — which in addition means the start of mud season — it also signals more enjoyment when riding my bicycle. While I do continue to push the pedals during the winter, most of the time it's just a chore during that season, with all the required clothing and putting up with the chilly conditions.

But it's time to come clean and, in a real sense, I mean that quite literally.

I have a reputation for not wanting to get any of my bikes dirty. Believe me, I haven't the foggiest idea how this notion came into being. Maybe it stems from the fact that when one of my two-wheeled machines do get covered in mud, or some other kind of messy substance, it doesn't remain stuck to the carbon or aluminum tubing for very long. Hence, it's rare when they aren't looking nice and shiny.

This mistaken belief by others, not

surprisingly, has involved other aspects of transportation during my lifetime. Without naming names, I have a very dear friend from my time in the Upper Peninsula of Michigan who would give me a hard time for supposedly never venturing far from the main drag in Sault Ste. Marie in my mint-condition Jeep; it was meant for two tracking he would proclaim loudly. Looking back, there is a little bit of truth to what he said, but I really did "bomb" around the many logging roads near Lake Superior — and, yes, tarnished the white paint with all sorts of gunk.

I've been striving for years to shake this undeserved and so-called clean-cut image. One doesn't possess four off-road bicycles — cyclocross, mountain, fat, and adventure — to think they can and should remain looking like new. Where's the fun in that? You might as well not have them. Right?

All my bikes have gotten up close and personal with crappy conditions, except

for my Trek Domane road bike. You could hardly see the name Specialized on the down tube of my cyclocross beast after a Frost Heave Fondo ride a few years ago in eastern Maine. With it raining hard, the gravel roads were like mush. And I've participated in century rides throughout the Pine Tree State and beyond, with several occurring in driving rainstorms. But I will admit, the bikes don't stay dirty for long after I get back home.

I've seen countless cyclists show up at events, with it quickly evident that their day's ride hadn't seen a wash mitt, detergent, and water hose for a very long time. The dirtier, the better. I feel that it's almost like a kind of "badge of honor" for them. Furthermore, in my mind, they are

Simply put



Patrick Gabrion

probably gazing at my clean machine and thinking "Boy, look at that weirdo with the never-ridden bike."

Basically, here's my philosophy on the matter. Let's just say I don't go looking for trouble. If I'm out riding a bike and I get caught in the rain, and sometimes it's even been snow, so be it. But if there is a hint of moisture in the air or weather forecast, then I have three options: rest day, wait for things to dry out or cycle indoors on my stationary bike. It's just how I operate.

Truthfully, there is probably nothing I can do to shake this "my bike might get dirty" opinion my friends and family have of me. And that's fine. But just stop by my house sometime in Hallowell, go down into my basement, and then take a gander at my 34-year-old Schwinn Circuit road bicycle. It's a sight to behold — nice and shiny. And I intend to keep it that way.

Can YOU help a Neighbor in NEED?



Join our team!
Volunteer to drive or shop for a homebound senior!



FMI call 729-0757 or email driver@peopleplasmaine.org

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@peopleplasmaine.org or leave a message at 729-0757 and Jill can add your email address to the list!

New and renewing members for February

Memberships received as of February 17.

- * indicates new membership
- indicates donation made with membership

BATH
Linda Robert * •

BOWDOINHAM
Allison Green
Grace McCarthy •

BRUNSWICK
Cheer Allan
Darby Babson
Gary Tim Banks
Michael Anne Banks
Shirley Bello
Lois-Jean Berry •
Donald Bizer
Priscilla Bizer
Sue Bott
Darlene Breton
Vivian Breton
Cindy Carney
Nancy Carraway * •
Donna Carver *
Keith Carver *
Susan Chadwick

Nancy Desjardins
John Doherty *
Mary Anne Doherty *
Jean Dvorak
Lois Fournier •
Omer Gagne •
Joan Gagnon
Gayla Galbraith
Sally Hartikka
George Hermans •
Nancy Hoffman •
Elaine Hyman *
Doris Kent
Linda Laferriere
Edward Langbein
Betsy Mace
John Mace
Mary Jo Maguire •
Linda Marquis
Joanne McCartan
Michelle McDonough •
Judith McKnight *
Beverly Nickerson
Richard Nickerson
Carol Pelletier
Ruth Phillips
Gloria Pollard
Deborah Rice
Andrea Smith

Dorothea Sulzer •
Saundra Vose
Claire Wallace
Bill Weatherbie
Alice Yanok

CHARLOTTE
Ann Carter

HARPSWELL
George Cookman
Pamela Craig
Jere Hoffert
Lexine Mainwaring * •
Robert Sawyer
Liz Sutton •
Mallory Waldman *
Judy Tracy

LISBON FALLS
Dexter Kamilewicz •
Gretchen Kamilewicz •

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We take your loved ones comfort and health to heart.

Free Video Library

Are you hunkering down for the winter? Don't forget to check out the People Plus video library. It's filled with exercise classes, art classes, guest presentations on varying topics, our "Storytime with Frank" series, News & Views TV shows, People Plus Cooks! TV shows with additional cooking videos, Senior Health Expo exhibitor submissions, Teen Center videos, building protocols, and other fun videos.

Our free videos are all available on our website (www.peopleplusmaine.org, click on the Free Videos tab), and many will air on Brunswick TV3 & Harpswell TV14.



New art show to feature Kimberleigh Martul-March

In our continuing effort to display wonderful artwork of all varieties, there will be a new show in the People Plus Café Gallery for March and April, featuring Maine native Kimberleigh Martul-March.

"Every painting is terrifying at the beginning for me. I never know when an accident will derail or enhance the process, which for me, is the nature of art," said Martul-March.

Originally from Bangor, Martul-March was fortunate in traveling internationally at a very young age. She has driven across the United States multiple times, living at times out of her vehicle, settling temporarily in the Northwest and Southeast. These travels — combined with a healthy love of animals — have allowed her to share many paintings across the country depicting the natural world.

Pet portraiture, in particular, has allowed Martul-March to interact and connect with humans on a deeply personal level, while still maintaining a respectful distance.

Whether it's landscaping or walking dogs or scrubbing dishes, the artist has always enjoyed working with her hands in the less glamorous jobs.

"Despite loving people, I find animals and paint to be more forgiving, and even in the quaint town of Brunswick, the ferocious and stunning outdoors provides endless inspiration," said Martul-March.

So please come and view her beautiful creations. The collected works on display in the Café Gallery are for sale, which is accomplished by contacting the artist directly. A portion of the proceeds will go toward People Plus.



The show, which is open to the public, may be seen free of charge during normal business hours (M-F, 9 am-1 pm) at the Center, located at 35 Union St. in Brunswick.

Books A La Carte

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

FICTION

Balancing Act by Joanna Trollope. English author Trollope has been writing fiction for over 30 years. In this family drama written in 2014, the adult children of a workaholic mother join the family pottery business. The balancing act involves the mother's struggle to hold work and family together. It is a well-written work with very good character studies.

Great Circle by Maggie Shipstead. The author weaves together the adventurous story of a young female pilot of the 1930s who disappears, with the story of the actress chosen to play the role of the pilot in a present-day movie. Very entertaining tale.

Comments: news@peopleplusmaine.org

MYSTERIES

Turn a Blind Eye by Jeffrey Archer. A book in a series featuring British police detective William Warwick (2021). Warwick chooses to become a policeman who works his way up through the ranks. In the series, after assignments to the art squad and drug squad, he goes undercover in this book to investigate police corruption. The books describe his family life and his ambition to become the Commissioner of the Metropolitan Police Force.

The Stately Home Murder by Catherine Aird. In this early book in the series with Detective Inspector Sloan and Constable Crosby, a British home is opened to the public to raise funds to preserve the estate. During a visit, a boy wanders off into the armory, raises the visor of a suit of armor, and discovers a body. Did the victim discover a family secret or was something else involved? This is a fast-moving tale with good dialogue and humor.

Our readers have recommended three books by Elizabeth George in the series featuring British

Detective Inspector Lynley — **In Pursuit of the Proper Sinner, A Place of Hiding, and Something to Hide**. In the third book, the latest in the series (2022), a police detective is taken off life support after falling into a coma. During an autopsy it is discovered that she was murdered. Acting Deputy Superintendent Lynley and long-time associate Sergeant Barbara Havers investigate the crime which involves North London's Nigerian community.

CLASSIC MYSTERY

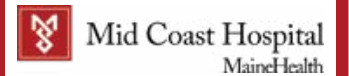
The Dead Letter by Seeley Regester. Library of Congress Crime Classic. Very early full-length detective novel written by a female author in the 1860s. A young man teams with a legendary detective to discover who killed a friend of the young man. They are not successful. The young man goes to work in the Dead Letter Office in Washington, D.C. A mysterious letter turns up and the search for the killer begins again.

Vaccination clinic open for walk-ins

Mid Coast Hospital's COVID-19 Vaccination Clinic will be open for eligible individuals to receive the COVID-19 vaccine or booster.

Walk-in hours for March are Wednesdays, 9-5 pm at 81 Medical Center Drive

For more information on COVID testing/vaccination, visit vaccine.mainehealth.org



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