

45th *Plus!* People NEWS! ANNIVERSARY

People Plus
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Brunswick, ME
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May 2022

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

GELATO FIASCO
14TH ANNUAL
BRUNSWICK AREA TEEN CENTER
SCOOP-A-THON



HUNDREDS OF BRUNSWICK AREA RESIDENTS braved the rain and turned out for the 14th annual Brunswick Area Teen Center Scoop-a-thon fundraiser at the flagship store of Gelato Fiasco on Maine Street in Brunswick on April 27th! The Teen Center program supports dozens of teens every day after school with food, electronics, homework help, mentoring, creative art projects and fun! This fundraiser keeps the program free for all the kids! And it tastes good too!

FYI! Got Compost?

Learn about organics recycling in Brunswick

On May 12 at 1:30 pm, Eliza Blood, Brunswick's Organics Recycling intern, will be presenting Brunswick's food waste recycling initiative at People Plus. This presentation will focus on highlighting the different approaches to food waste recycling in Brunswick. These three approaches include: accessing food waste drop-off sites, participating in home composting, and subscribing to a food waste recycling service, Garbage to Garden.

This presentation is supported by the Maine DEP and is funded in part by a DEP Waste Diversion Grant. The grant is helping Brunswick achieve its goal to

increase residential food waste recycling by 30 percent by August 2023.

Eliza's position as a grant-funded intern involves increasing public awareness around food waste recycling in the community by hosting community workshops and presentations this spring and summer. Eliza is a recent graduate of Bates College and was drawn to this position by her love of gardening and recreating outdoors.

She is excited to help Brunswick in its mission to become a more environmentally conscious community through intentional food waste diversion. We hope you can make it to this presentation to learn about how to help Brunswick achieve its food waste recycling goal! This presentation is free and open to the public. Registration required.

We'll miss you, Gladys!

Many of our members here at the Center can be categorized as "special," and one of the most special is Gladys Szabo, who we are very sad to say is leaving our community.

Gladys has always been very close with her family, and in mid-June she is moving to Connecticut with her daughter, son-in-law, and youngest granddaughter. She is excited that she will also be just a short drive from her oldest granddaughter and husband. Also making the move are her dog, Hunter, and cat, Peanut, along with her daughter's two dogs and three cats – good thing there is a nice big yard at the new house!

There are a million things that make Gladys so special and just one of them is her volunteer efforts. She's been at it for 12 years at People Plus – as a lead driver with the VTN program, Lunch Crew Leader, and Volunteer Coordinator including Write on Writers and Lunch Out. She has also enriched our community by being a Maine State Music Theatre Angel; helping with Girl Scouts (for 40 years!); Boy Scouts; church ... the list goes on.

"The most difficult part of this move is leaving People Plus and all the wonderful friendships I have," said Gladys. "People Plus has given me a life I never dreamed of having."

"A fantastic staff that goes overboard to help so many people in every way you need. They gave me the opportunity to volunteer in so many ways. Helping others and making lasting friendships. I feel like I am leaving a huge family," she added.

Gladys will be missed more than she knows, and we'll never be able to thank her enough for all she has done, and what a special person she is.



Lunch & Connections!

Frank's fresh-grilled chicken

Come bid farewell to Gladys on May 26th at the last Lunch & Connections before she moves. Our featured main dish will be fresh chicken thighs and breast meat, marinated overnight in butter and lemon juice, then grilled to perfection right on the lawn of People Plus. "Tell me a better way to welcome summer," retired Center Chef Frank Connors said. Our "super sides" this month include Gladys' spinach casserole, mashed potatoes, rolls, and of course, our famous and fresh, lightly-dressed green garden salad. Drinks will include steaming decaf and regular coffee, tea, water, and juice. For dessert we'll celebrate red, white and blue with vanilla pudding with blueberries and strawberries and whipped cream and topped with a cookie.

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. Come claim your favorite seat, chat with your friends and maybe make new ones, and pick up your 50/50 raffle ticket. You can even pre-order a take-out meal to pick up after 1 pm.

The cost is just \$5 for members and \$10 for non-members. 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.



MSMT IS BACK!!

On the stage and at the Center

People Plus ticket deal

Again this summer, Maine State Music Theatre is offering the People Plus Center a block of tickets to sell at a discounted rate. Tickets that normally sell for over \$60 will be available, on a first come, first served basis, for only \$40 to People Plus members! We have 30 tickets for the first Sunday night performance of the four Mainstage shows at 7:30 pm:

- The Sound of Music - June 12th
- Joseph and the Amazing Technicolor Dreamcoat - July 3rd
- The Color Purple - July 24th
- Kinky Boots - August 14th

Purchases are for members only, are not refundable, may not be exchanged for other shows and all payments should be made at People Plus. A portion of each ticket is donated back to the Center by the theater.

FYI! Fellowship Singers Concert

Thu, June 2, 2 pm. Join the Fellowship Singers from the Maine State Music Theatre as they put on a concert at the Center with singers performing individual songs for you! Open to the public. Registration required.



People Plus News

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

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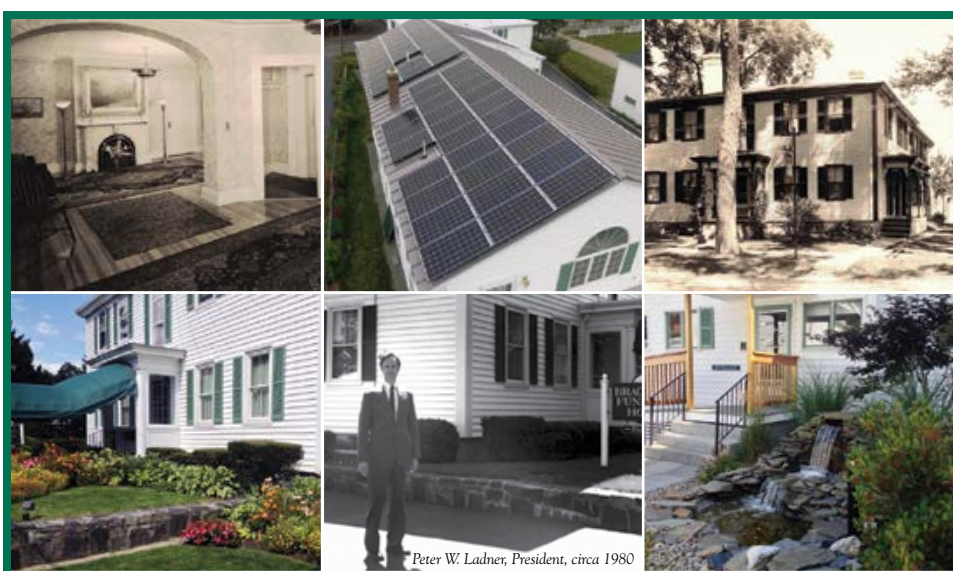
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Peter W. Luhn, President, circa 1980

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(207) 725-5511 www.BrackettFH.com



Thankful for family – at home and the Center!

For all my life, I've had two big brothers. I'm the youngest of four children and my older brothers Don and Gary Simpson were 15 and 12 years older than me.

Mine is a bit of a tragic family story, yet I will share that my mother found herself in the "family way" in the early 1950s — during her senior year of high school. It was the scandal of Allentown, so she and my father married before he went to Muhlenberg College.

Three years later they had my older brother Gary, and that was it for about a decade. They raised their boys and enjoyed a little family of four while my parents matured through their 20s.

Becoming financially stable, they eventually decided to try again and had my older sister Samantha in the mid-60s. Three years later, they had me and our family was complete with six.

Sadly, my mother died when I was seven and my father when I was 17, so my older brothers played extremely important roles in my life.

My brother Don was 15 years older than me and was immediately like a father figure, doling out sage advice, helping me figure out the right thing to do and guiding me through my life choices. My brother Gary was my financial supporter; backing me in college, helping me with housing and letting me live with him during the summers. They were amazingly supportive and a wonderful team.

Although ... they both had their moments where they were just big brothers. I remember spending a couple weeks with Don during the summer of 1982 when he had just returned from service in the Army in Germany. Although I was only in ninth grade, Don gave me my first taste of German white wine that summer. I didn't like it very much — which is probably what he intended, but it was such a "cool" and grown-up thing

to do! Made even more scandalous that it had come from my brother. Don settled in Dresden, Maine, when I was in eighth grade. I would visit him during high school and make road trips in college from Chapel Hill. I had a little gang and we drove all the way to Maine to have lobsters on Don's porch overlooking the Kennebec in Dresden. We went to L.L. Bean with him and he showed us all the sites in Portland. He even took us to a concert at the State Theater, followed by late night eggs and bacon at Becky's Diner.

During that time Don was working on his career. He had finished eight years in the Army and then went to USM for his nursing degree on the G.I. bill. He was always taking care of others — not just me — and he grew his nursing job into a 40-year career in the health field.

He spent the last 20 of these years at the VA Hospital at Togus where he advocated for veterans' benefits. He was organized, determined, and focused and always found a way to get soldiers what they deserved; usually far more than they expected. Even after he retired last year during COVID, he couldn't stay away and went back to be a volunteer at Togus during the pandemic.

Very sadly, my brother Don started to get out of bed a couple weeks ago, laid back down again and died. He was only 68 years old and had retired about a year ago. It was sudden and shocking and when my brother Gary called to tell me I was instantly angry. This was not supposed to happen. Not this week at least. Or even this decade. I mean, I figured he would die before me since he was so much older, but I was really expecting at least another 20 or 25 years before we crossed that bridge.

My poor brother Gary is devastated as they were really looking forward to spending the next 20 years of retirement together. In fact, they had a trip booked to Allentown this week. Leaving their wives at home, they had planned to visit all the houses in which they had lived, eat at all their favorite restaurants,



stroll down memory lane and be teenage brothers together again.

My girls are also sad as they've lost their Uncle Don who let them eat Mexican food, lived with us for a while when they were young, made the best homemade pizza and gave the world's best hugs.

We had a lovely service for him last week in Richmond. The funeral home remarked that it was extremely well attended, which speaks to how well-loved Don was in his community. There were folks from Togus and the VA hospital, as well as the nursing home where he had worked and other jobs he'd held. There were volunteers who had only worked with him in the last year, and folks who had known him for decades. Easily, over 100 people of the Richmond, Dresden, and greater Brunswick communities turned out — all wearing Hawaiian shirts which were Don's favorite — to pay their respects to this loving, kind and funny man.

Many of my friends came to the service to support me through this time of grief, including People Plus board members, family members from Atlanta, and life-long friends who have known my brothers through me.

And several of the lovely ladies who work at People Plus also came that day. They had met Don as he used to have lunch with me at the Center after he retired and he always had a winning smile or a pleasant greeting for them.

So, as I move through these raw days of early grief, I'd like to take this opportunity to thank all of you who have sent me a card, given me a hug, expressed your sympathies, sent flowers or shared your stories of loss. I have felt better for these moments of outreach and I'm grateful to all of you.

It is in times like these when I don't know how I would get by without my People Plus family. The warmth and love are genuine, it is solid and it is sustaining. And I'll be forever grateful.

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From the Executive Director

Stacy Frizzle-Edgerton



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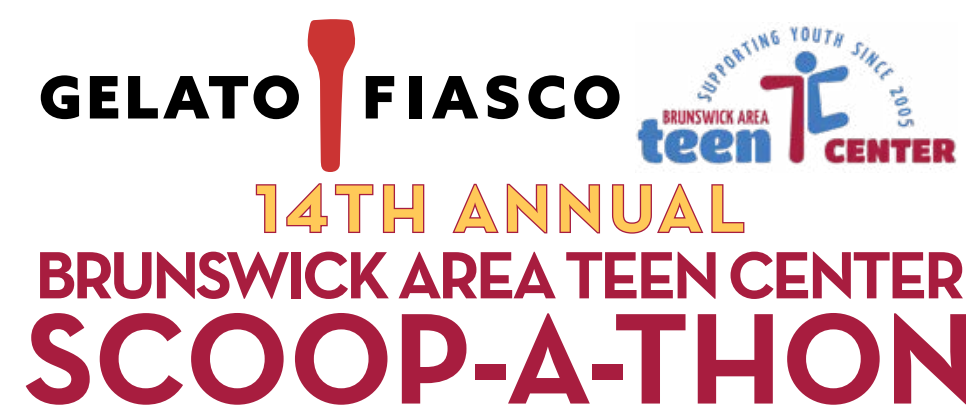
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Two Great Events That Went Great Together!



Thank You to all of the sponsors, volunteers and participants of the 20th Annual Music in April and 14th Annual Teen Center Scoop-a-thon for making this year's events profitable and memorable! Sponsorship often brings in more funding than the event itself so we are truly grateful to our sponsors for sticking with us through the pandemic and supporting us to raise a record level of income for these events! We could not do it without you and are so appreciative of our local area businesses both large and small for supporting our older adult and teen populations!

THANK YOU TEEN CENTER SPONSORS & COMMUNITY PARTNERS!



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- Off Their Rockers
- Otto Pizza, Brunswick
- Peter Flanagan Painting
- Priority Real Estate Group
- Riley Insurance Agency
- Rousseau Management
- Rusty Lantern Market
- WildFlour Gluten-Free Bakery



May is Marvelous at People Plus!!



THANKS TO EVERYONE WHO ATTENDED and helped with our monthly luncheon in April! Nearly 75 people enjoyed a delicious home-cooked lunch of ham with a Coca-Cola mustard glaze, fresh macaroni and cheese casserole, green beans, salad and delicious soft bread. The best part was spending time with friends and seeing happy faces!

Happy birthday to Claircy Bernier as she celebrated turning 93 on April 21st!

Exercise at the Center

Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, Gentle Barre and Zumba. Registration required, \$5/class for members, \$10/class for non-members. FMI peopleplusmaine.org.

Good Eats – Good Friends!

Women's Breakfast
Thu, May 5, 8:30 am. Enjoy breakfast while socializing with the ladies. Members only. Call to register. \$4 suggested donation.
Men's Coffee
Thu, May 19, 1:30 pm. Enjoy coffee and a treat while socializing with the gents. Members only, registration required.

Medicare 101

Tue, May 10, 12:30 pm. Choosing a Medicare drug and/or health plan can be difficult and confusing. In this Medicare 101 class, Spectrum Generations will provide information regarding Medicare, Medicare drug coverage, Medicare Advantage plans, Medicare supplements and tips on how you can save money and avoid penalties. It is recommended that you attend a Medicare 101 class at least six months before turning 65. Held the second Tuesday of every month at People Plus, it is open to the public and free (\$15 suggested donation is appreciated). Registration is required. Call 729-0757.



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 fishing town of Volendam, then visit a local cheese farm or Medieval Haarlem; travel to Arnhem; dock in Middelburg; visit two of Belgium's oldest cities, Ghent and Bruges; enjoy a guided local tour of Antwerp, followed by the Captain's Gala dinner and dancing; experience Kinderdijk's 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.



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



Are you caring for an elderly loved one?



The "Club" provides a warm, intimate environment, safely encouraging interaction between participants that enhances mental acuity, congeniality, safety and comfort.
 Call 729-8571 for more info & on the web: www.respite-care.org

Come Play with Us

Play Bridge (with our new "Duplicate Bridge" on Mondays), Cribbage and Mah-Jongg several days a week. Members only.

Programming Notes

- May's lunch will be on the May 26 (4th Thursday) instead of the usual 3rd Thursday.
 - Table Tennis will now take place on May 19 but will not occur on May 26
 - Yoga will now take place on May 19 at 11 am but will not occur on May 26
- Register for activities @729-0757

\$10 Hair Cuts with Margarita Day!

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

CENTER CLUBS - FREE: MEMBERS ONLY

- *To connect with clubs, call 729-0757*
- Apple Club is back!**
Tue, May 31, 1pm. New instructor is Bill Perry. Bring your Apple device (iphone, ipad, Macbook) and your questions.
 - Table Tennis**
Mondays & Tuesdays, 11 am;
Wednesdays, 1 pm; Thursdays, 9 am.
 - Fiber Arts Club**
Mondays, 10 am. Bring your current project and enjoy friendly conversation while you work.
 - Easy Riders Bike Club**
Tuesdays, 12:30 pm. Meet at the Center for a bike ride each week.
 - Outing Club**
Wednesdays, 9:30 am. Meet for a hike each week at a local or offsite location.
 - Write on Writers**
Wednesdays, 1 pm. Meet to share stories and writings.
 - World Affairs**
Every other Friday, 11 am. Meet to discuss topics of the week.
 - Cantina Espanol**
1st Tuesday, 2:30 pm. Spanish language club meets in person to chat in Spanish.
 - Kaffeestunde!**
2nd Tuesday, 2:30 pm. German language club meets in person to chat in German.
 - Books a la Carte**
3rd Tuesday, 2 pm. Share what you've been reading in this unique book club.
 - Café en Francais**
4th Tuesday, 2:30 pm. French language club meets in person to chat in French.

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Clinics also located in Yarmouth & Kennebunk!

Mon	Tue	Wed	Thu	Fri	Sat
2 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 6:00pm Belly Dancing	3 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis 12:30pm Biking Club 2:30pm Spanish Club	4 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	5 8:30 Women's Breakfast 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Time 11:00 Yoga	6 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga	7 9:00 Zumba
9 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 6:00pm Belly Dancing	10 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis 11:30 LUNCH OUT 12:30pm Biking Club 12:30pm Medicare 101 2:30pm German Club	11 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	12 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Time 11:00 Yoga 1:30pm FYI! Got Compost?	13 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga	14 9:00 Zumba
16 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 6:00pm Belly Dancing 7:00pm Civil War Book Club	17 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis 12:30pm Biking Club 2:00pm Books a la Carte	18 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	19 9:00 Beg/Int Bridge 9:30 Art Class 9:00 Table Tennis 11:00 Yoga 1:30pm Men's Coffee	20 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga	21 9:00 Zumba
23 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 6:00pm Belly Dancing	24 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis 12:30pm Biking Club 2:30pm French Club	25 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	26 9:00 Beg/Int Bridge 9:30 Art Class 9:30 Apple Tech Time 12:00pm Lunch and Connections	27 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	28 9:00 Zumba
30	31 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis 12:30pm Biking Club 1:00pm Apple Club	<div style="text-align: center;">  Center Closed </div>			

Mother's Day is May 8th!



Register for activities at 729-0757

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




FUNERAL ALTERNATIVES

Maine's Cremation Authority

Simple cremation \$1,600.00 Complete

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

THRU THE YEARS a 45th anniversary feature

April 30, 2021: The 19th annual (and first-ever online) Music in April auction, "went better than any of us had hoped, and certainly better than we anticipated. The online auction system was fun and easy to use, and people ended up bidding against each other, like crazy!"

May 3, 2021: After being absent for more than a year, the Center's inside games and remaining activities come back for members who are fully vaccinated and willing to wear masks.

May 10-14, 2021: Teen Center Bubblegum Gelato was an immediate hit when Gelato Fiasco's Scoop-a-thon returned to Maine Street after a year-long, pandemic-demanded absence.

May, 2020: Center's Volunteer Transportation Network (VTN) expands under the leadership of Coordinator Lynne Smith, becoming a delivery service for home-bound seniors. The "centerfold" of the May People Plus News features Corona Chronicles, with unique glimpses at the pandemic lives of a dozen members!

May, 2019: Longtime front desk hostess Pat Naberezny gets a rousing sendoff from members as she departs Brunswick for "someplace" in the Midwest!

May 15, 2019: Center Stage Players offer an hour-long parody on right and wrong "Life Choices."

May, 2019: The first-ever Music in April event held at the Brunswick Recreation Center at Brunswick Landing is "in the books."

May 10, 2018: Local author David Treadwell packs the hall with his lecture, "What a difference a woman can make!" offering his personal observations of adding women to the student body at Bowdoin College.

May 9, 2018: Frank's Field Trip leads willing members on a local Cemetery and Crematory tour. Center director Stacy Fizzle called the trip, "evidence that members will follow Frank anywhere!"

May, 2017: Original and printed works by Topsham artist Vivian Wixom pack the walls of the Union Street Gallery at People Plus. Wixom said she started painting at the age of nine, and this year she is "over 80!"

May, 2016: The Center's Write On Writers release their "best and brightest" book ever! Titled Journeys and Reflections, the 230-page book was self-published.

May 30, 2017: Knee anatomy, care and replacements all come into focus when our own Dr. Richard Giustra leads one of his discussions in the activity room.

May 16, 2012: Ed Webster, climber of Mt. Everest and author of "Snow in the Kingdom" shares slides and stories at a 2 pm Author's Chat.

May 9, 2012: First walk of the People Plus Walking Club to explore the 250th Anniversary Park with Frank Connors... his depth of trivia, local history and useless knowledge is amazing!

May 12, 2009: Madeleine Ashe named Volunteer of the year.

May 12, 2005: Margaret Enright named Volunteer of the year.

May 10, 2004: The original 4x 8 foot mural, Chuting the Androscooggin painted by John Gable and reproduced as a print for the Center, is placed in Topsham's new public Library on permanent loan.

May 11-17, 2003: National Senior Center week. Come visit the center and learn why "Senior Centers add more to life!"

May 17, 2002: Sig Knudsen hosts the first ever "Men's Breakfast" at Center. Serving "Muffins and other stuff," Knudsen expects the meal to become a monthly event.

May 15, 2002: 30 and 7 p.m. at the center. Directed by Frank Wicks of Orr's Island, features readings of Civil War-era letters.

May 6, 2002: New Member Spaghetti Supper starts at 5:30 p.m., come "be a new member, or meet one!" there is a \$5 charge if you are NOT a new member.

May, 2002: "Very active volunteer," Chris Rosen volunteers to take on the job of Volunteer Coordinator for the Center.

May, 2002: Sally Mowat of Harpswell has agreed to become our Volunteer coordinator of Healers helping to schedule massage, Reiki and healing sessions.

May 10, 2000: Elder Expo time at Cooks Corner Mall, the Center will be hosting an ice cream social.

May 18, 1999: The newly formed Outreach Committee will meet on Tuesday, May 18th at 7 pm with two tasks before us. 1. Find a way to identify our membership. 2. Talk about ways we can encourage wider participation.

May 1999: A few good volunteers needed to come to the Center on May 8th to join a group of stalwarts willing to clean the Annex for our open house on May 14th.

May, 1999: In observance of National Older Americans Month, the 55 Plus Center is encouraging all mature citizens to wear a purple ribbon, signifying that we are part of a valuable resource.

May 19, 1992: Senior Spectrum annual gourmet dinner at the Center, featuring Flet Mignon and all the trimmings. Cost is only \$12, entertainment by Randy Bean.

May, 1988: Frank Russo, Chair; Ralph Torti, Vice Chair; Dora Jordan, Sec.; Patricia King, Treasurer; Esther Lewis; Anne Stein; Dorothy McHenry; John Bibber & Tom Farrell, ex officio; and Gladys Wilson, honorary member.

May, 1987: Did you know that Henry Thibodeau walks every day from Topsham, picks up two dozen delicious donuts contributed by Frosty's Donuts, and brings them to the Center?

May 12, 1986: Kim Forbes, a local Mary Kay beauty consultant, will be at the CMAAAA Senior Meal for a make up and color analysis workshop. Participant will actually do a free facial with Mary Kay products.

May, 1986: Libby Bailey of Orr's Island will teach the Seminole art of making pine needle baskets. Classes run three consecutive weeks from 9:30-11 am, cost is \$3

May, 1984: The new Bingo machine, just installed at the Center is making the bingo games even more enjoyable.



MANY PEOPLE WOULD SAY that adding duplicate bridge on Mondays at the Center is an ace in the hole! All of the participants feel like winners for sure! With six tables last Monday, this group now has a key so they won't even miss the Monday holidays! Come try your hand at this fun new bridge game on Mondays starting at 1 pm.



Guess Who?

Who is the person looking at you now? Take as many guesses as you would like, and then satisfy your curiosity by finding the answer on page 15. Good luck!

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

Stargazing shines in Brunswick

Southern Maine Astronomers announces the opening of its new facilities at 179 Neptune Drive at Brunswick Landing.

"We will offer an opportunity for people to learn about astronomy, stargazing opportunities, and telescopes," said Robert Burgess, President of SMA. "There's been a tremendous growth in interest in astronomy since COVID, but many folks get lost in how to advance that interest. We have the expertise to help people along that learning curve."

According to Burgess, SMA is an all-volunteer nonprofit organization that was established in 2004. Since that time the club has hosted scores of star parties and school presentations throughout Greater Portland and Midcoast Maine, reaching more than 20,000 people. "Now with a permanent home on Neptune Drive at Brunswick Landing we are able to grow and expand our offerings to the community," Burgess said. The club is also active in efforts to protect dark Maine skies and curtail light pollution.

"We plan to host regular monthly star parties at Brunswick Landing from May through November, as well as throughout our membership area," Burgess said. Information about those events can be found on the club's website at www.southernmaineastronomers.org.



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Farewell, Gladys! We'll miss you!

SAD
By Bonnie Wheeler

We had no idea Gladys would light a fire at People Plus She became the go-to person Who got things done The one who gave hugs with lunch The one who solved your problems A friend you were proud to have Everyone's life she touched will agree Gladys is Heaven's gift We wish her a healthy, happy new home.

Dear Gladys, You have been such a delight to know at Write on Writers. You have a great sense of humor. During the brief time I was doing the prompts and leading the meeting, when I really did not have a clue as to what I was doing, you were so kind and understanding. I enjoy hearing your heartwarming stories each week. How will we ever get along without your keeping track of all the comings and goings of the people, past and present, in our group? We will have to find a way to keep things going, but I am certain it will take more than just one person. I wish you the very best in your move. I'm not sure what you will do once you are there, but I am certain you will find a community with interesting people who will be delighted to have you join them. Sincerely, Alene Staley

A STAR
By Bonnie Wheeler

You moved here Became a star An angel to so many You may move on Will never be forgotten here Your star will burn bright

Dear Gladys: When I arrived in Maine, six years ago, you became my first friend. And since then, I have discovered that you are "everyone's friend!" You have never refused a request for anything asked of you and I think everyone will agree that you have touched many lives. I am not the only one that is going to miss you when you leave. But please remember we will always be as close as the phone or the computer. You can even stay in the writing group! I wish you the very best in your new home and please stay in touch. Love, Doris Weinberg

GOODBYE
By Bonnie Wheeler

You need to go We all know You served your time The loss is mine Without you here Will be hard to bear We love you so — Gladys

Frank & Gladys ... the Hannaford 'couple'

By Frank Connors

It would take a better mind than mine to boil down the many hours and the many jobs that Gladys Szabo has contributed to People Plus since she walked through our doors, sometime in the last century, and announced she was "new in town," and was "wondering what we were all about." She became an exceptional writer, driver, director, coordinator, organizer, schemer ... a legend in the hallowed halls of People Plus. The story I always enjoy telling recalls one day we were in Hannaford, shopping for what might become the next Lunch & Connections meal. This was a job we guarded almost selfishly, piling into her little black roadster, "got the shopping bags, Frank?" and away we would go. We filled a shopping cart (or two) full of food, discussing quantities, arguing about qualities, deciding often on the fly what to buy, changing the menu as we bounced from produce, to meat, to canned Harvard beets! It became a monthly ritual, always a good time, and there came the day when we rolled up to the checkout, (Donna was our favorite) and we were asked, "did you and your wife find everything you needed?" Gladys' face got red, I smiled, and we both told Donna that Gladys and I were friends, shopping for People Plus. She rolled her eyes in disbelief, laughed, and said, "I watch you shop, you look and act like an old married couple!" The story could end there but it didn't. Several months later, shopping again at Hannaford with Gladys, my dear Jane met us in the milk and cheeses and asked how we were doing. She was after a salad, I'm remembering, we three rolled up to check-out, to Donna. Jane waited as Gladys and I unloaded 78 pounds of food. "Donna," says I, recalling, nodding toward Jane, "I want you to meet my wife, Jane!" Gladys smiled and nodded as well. Donna looked squarely at Jane and said, "I understand why you prefer to shop on your own!" Gladys, you are one in a million. People Plus is better because we met you, and remember, you'll always have a home in Brunswick (maybe just not a husband!).



Gladys By P.K. Allen

A very special person Who helps people with different needs By doing special favors And other helpful deeds. Whether helping in the kitchen Or taking someone for a ride To a doctor, dentist, just shopping She does it with enjoyment and pride. She helped so much at People Plus That she was voted Volunteer of the Year It's so sad that she is leaving We'll see her off with a great big tear.

CALL GLADYS IF YOU NEED HELP
By Bonnie Wheeler

If you need a ride If you need a meal served If you need a cane to walk If you need People Plus advice If you need uplifting If you need a friend — call Gladys

To Gladys: Welcome to your new home in Connecticut. May it be filled with the love of your family, joy and peace. Friendship is a privilege and a rare jewel of life — difficult to find and impossible to replace. The way you come to the aid of others is amazing and I thank you for all our shared activities here in Maine — cherished memories I will forever hold in my heart. We will miss you and hope you will return for a visit now and then. Warm wishes, health, happiness and God's blessings to you and yours. Love, Betty Bavor

Write on Writers
Wednesdays at 1 pm

GLADYS By Bonnie Wheeler

She's the pretty blonde With a touch of gray Who blew into People Plus One lucky day. She welcomes you, She serves you lunch, She drives you to the store, She has become everything To everyone and more. She hugs your neck, Takes care of us all, She sits with the Write On Writers And puts pictures on the wall. When you need to get a job done, Gladys is the "go to one." She is a gift to People Plus, And she is my angel friend.

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Goodbye, Gladys, from your People Plus Family! We'll Miss You!



“Are we there yet?”

Fundraising campaigns in the final stretch

Our goal for the People Plus annual campaign is \$70,000, and we are zeroing in on this all-important number, which allows the Center to continue its wonderful programs and services.

According to Office Administrator Barbara Quinn, the Senior Center annual campaign fund total as of April 25 is \$68,638.

The annual campaign's contributions support home-bound elders, the Volunteer Transportation Network, and keep the membership and classes at People Plus inexpensive, with free lectures, free gaming and language clubs, free events and more. The Teen Center has its own annual fundraising campaign.

for the kids to have a way to keep showing up with their friends. The vehicle will also be used in support of services associated with the Senior Center when the kids don't need a lift.

The Teen Center annual campaign total is \$31,659, along with \$31,205 in the “Buy a Van” campaign and \$2,005 in “Learn to Drive” funds.



Along with all the “usual ways” to donate money, such as by cash, check, etc., you can also consider giving a gift of stock.

People Plus raises 70 percent of its annual budget through a combination of activity fees, dues, rentals, grant writing, special fundraising events, sponsorships, and the generous donations from our community.

If you would like to support People Plus with a donation and help push us beyond the \$70,000 mark — or help out

the Teen Center, please call the Center at 729-0757 or visit www.peopleplusmaine.org. Even the green CLYNK bags full of your redeemable bottles and cans will help us reach our fundraising goal! Every nickel helps.

As always, thank you!



WE LOVE OUR COLLEGE HAND ME DOWNS! We haven't bought a computer for the Teen Center in 17 years, as we've been super fortunate to inherit several used computers from Bowdoin College. They cycle them out every four or five years so they are pretty old when we get them but they work for many more years and the teens love them! We just heard that next year the college is going to laptops and iPads for every college student... So hopefully there will be some good hand-me-downs from that as well!

Lunch out!
Chick-A-Dee
“of Lewiston”
1472 Lisbon Street, Lewiston
Tuesday, May 10th at 11:30 am.

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Gone but not forgotten –

Brenda Darcy **Rudolf Oesterlin**
Feb. 7, 1940 — March 12, 2022 April 16, 1931 — March 25, 2022

Annie Bowden **Nancy Gallagher**
March 19, 1932 — April 3, 2022 April 15, 1950 — April 6, 2022

GELATO FIASCO

BRUNSWICK AREA TEEN CENTER SCOOP-A-THON



Brunswick Area Teen Center

Busy place! Kids are pouring in the Teen Center door

Teen Center News

Jordan Cardone



Much of April was spent working on the Scoop-a-Thon, obtaining sponsors, scheduling scoopers, entertainment, and Teen Center Advisory Committee members and People Plus board members to help at the event. We have two Bowdoin College students, Roman Parajon and Paulina Morales, working as student liaisons to fill in the nighttime hours with Bowdoin scoopers and entertainment!

Amid all of this, our attendance in the Teen Center program doubled. They came pouring in the door — all these new faces we had never seen before asking for paperwork to sign up so they could keep coming, which they have! We were caught a little off guard, especially my assistant and our intern — neither of whom had ever experienced the program “like the old days” with more than 20 kids a day!

Simone quickly got the paperwork going, tracked it, reminding the kids every time they came in to bring back the photo permission form! I couldn't take new pictures for a while because there were so many new faces and some had forms back, some not, and some said, “no pictures of me.” From here on out, I am just going to give a heads up that I am taking a picture and anyone not wanting to be in it, hide!

Feeding that many turns out to be a primary duty all afternoon. Cooking burgers for 12 kids is very different than cooking them for over 20 on our electric skillet! Same with putting together tacos, when every single kid wants different things on it (no cheese, no salsa, lots of or no sour cream, etc.). My grocery store trips have increased as well!

I wonder if part of the increase is due to no

masks being required now. I know some of it has been word of mouth from kids who have been coming for a while!

One afternoon one of our regulars walked in with maybe six new kids with him and I asked, “what did you do, bring your whole class?” The very next day he walked in with maybe 10 kids and said to me, “today I brought my whole class.” So, we will see where this goes, lots of the new members are girls who we have had a lack of for quite a while now!

When I return to work on May 25th, from my vacation, I am hoping that we will be able to start picking up kids from schools! Hopefully, the van will be a done deal and ready to roll! Thank you immensely to those of you who have donated funds toward the purchase of a van!

April 27th, about 11 pm. The Scoop-a-thon is over! I am cold and wet, so short and sweet wrap-up! Yep, it rained much of the day, canceling most of our daytime entertainment, but it didn't stop customers, scoopers, volunteers, our annual teen field trip and lots of Bowdoin students at night providing three hours of wonderful music by various students and groups.

It was a happy people day as usual at this event! A million thanks to all. Stay tuned for more updates on how the event went! Goodnight!

Jordan and the gang

UUC concert to feature Paul Sullivan

Grammy Award-winning pianist Paul Sullivan will perform live at the Brunswick UU Church for their Concerts for a Cause series on May 14 at 7:30 pm to raise money for this season's charities: Mid Coast Hunger Prevention Program and the Immigrant Legal Advocacy Project.

Sullivan is the consummate musician's musician. He is a pianist and composer who has performed around the world with everyone from Paul Winter

to Leonard Bernstein. He is fluent in a wide range of styles from jazz to orchestral, and has written music for theater, dance, choirs, and corporate advertising. He has 15 CDs on the River Music label.

Masking is required and you must show proof of COVID vaccines or negative test at the door.

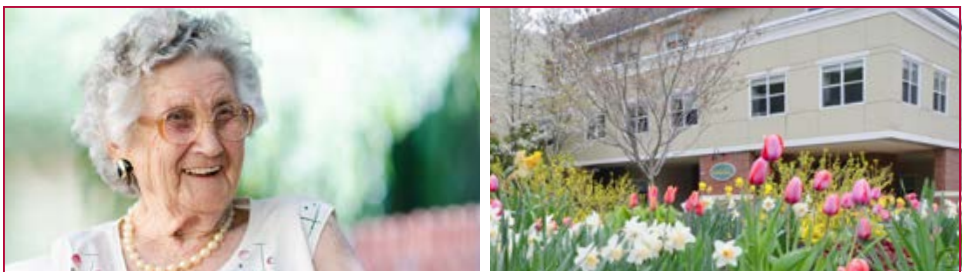
Tickets — adults: \$20 in advance, \$25 at door; students and children: \$10. Available at the church office or online at <https://ticketstripe.com/sullivanjazz>



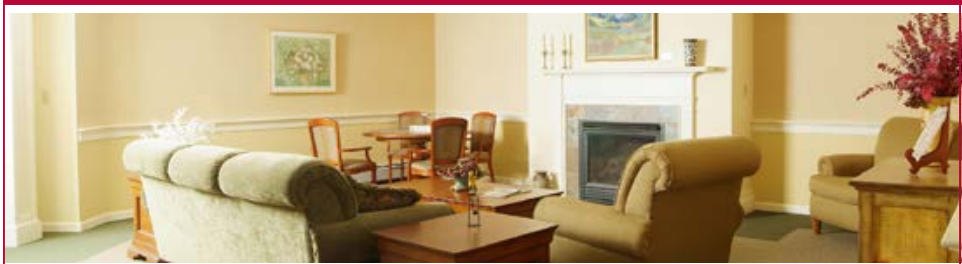
Garden plots available to members

People Plus is now accepting sign-ups for plots in the Community Garden on Industry Road. Members of People Plus are given priority in signing up, but there are usually extra plots available for other interested gardeners. The plots average 20 feet by 24 feet, though it is possible to take only half a plot if desired. People Plus asks for a contribution of \$10 for the season, which runs from May to the end of October. Gardeners are encouraged to call People Plus to express interest in gardening and they will then be contacted by the coordinator to be assigned a space.

The gardens have three water spigots with hoses for use in the gardens, but gardeners are expected to provide their own tools. It is expected that the gardens will be tilled and ready for planting around the first of May, and all gardeners will receive a numbered plot assignment before anything is allowed to be planted. New members are welcome to join this group of knowledgeable and friendly gardeners who are always ready to assist beginners with planting and cultivation techniques. Call People Plus at 729-0757 for more information!



Welcome Home



Mid Coast Senior Health Assisted Living at Thornton Hall

offers a relaxed environment with professional care services that encourages each resident to live as independently and comfortably as possible. We invite you to come visit our warm and inviting home, and learn about the breadth of healthcare services and social activities readily available.

For more information or to schedule a tour, please call (207) 373-3646 or visit www.midcoastseniorhealth.com



MID COAST HOSPITAL AUXILIARY Grand & Glorious Yard Sale

Saturday, May 21 Sunday, May 22
9 a.m.-3 p.m. 9 a.m.-12 p.m.

The yard sale is composed of two unique shops located at Merrymeeting Plaza • 147 Bath Road in Brunswick. Admission is FREE.

Proceeds will benefit nursing and healthcare career scholarships.

GET FIRST DIBS ON PURCHASING
Early Bird Sale- Friday, May 20
5:30-7:30 p.m.

Admission is \$20 per ticket in advance (\$25 per ticket at the door). Advance tickets are available until 5 p.m., May 18, at the following locations:

- Mid Coast Hospital's Gift Shop
- Gulf of Maine Books in Brunswick
- Now You're Cooking in Bath



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— James Tierney, BHS Class of 1965

Visit www.studentaidfund.org
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P.O. Box 867, Brunswick, ME 04011



Membership Benefits

The following businesses offer discounts for People Plus members.

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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 up to \$50, parts/service
262 Bath Road, Bruns., 725-1228
www.darlingsbrunswickford.com

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

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

BEAUTY/HAIR SALON

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

CANDY

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

DRY CLEANER/LAUNDRY

J&J Cleaners, 10% off pickups on Wednesdays (for 55+); must pay cash or check at drop-off
69 Maine Street, Bruns., 729-0176
www.jjcleaners.net

Topsham Laundry Center, free drop off/pick up for seniors (15 lb. min.), \$1.80 for wash, dry & fold
Topsham Fair Mall, 373-1995

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www.paulinesbloomers.com

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Hearts & Hands Reiki, 10% off first visit
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Eveningstar Cinema, discount bag of popcorn at evening shows (\$1 sm, \$1.50 med)
149 Maine St, Bruns., 729-5486
www.eveningstarcinema.com

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

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

RESTAURANT

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Bolos, free bowling: 12-3 pm (first come, first served)
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www.bolobrunswick.com

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Topsham Fair Mall, 729-5366

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212 Maine St, Bruns., 406-2122
www.flipbrunchbar.com

Union Street Bakery, Wednesdays: free large coffee with muffin purchase
40 Union St, Bruns., 373-1345
www.unionstreetbakeryme.com

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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. "Being on Board" is a question-and-answer opportunity to get to know these wonderful people a little bit more and we thank them for participating.

Q. Your name, please?
A. Mike Feldman.

Q. The community where you live?
A. I live in Brunswick.

Q. Professional occupation?

A. I am a Realtor with Coldwell Banker in Brunswick since 1996.

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

A. I believe I started in 2002 and was on the board for seven-plus years. I served five years as board chairman.

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

A. I moved to Poland Spring, Maine, in 1962 with my parents and grandfather. He had just purchased the Poland Spring Hotels. I attended Poland Community School for eight years and then Hebron Academy. Like many graduates of Hebron, I then applied to and was accepted by Bowdoin. It was a very big school compared to Hebron and Poland. It was 1974 and there were a lot of changes in college life. Most classes were optional and you could bring your dog with you! Drinking age in Maine was 18 and there was live music in Brunswick every night until 1 am! I lived in a coed fraternity. Even with all these distractions, many of us received good educations and graduated. I majored in American government and the day after graduation I started field work for Maine Sen. Bill Hathaway. Two years later, I was on Ted Kennedy's staff for the Maine presidential caucuses. A total of 700

people came to the Brunswick caucus that year.

I then worked on various projects for my grandfather in Maine and for many years in the Dominican Republic. There I dealt with government relations and human resource issues for three shoe factories that finished up in the early 1990s. By then my son was born and I was back in Maine. I was elected to the Brunswick Town Council in 1995 and served three terms. I also started in real estate with fellow councilor and friend Dave Gleason at Coldwell Banker and I've been there ever since.

My other interests center around family and four grandchildren within 10 miles of me, and a longtime girlfriend who was my fraternity sister! I've served on many nonprofits after my People Plus years, including 20-plus years on the Casco Bay Estuary Partnership. Since the late 1990s, I've been fortunate to serve on the board of Special Olympics Maine and chaired the board five times. This has been a life-changing experience! I'm always happy to talk about Special Olympics with anyone interested in being involved. Finally, I have been trying to cook authentic Chinese food for 40 years. With the help of Chinese Bowdoin students, I've learned a lot. So now I put a 10-course Chinese dinner for 10 into the Music in April auction. With Stacy and Jonathan as my helpers, we make a terrific Chinese banquet.

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

A. I served on the board during the



transition from "55 Plus" to "People Plus" and benefited from the vision our late Director Sig Knudsen had. He led the effort to drop the age requirement (I was under 55 as chairman), invited the Teen Center to join us when they had no home, pushed the importance of volunteer drivers for our members, and much more. Today, his vision comes to life every day at People Plus. Sig's vision was to create the "go to" place for the needs of our older citizens and with the help of a great executive director and staff and so many volunteers (Jeanne Mayo, Frank Connors, and Tom Farrell are still at it), Sig's vision has become a reality!

"CLYNK" is solid fundraiser, one nickel at a time

Perhaps you didn't know you can save your returnable bottles and cans to benefit the People Plus Center. The "CLYNK" returnable program, sponsored by Hannaford Suprmarkets

and endorsed by the Center, is one of those "under the radar things we do," that benefits both the Center and our community.

Green "CLYNK" bags, pre-barcode with the Center's unit numbers, are always available at our information desk. You need only to fill the bag with

your returnables, scan and drop it at the store when you next shop, and the Center receives credit for the accumulated deposits. Thank you for recycling, and thank you for supporting the People Plus Center.



45th Anniversary 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 _____

Yearly Dues (Scholarships Available)	Cash/Check (Payable to People Plus)	Volunteer Opportunities at People Plus
Brunswick (New/Renew): <input type="checkbox"/> \$30	Membership Dues: \$ _____	I'd like more information about:
Other towns (New/Renew): <input type="checkbox"/> \$35	Additional Donation*: \$ _____	<input type="checkbox"/> Lunch Crew: <input type="checkbox"/> Volunteer driving:
<input type="checkbox"/> \$300 for Lifetime Member (65 or over)	(*donations above membership dues are tax deductible)	<input type="checkbox"/> Reception: <input type="checkbox"/> Meals on Wheels
OFFICE USE: <input type="checkbox"/> Account <input type="checkbox"/> Data <input type="checkbox"/> Card Sent	Total: \$ _____	<input type="checkbox"/> check-in/phone <input type="checkbox"/> Teen Center

Are you a local business?

Call 729-0757 to discuss advertising your business with People Plus!

Senior Companion and Personal Care Services
1 to 24 hours
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729-0991



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Brunswick to Portland \$16-\$18/hr
Free Yoga, Free Massage!

PEOPLE PLUS COMMUNITY BOARD

LAWN MOWING Now accepting new customers for the 2022 summer season. No contract necessary. We offer weekly, or as needed lawn maintenance. The price for a lawn cut on the average property is \$30. Larger properties can call for an estimate. Call Gerard at 725-9738 or email flanaganlawncare@gmail.com

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

Can YOU Help?

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



FMI 729-0757 peopleplusmaine.org

THIS MONTH LITTLE FRANKIE HONORS all the mothers out there for Mother's Day! Come by and see him at the Center dressed in his finest May basket and straw hat! Doesn't Barbara do a great job each month giving him a festive outfit? He's our favorite little mascot and brings us all good luck!

New and renewing members for April

Memberships received as of April 17.
* indicates new membership
• indicates donation made with membership

BAILEY ISLAND

Claudia Frost

BATH

Christine Begley *
Steve King *
Dorothy Moody
Phyllis Wolfe
Ted Wolfe *

BOWDOIN

Diana Szurgot

BOWDOINHAM

Daniel Joyce *
Kathleen Joyce *

BRUNSWICK

Lynn Balint *
Jim Begley
Robert Biette
John Cooke
Joan Edwards *
John Eldridge
(Lifetime member)

Lee Emery *
Cindy Favreau *
Judy Gilbert
Elin Gould
(Lifetime member) *
Janice Hamilton
Suzanne Hand
Richard Hendsbee *
Jill Hutchins *
Rory Keefe
Barbara McHarg
Don McHarg
Debra Meinke
Janet Mitchell *
Caroline Shea Murphy *
Jim Murphy *
Selma Powers
Sandra Ray *
William Rollins *
Sandy Scholar *
George Sergeant
Susan Sergeant
Linda Stromski *
Barbara Tobin
Jo Ann Watson *
Elizabeth Wilson *
HARPSWELL
Charlie Cook * *

Lucy Cook * *
Donna Dillman *
Jane Harris *
Les Klein * *
John Moulton *
Sarah Moulton *
Joanne O'Donnell * *
LISBON FALLS
Harvey Bell *
TOPSHAM
Mark Benner *
Arleen Brother
Irene Brunelle
David Edwards *
Donald Fagan *
Merle Gott
Rachel Gott
Judy Hardin
Dale Hinckley
Joseph Hinckley
Bonnie Lundquist
Linda McIntosh *
Loretta Pelletier *
Sarah Withington
WEST BATH
Sherry Watson



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NOW ACCEPTING SNAP

The Brunswick Farmer's Market is now accepting SNAP benefits.

Supplemental Nutrition Assistance Program

BRUNSWICK FARMER'S MARKET

Interested in volunteering at the SNAP booth? Email brunswickfvolunteer@gmail.com

BRUNSWICK FARMER'S MARKET is implementing a SNAP and Maine Harvest Bucks program at its market. They are currently looking for volunteers to run the SNAP booth on Tuesdays and Fridays, from 7:45 am-1:15 pm (three-hour shifts). If interested, please contact Kimberly at brunswickfvolunteer@gmail.com.

Keeping Maine seniors warm

We can all agree that Maine winters are beautiful, but they can be brutal without the means to adequately heat your home. Morningstar Stone and Tile of Topsham is here to ensure Mainers stay warm! To distribute funds, Morningstar has partnered with the Maine Community Through Office Manager Lesa Lemar's desire to help low-income Maine seniors connect to home heating assistance, the Morningstar Home Heating Relief Fund was created. While we tend to believe that our senior population is well cared for, this is often not the case. Also, for many Maine seniors navigating the myriad local and state agencies to secure assistance

can be daunting. Lemar experienced this firsthand while advocating for her father, who is on a fixed income and had trouble accessing the assistance he needed. To distribute funds, Morningstar has partnered with the Maine Community Action Partnership (McCap). Founded in 1965, MeCap's focus is to improve the quality of life for Mainers in need. One hundred percent of each dollar raised will go toward immediate and impactful heating relief. FMI: Call Lesa Lemar at 725-7309 ext. 1 or go online at www.morningstarmarble.com/charity/



Lobster Party!



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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!

207-725-6200 | info@themclellan.com
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Central Maine Area Agency on Aging
Southern Midcoast Aging and Disability Resource Center



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www.spectrumgenerations.org

Monthly Update

May 2022



Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is Age My Way.

Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While Age My Way will look different for each person, here are common things everyone can consider:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

Fundraising Event

Golf Fore a Cause

What better way to take advantage of summer than at one of Spectrum Generations’ biggest fundraising events!

Our 20th Annual Golf Fore a Cause Tournament, benefiting our programs and services including Meals on Wheels, will take place on **Friday, June 10**, at **The Meadows Golf Club** in Litchfield.


For more information email jgraves@spectrumgenerations.org or visit www.spectrumgenerations.org/events.



Adult Prom

Spectrum Generations’ Cohen Community Center presents Adult Prom – Forever Young. Join us on **Saturday, May 14**, from 5 to 8 p.m., \$20 per person. Light appetizers will be available along with beer and wine. Music by County Gentleman. To purchase your tickets, visit the Cohen reception desk or call 207.626.7777.



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

Proud to partner with People Plus

A sincere heartfelt thanks to our volunteers

Spectrum Generations’ Meals on Wheels program is currently servicing approximately 1,200 individuals weekly. About 160 of those individuals are serviced out of our Midcoast center located at People’s Plus in Brunswick. That equated to 800 meals distributed in Sagadahoc County alone!

This past winter we would not have been able to complete our agency mission without the help of our many volunteers in the Midcoast area. With several vacancies, both in employees and volunteers, the Midcoast volunteers stepped up without hesitation. With volunteer shortages, many meals on wheels routes were vacant. Several volunteers extended their time by driving additional routes, assisting other volunteers, helping staff with meals on wheels planning execution, and most of all going above and beyond with their consumers!

We would like to thank our Midcoast volunteers, as well as all volunteers agency-wide, for their continued time. Volunteers do not necessarily have the time, they have the heart. Our volunteers sure do have heart!



The Commodity Supplemental Food Program (CSFP) assists in improving the health and quality of life in people ages 60 and over who are at a specific income level. This program is accomplished by providing nutritious supplemental food items. These food items are a good source of nutrients that are typically minimal in the standard diets of eligible individuals.

CSFP is administered at the Federal level by the USDA Food and Nutrition Service. Good Shepherd Food Bank prepares and distributes CSFP food boxes for the state of Maine. The Food Bank distributes between 6,000 – 9,000 CSFP food boxes each month to partner agencies across the state.

At Spectrum Generations, we distribute about 14,400 pounds of CSFP food on a monthly basis. With each box weighing about 30 pounds each, that’s equal to 480 boxes! These boxes are distributed by Spectrum Generations in the counties of Kennebec, Waldo, Lincoln, Somerset, Sagadahoc, and Androscogin. Additionally, we subcontract with Making Community Happen in Knox County who distribute an additional 128 boxes monthly.

Being of service to others ... there are examples galore

In the last month, I’ve experienced two different occasions which really brought home the understanding of one’s service to the community.

The first example had to do with me serving as a juror in a criminal trial. Not that it was something I was consciously dwelling on, but I was often curious as to why I’d never been picked for such a duty. After all, I am approaching 70, so I’ve been around the block a few times.

What struck me as interesting was the whole process of how one actually gets selected to ultimately decide if someone is guilty or not. Even more so during these recent times, as courts in Maine play catch-up with the heavy backlog of cases due to the pandemic pause.

To start out with nearly 150 people in a room, to answer questions when directed, and then to have two juries formed randomly by a kind of “drawing numbers from a box” system — it’s all pretty amazing. You never even learned other jurors’ names, let alone anything about them. All you heard was their number; I was 35.

Previously, the most obvious example for me of how our democracy works — and survives — always had to do with the act of voting. Now I have witnessed another way in which our nation relies on its citizens to provide guidance ... while, hopefully, protecting the rights of everyone.

As the instructing judge reminded all of us during a brief pep talk, in places like Russia, Saudi Arabia, Yemen, and countless other countries around the world, the accused do not receive the benefit of a jury trial. How can justice be served in such a way? We are indeed fortunate to live where we do, and shouldn’t take it for granted.

The second example of doing one’s bit for others was brought to light by my attendance at the awards ceremony in Portland for the 20 Outstanding Women of Maine, presented by 93.1 Coast radio station and Hannaford Supermarkets.

There was a lot of well-deserved cheering and applause for these wonderful individuals, which included our very own executive director, Stacy Frizzle-Edgerton, and my beautiful wife, Vicky Gabrion, who was being touted for her work as the director of the Hannaford Food Pantry.

It was a real pleasure to hear and learn about these fantastic people and their accomplishments. It should be added, that on numerous occasions I have heard both Stacy and Vicky quickly point out that

Simply put

Patrick Gabrion



tireless efforts by many other folks were a big part of any kudos they might receive.

During the event, a speech was given by a past recipient of the Outstanding Women honor. I’m taking the liberty of borrowing her theme, as I believe it best explains the overall message which — for me — characterized the whole evening.

She pointed out two very important words, which were “care” and “courage,” and how they go hand in hand. She said that the 20 ladies being celebrated all “care” about a particular cause they were attached to, but that they also — and this is the important element — stepped forward and had the “courage” to act on their convictions.

Many of us might believe or think that such and such is important, however, these 20 women actually talked the talk and walked the walk. Congratulations to them all, especially Stacy and Vicky.

While we’re on the topic of special people, I’d like to close with one other item. As most of you know, longtime People Plus member and volunteer extraordinaire Gladys Szabo will be leaving the area soon and moving to Connecticut with her family.

I believe I met Gladys on my very first day at the Center. While chatting about various topics, which included forewarning me about the shenanigans of the legendary Frank Connors, it was her immediate kindness and warm smile that left a lasting impression.

So, for me, the verdict is in. I’m adding one more person to the 20 Outstanding Women of Maine, and it’s Gladys. You will be missed, but I’m thankful for having had the opportunity to become your friend.




Continued from “Guess Who?” on page 6.

Answer: Gladys Szabo



STACY FRIZZLE-EDGERTON AND VICKY GABRION WERE HONORED by Coast 93.1 & Hannaford as two of the 20 Outstanding Women in Maine, 2022. LEFT: Selected for her work as People Plus Executive Director, Stacy is pictured with Hannaford executives. RIGHT: Vicky, who is married to People Plus newspaper editor Patrick Gabrion, was selected for her leadership role as director of the Hannaford Food Pantry. The April 4th award ceremony was held at Hannaford Hall on the University of Southern Maine campus in Portland.

HELP WANTED

 <p>Lunch Manager</p> <ul style="list-style-type: none"> • Serve as lead Chef for monthly lunch including menu planning, help shopping, day before prep, and day of cooking. • Approximately 13 hours a month, generally during the third week of the month. • Must be patient and flexible, know how to cook, and have a good sense of humor! 	<p>Lunch Volunteer Leader</p> <ul style="list-style-type: none"> • Serve as liaison between the volunteer lunch crew, lunch manager and staff regarding menu, dates, etc. • Schedule volunteers to cover shifts including day before prep & day of setup, cooking, serving and cleanup. • General oversight on the day of the lunch including table settings, dining room staging, service line, and calling tables. • Approximately 13 hours a month, generally during the third week of the month. • Must be patient and know how to organize volunteers with effective communication and a good sense of humor!
--	--

FMI call Jill at 29-0757 or programming@peopleplusmaine.org

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 <p>DIONNE COMMONS</p> <p>24 Maurice Dr, Brunswick (207) 725-4379</p>	 <p>Neighbors, Inc. The Home Care Company</p> <p>142 Neptune Dr, Brunswick (207) 725-9444</p>	 <p>Horizons Living & Rehab Center</p> <p>29 Maurice Dr, Brunswick (207) 725-7495</p>

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Weekly Winners

Senior Intermediate Cribbage

March 23: Leo Robichaud 694
George Tetu 690
George H. 684
Sam White 684

March 30: George H. 723
Anne Bouchard 719
Rollande Fortin 716
Henry H. 713

April 6: Jerry Donovan 715
Joe Tonely 711
Lorraine L. 695
Jen Haskins 692

April 13: Lois Fournier 710
George Tetu 710
Jerry Donovan 705
Anne Bouchard 682

April 20: Anne Bouchard 705
Rollande Fortin 700
Lorraine L. 690
Jim Cherry 675

Center’s art students to show their stuff in Café Gallery

A new art show is on tap for the months of May and June, with the Center’s own Tuesday and Thursday art students on display in the Café Gallery.

This is what instructor Ed Higgins, who recently took over the longtime teacher Connie Bailey, had to say about the upcoming presentation:

“In celebration of springtime, the students have been working on themes of nature, rebirth, and renewal,” Higgins said. “As Maine comes back to life after a long winter, it’s been energizing to see the robins hunting worms during an April shower, watch the crocuses coming up, or hearing the spring peepers and amorous waterfowl make their music.”

“As an instructor, I never cease to be amazed at the power this time of year has to inspire artists. One exercise we did recently was ‘drawing in the direction of life,’ where we tried to free up our mark-making and use it to echo the growth, direction, and movement of living things,” he continued. “Since trees, flowers, and grass grow upward from the ground to the sky, any sketching lines or brushstrokes made in a similar direction on the paper, naturally give a feeling of life and movement to our artwork.”



“At the show, you’ll see colorful student drawings and paintings of flowers, birds, woodland critters, and livestock; earlier in the year we worked on portraits and figure drawings, so I’m sure some of those will be submitted as well,” Higgins concluded.



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 to help support the Center’s many programs and activities.

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, which is 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.

MYSTERY

A Fatal Lie by Charles Todd. Charles Todd in the name used by the mother-and-son team of Caroline and Charles Todd. This mystery featuring Inspector Ian Rutledge is set in England in the years just after World War I. Rutledge is sent from Scotland Yard to the countryside in Wales to investigate a baffling killing. The story involves an abduction and difficulties in communicating from the rural location. Rutledge is suffering from what is now known as PTSD as a result of the war. He also talks to his invisible friend Hamish, who was killed in the war.

Shadows Reel by C.J. Box. Wyoming game warden Joe Pickett, his librarian wife Marybeth, their three daughters, and their friend Nate are involved in two story lines which tell of a Nazi photo album and the death of a local fishing guide. This is a very good, entertaining read.

FICTION

The Austen Project. If you are a fan of Jane Austen you might be interested in this effort to “modernize” Austen’s novels. Authors were selected to take the works and set them in modern times. Joanna Trollope wrote *Sense & Sensibility*. Two mystery writers, Val McDermid and Alexander McCall Smith, were chosen for other books. Four books were published, with not much success. Many readers were not interested in updating Jane.

Spoonhandle by Ruth Moore. This classic is set in the 1930s in coastal Maine and describes the lives of Mainers at that time. The author also wrote **The Weir**, a similar book. She fell out of favor but her books regained popularity when republished with the help of Gary Lawless. Spoonhandle was made into the film “Deep Waters” which bore little resemblance to the book and was disowned by the author. The early success of her books allowed her to build a house in Maine and continue writing.

MEMOIR

Three Girls from Bronzeville by Dawn Turner. This is the true story of three Black girls — two sisters and a friend — who grew up and became women in the Bronzeville section of South Chicago in the years after World War II. It is an excellent read.

NONFICTION

Downeast by Gigi Georges. Five Maine Girls and the Unseen Story of Rural America. This is the true story of young Maine women coming of age in rural Washington County. It is well written and very readable. It has been well received and has been given many favorable reviews.

The Last Ocean by Nicci Gerrard. A Journey Through Memory and Forgetting. English author Gerrard became involved in the study of dementia and care in England due to the onset of the disease in her father John. The book is a very well written description of dementia and all aspects of the disease.

Comments: news@peopleplusmaine.org

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