

 **45th People NEWS!**
ANNIVERSARY

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

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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

Ribbon-cutting for the new Center minivan is June 14th!



JOIN US FOR A RIBBON-CUTTING CELEBRATION at the Center on June 14 at 4 pm. Come celebrate our successful fundraising campaign and the purchase of a new minivan for the People Plus Center! It will be used to transport teenagers to and from the Teen Center program in the afternoons & summer, and also during the daytime to support senior members with trips, meal deliveries and other transportation needs. Thanks to everyone who donated! Help us celebrate!

Get outside and have fun in the dirt!

Now accepting registrations for Senior Community Garden plots

The Senior Community Garden is located on Industry Road and contains multiple garden plots that seniors can use for the season. Plots average 20X24, have just been tilled and are ready for planting.

Three water spigots with hoses are available for use in the gardens but gardeners are expected to provide their own tools. The season runs from May through October.

Gardeners of all skill levels are welcome - beginners will be assisted with planting and cultivation techniques. \$10 contribution to People Plus appreciated. FMI call 729-0757.



Don't miss out on \$850!

Did you file a 2021 tax return? It's not too late!

As you may know, there will be a state tax relief payment of \$850 to eligible full-time Maine residents who have filed or will file a Maine 2021 tax return. If you have not filed a Maine 2021 tax return, the AARP Tax Aide program can help by preparing your return and filing it electronically.

AARP tax aides will be at People Plus on June 16 from 12 noon to 4 pm (by appointment only). This program is open to taxpayers of all ages so please share this information with neighbors or friends. Membership with AARP or People Plus is not required.

We will need a photo ID (driver's license), Social Security card, and all tax documents received for the 2021 tax year. Examples of tax documents would be the annual SSA-1099 (form with pink box received in January), pensions/IRAs (1099-R), W-2s, interest received, and property tax or rent paid. Call 729-0757 to schedule an appointment.

Senior Health Expo 2022!
October 20th at the Brunswick Rec Center



Table Registration Now Open

Please mark your calendar for one of the People Plus Center's top events, the Senior Health Expo 2022! It is scheduled for Thursday, Oct. 20, from 9 am to 1 pm, and this year's gathering will be held in person! The highly successful and well-attended Health Expo will take place at the Brunswick Recreation Center, located 220 Neptune Drive (on the former Brunswick Naval Air Station).

The Senior Health Expo will showcase products and services in the following categories:

- Medical Services
- Fitness and Health
- Technology
- Housing/Respite Care
- Community Services
- Legal
- Financial/Banking
- Food/Nutrition



Visit peopleplusmaine.org for more information on the event, including table registration and sponsorship opportunities.

People Plus News

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

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Through COVID the cuddles prevail

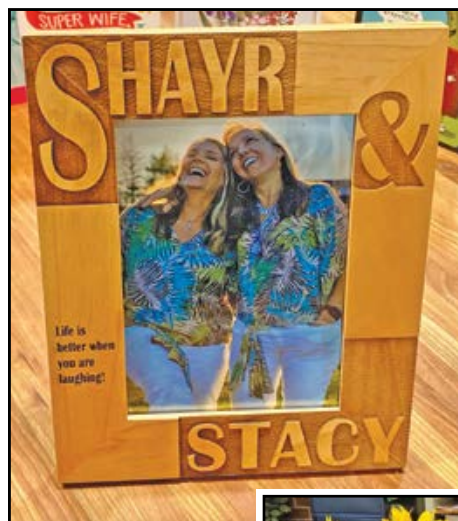
I awoke on May 2 with itchy sinuses, watery eyes, and the thought that I must be getting a cold. So, I masked up and went to work – staying six feet from everyone. Jill was tired and fuzzy-headed as well, so we both decided to test for COVID that afternoon and while her test was negative, mine appeared to have a faint second (positive) line.

Now, you may remember that April was exceptionally busy at the Center with both the Music in April and the Gelato Fiasco fundraisers culminating during the last week of the month. I think after my brother's passing, the funeral, and the fundraising, I was probably more susceptible to illness than I normally would be. Additionally, I had not made time to get the second booster shot and I genuinely think it might've made the difference as Jonathan got his and never contracted the virus despite living with me all week.

So, the next day, I began quarantine and felt like I had a minor cold. It wasn't bad and I ran three miles that night, thinking that I could just push through (sounds like me, right?). However, I had begun to see an increase in irritability, a decrease in appetite, and was nauseous. In fact, the only thing that helped was Coca-Cola, so I basically lived on it all week.

Then overnight, all heck broke loose as I slept fitfully and woke up Wednesday morning feeling miserable. I had chills, fever, and body aches for the next 24 hours, combined with sneezing, coughing, and congestion. It was all wrapped up neatly in a package of general malaise and was the worst I had felt in decades. I may have even been heard moaning occasionally.

Luckily, the rest of the week saw huge improvements as I moved past the worst of it. I was still incredibly tired and the most basic tasks like climbing the stairs or taking a shower was exhausting. And my brain completely ceased to function. I started watching the series Bridgerton (a romance fiction series) with only eight episodes and it took me the entire week to get through it even though, according



to Jonathan, I seemed to be watching it 24 hours a day. In reality, I kept having to stop it and rewind it and watch the same sections over and over.

I was back at work on Monday, May 9, having tested negative, yet was still extremely tired. The tiredness and brain fog were present for weeks to come. And my first 30-minute grocery shopping excursion led to a three-hour nap. During the next couple of days, I drove to Boston to retrieve my daughter Violet from college, had a visit to the ER with another family member, and spent many full nights wide awake with what's called COVID insomnia. I have to admit that none of these things did much to recharge my battery ...

And amongst all of that, Frank's brother Grant Connors passed away and Gladys is moving. My youngest daughter Juliet went to prom (with Grant Connor's grandson), and I celebrated my 54th birthday. So, to help get through it all, Juliet baked a COVID cake and my sister in Atlanta



From the Executive Director

Stacy Frizzle-Edgerton



sent me a birthday gift of a photo we had taken at my brother's funeral. (See photo). I also received flowers, candy, and soap from family and friends as well as a multitude of cards. I felt loved while grieving over another round of losses in our lives.

In mid-May, Jonathan journeyed to Philadelphia to see his daughter graduate from Penn Vet as a doctor, and then two days later they all left for a father/daughter trip to Portugal. I think he was happy to escape his grumpy, tired, and moaning wife more than he let on.

Right after he left, Juliet tested positive for COVID (got it at prom), so it was great that Jonathan got out of the house! Juliet's illness ran basically like mine, but lasted longer. She was a trooper and focused on trying to keep up with class work but the brain fog is definitely a real thing.

Luckily, having just had COVID myself, I could nurse her without fear, so she quarantined in my house and we've had lots of mommy/daughter cuddle time. We've also seen our daffodils and tulips come and go while we healed and nursed our tender feelings. So, there are a few silver linings that come with COVID. They are fairly thin but they are there if you look closely enough.

So, as we wrap up this oddly sad, yet warm and beautiful spring, I am happy to move into June and the long summer days of swimming in the pond, watching the children and the flowers grow, and enjoying life at work and at home. Although we know it will be different at the Center without Grant Connors and most certainly without Gladys, we also know that the smiles and sense of community will prevail. We will hug each other and laugh together and enjoy our days of health and shared experiences. Actually, I can't wait.



Gardening and healthy eating go together

I always thought that gardening was hard work. So, I never had a garden.

When a neighbor gave me a raised garden bed, I found out that it is quite simple to do and it is so much fun to watch everything grow. It is even better to eat what you have grown. We now have seven raised garden beds and just finished all of our planting.

Our neighbors across the street have a raised standing bed so they don't even have to bend over! If you have never had a garden before, it might be something to think about starting. It could be something very small, like a few herbs in a pot or a tomato plant.

My husband just said to me that a vegetable garden is very similar to healthy eating! It is all about preparing/planning. You prepare the soil to get ready for planting and after your plant you keep them watered. There is a parallel with eating healthy meals. If you plan, purchase food and prepare healthy meals, then it happens!

One of my daughters suggested the topic of this article and suggested a recipe similar to the one that I chose. So maybe think about planting some mint to have a cool and refreshing mocktail this summer!

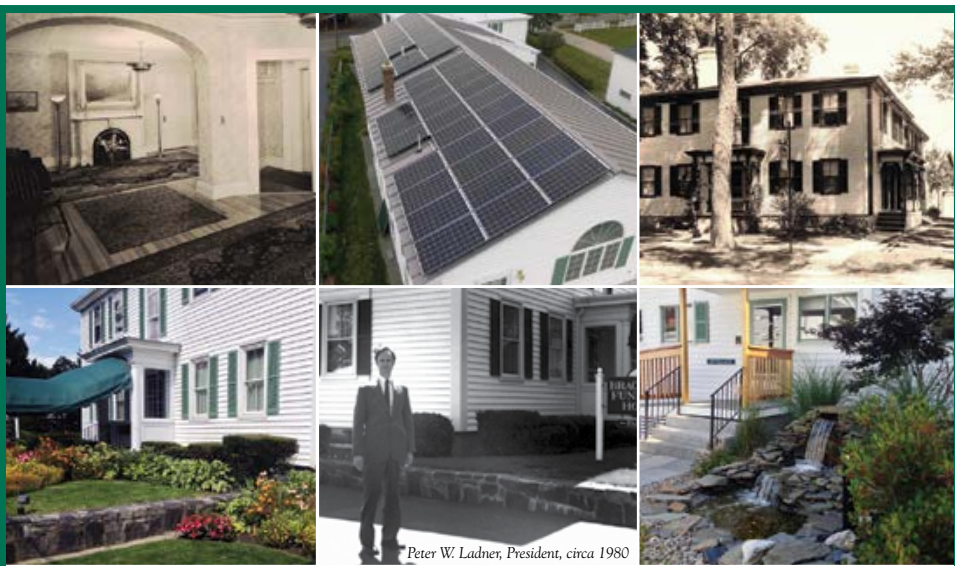
Strawberry Mojito

Ingredients

- 3 strawberries, sliced
- 10 mint leaves
- 1 Tb. lime juice
- 1 t. sugar or sweetener of choice
- 1 C. soda water
- Extra mint and strawberries to serve

Instructions

1. Muddle strawberries and sugar/sweetener in a glass to release their juice.
2. Add the lime juice and stir to combine.
3. Clap the mint together in your hands to release the scent.
4. Fill the glass with ice and add soda water. Stir to combine.
5. Garnish with extra mint and strawberry slices.



Peter W. Ladner, President, circa 1980

BRACKETT FUNERAL HOME

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SMASHING FUNDRAISING RECORDS!

Music in April exceeds expectations!



Over \$54,000 raised!

Wow, what a successful event! Because of strong support from our faithful donors and sponsors, plus the month-long participation from hundreds of bidders, the People Plus 20th annual Music in April raised more than \$54,000!

This year's auction broke several records, including 338 auction items, 238 bidders, and more than \$20,000 in sponsorships!

Contributions to our 2022 Music in April fundraiser provide support for the life-sustaining programs at the Center. These programs create healthy and independent lives for older adults, provide volunteer opportunities, outreach and transportation services, and care of our home-bound elders.

Over the years, Music in April has become a signature event in the greater Brunswick community and beyond, with the online presence over the last two years. This year's event brings the 20-year total of funds raised for People Plus to more than \$600,000!

"It goes without saying that none of this would be possible without the support of everyone," said People Plus Executive

Director Stacy Frizzle-Edgerton. "We are blown away at this year's amazing response to help support what we do at the Center. Thank you to everyone!"

Sponsorship of Music in April and other fundraisers 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. We could not do it without them and are so appreciative of our local area businesses — both large and small — for supporting our older adult and teen populations.

The bidding for the more than 300 incredible auction items launched on April 1 and concluded on April 29. New this year was

our grand finale, a live auction on the final evening, with Stacy Frizzle-Edgerton and retired Membership Coordinator Frank Connors acting as hosts and auctioneers. A very entertaining presentation, indeed.

The auction featured things like a propane grill, original paintings, pottery, vintage items, toys, jewelry, a Chinese dinner for eight, pasta-making class for four, three of Jane Connors' homemade pies, along with gift certificates to local restaurants and activities, such as white-water rafting, night in a yurt, museum passes and Boston Duck Tours.

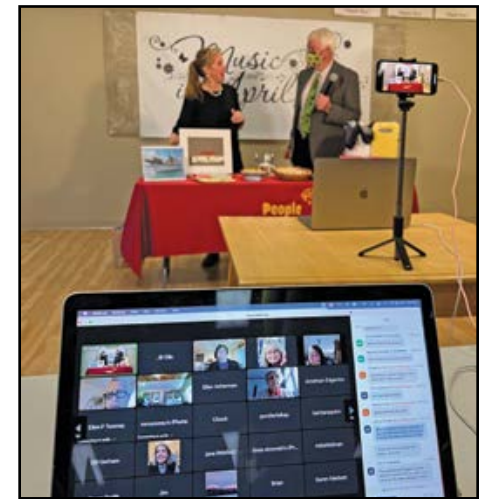
Once again, thank you to everyone for supporting People Plus. We will see you at next year's 21st annual Music in April!



WITH OVER 50 PEOPLE LOGGED INTO THE ONLINE MUSIC IN APRIL LIVE AUCTION Zoom event, it was an incredibly successful evening raising nearly \$4,000! It was even more special because we had never done anything like it before at the Center! Thanks again to Frank Connors for partnering with Stacy to be the auctioneer extraordinaire! And thanks to everyone who watched or bid on our live auction items!



THANKS TO EVERYONE WHO PARTICIPATED in the half dozen or so raffles that we ran this year at the Center! With nearly \$5,000 in income, it definitely was a big part of what made the Music in April fundraiser a huge success!



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



Scoop a huge success!

\$8,500 raised for teens!

People love gelato! And they also love supporting the Brunswick Area Teen Center!

Literally, hundreds of Brunswick area residents endured the rain to turn out for the 14th annual Scoop-a-thon fundraiser at the flagship store of Gelato Fiasco on Maine Street in Brunswick on April 27th.

A grand total of nearly \$8,500 was raised at the event.

The Teen Center program supports dozens of youth every day after school with food, electronics, homework help, mentoring, creative art projects, and just having plain old fun! This Scoop fundraiser keeps the program free for all the kids!

According to folks at Gelato Fiasco, 802 items were sold at the day-long gathering. Of those, 748 were gelato dishes, cones, or pints.

The 7 pm hour was the busiest, followed by 9 pm, 4 pm, and 8 pm. The fundraiser went from 11 am to 10 pm.

"During the busy 9 pm hour, one dish was scooped every 27 seconds," said Bobby Guerette, of Gelato Fiasco. "Surprisingly, given the pandemic and celebrity scooping tweaks, participation was about the same as, or slightly more than, 2018 and 2019."

"The Scoop-a-thon was awesome!" said Jordan Cardone, Teen Center Coordinator. "Yep, it rained much of the day, but it didn't stop customers, scoopers, volunteers, our annual teen field trip, and lots of Bowdoin students at night providing wonderful music. It was a happy people day as usual at this event! A million thanks to all!"

Yes, thank you for showing your support for the Teen Center program. And a big thanks to our sponsors of the event!

Grant funding vital in supporting seniors, teens

It goes without saying that the financial support given to People Plus is vital when it comes to providing the programs and services at the Center. We just couldn't do it, otherwise.

Money is raised in various ways: through membership dues, fundraisers like Music in April and the Scoop-a-thon, monthly raffles, backing from countless businesses and organizations, and much more.

Another source of income is the grant funding received throughout the year. Again, these monetary awards go a long way in helping our senior members, as well as the teens who utilize our Union Street facility.

The following are the grants obtained by People Plus during this fiscal year, with the list indicating where the award came from,

what the money is earmarked for, and the amount:

- First Parish Church, Teen Center, \$1,000.
- Alfred M. Senter Fund, Teen and Senior centers, \$8,780.
- Nathaniel Davis Family Fund, Teen and Senior centers, \$4,000.
- Maine Community Foundation, \$5,000.
- Harold Dudley Fund of the Maine Community Foundation, \$5,000.
- Maine Women's Giving Tree, \$4,000.

"All these organizations recognize the importance of what goes on here at People Plus," said Executive Director Stacy Frizzle-Edgerton. "Their support is beyond measure, and we want to thank them for their continued trust in what we do at the Center."

45th People Plus! ANNIVERSARY

Raised through May 25

\$73,220

Annual Fund Goal **\$70,000**

Fiscal year ends June 30

Your donation may contribute to a 100% challenge match.

Each donation matters!

Annual fund reaches even higher!

With only one month left to go we are thrilled to have exceeded our annual fundraising goal of \$70,000! Of course, now we've been challenged by our development team to raise the bar to an even \$75,000!

Can you help us reach this goal? We are only about \$1,700 away from knocking it out of the park!

The fundraising team has also seen successes for the Teen Center and the amazing fundraising capital campaign of over \$50,000 for the minivan.

Thanks to everyone who contributed! We could not serve our community and you, our faithful members, without this incredible support!

Thank you to our generous community!

June is Jumping at People Plus!!



CHRISSEY SIX, THE TABLE TENNIS GROUP'S CO-COORDINATOR at People Plus, is shown on the right competing at this year's National Senior Games in Fort Lauderdale, Florida. Looking very determined, Chrissy finished in the top 20 in singles in her age group and took fifth place in the women's doubles with Irena, her doubles partner seen on the left in the photo. Chrissy said the venue was very impressive and the competition was a wonderful experience.

Lunch & Connections!

Chicken Pot Pie & Buttered Potatoes

Come meet our new Lunch Chef, Rosemarie Perry, at Lunch & Connections on June 23rd. Our featured main dish will be Chicken Pot Pie with side of potatoes with parsley and butter, bread, 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: strawberry shortcake with fresh whipped cream.

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.

The cost is just \$5 for members and \$10 for non-members. Space is limited to the first 60 people, and it is important that you pre-register to be included. It's really easy; just call 729-0757 to register anytime.



Rosemarie Perry

Good Eats – Good Friends!

Women's Breakfast

Thu, June 9, 8:30 am. Enjoy breakfast while socializing with the ladies. Members only. Call to register. \$4 suggested donation

Men's Coffee

Thu, June 30, 1:30 am. Enjoy coffee while socializing with the gents. Members only. Call to register.

Come Play with Us

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

Celebration of Life for Alvina Menard



Tuesday, June 7. The family of the late Alvina Menard, beloved member of People Plus, is having a celebration of life for her at People Plus on Tuesday, June 7. Alvina passed away in February. Church service begins at 10:30 am at St. John's and then family and friends of Alvina are invited to head to People Plus at 11:30 for a celebration of life. All are welcome to attend.

Low Cost Hair Cuts!

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

Programming Notes

- The Center will be closed on Monday, June 20 in observance of the new national holiday "Juneteenth"
- Lunch Out will take place on June 7 (1st Tuesday, instead of the usual 2nd)
- June's lunch will be on June 23 (4th Thursday, instead of the usual 3rd)
- Table Tennis will now take place on June 16 but will not occur June 23
- Yoga will now take place on June 16 but will not occur on June 23

Register for activities @729-0757

Note that anyone can try any activity once for free!

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 www.peopleplusmaine.org.

CENTER CLUBS Free: Members Only

**To connect with clubs, call 729-0757*

Apple Club

Tue, June 28, 1:30 pm. 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.

Cafe en Francais

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

HELP WANTED

Men's Breakfast Chefs

Hey guys! We are looking for a few men who like to cook and want to be in the kitchen once a month to prepare and serve the Men's Breakfast event! This is a men-only event so we really need some men to come in and cook once a month. Let us know if you are interested in being a part of this fun team!

Lunch Volunteer Leader

- 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

Apple Tech Time

Thursdays, 9:30 – 12 noon. Bring your Apple device for a 45 minute session with Bill Perry and he will answer your questions! Members only, 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 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.



Are you interested in an Acoustic "Jam Session" Club?

We've had requests to start our Saturday acoustic Jam Session club again. This is an intermediate level music club for people with their own instruments who can already play songs and know basic chords. Play in a song circle format where everyone gets a turn to share! Open to People Plus members. Call Sarah at 729-0757 to put your name on the interest list.

Medicare 101

Tue, June 14, 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.



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.

Mon	Tue	Wed	Thu	Fri	Sat
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. 		1 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	2 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Time 11:00 Yoga 2:00pm FYI! Curtains Up!	3 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	4 9:00 Zumba
6 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge	7 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:30 Celebration of Life for Alvina Menard 11:30 Lunch Out 12:30pm Biking Club 2:30pm Spanish Club	8 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	9 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	10 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	11 9:00 Zumba
13 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 7:00pm Civil War Book Club	14 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 12:30pm Medicare 101 2:30pm German Club	15 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	16 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Time 11:00 Yoga 12-4pm AARP Tax Help for Maine \$850 Tax Relief	17 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	18 9:00 Zumba
20  Center Closed	21 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	22 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Outing Club 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis 6:30pm Bruns. Coin/Stamp	23 9:00 Beg/Int Bridge 9:30 Art Class 9:30 Apple Tech Time 12:00pm Lunch and Connections	24 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	25 9:00 Zumba
27 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge	28 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 1:30pm Apple Club 2:30pm French Club	29 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	30 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Time 11:00 Yoga 1:30 Men's Coffee	Happy Father's Day! SUNDAY, JUNE 19TH!	

Register for activities at 729-0757

Pay attention to the ticks!

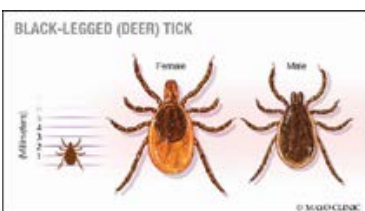
We all enjoy being outdoors in the nice weather and taking in Maine's beauty. But there's these little creatures we should be aware of, so that it won't spoil the fun. They are TICKS.

While ticks shouldn't keep us from going outside, there are some helpful tips we'd like to share. They come from LymeTV, a volunteer-based nonprofit organization dedicated to educating the global community about Lyme disease and other dangerous tick-borne infectious diseases.

Here are simple ways that can reduce your risk of dangerous tick bites:

- Wear bug repellent daily.
- Treat your clothing, or purchase clothing treated, in permethrin (an insecticide).
- Avoid areas of high grass, bush, and trees. If this is not possible, wear protective clothing.

— Protective clothing means: socks over pants, long sleeves and long pants, and lightly colored clothing to be able to see bugs crawling on yourself more easily. You can also wear permethrin-treated mesh clothing between your skin and regular clothes, to give yourself an additional layer of protection from a tick attaching.



— Daily tick checks are vital, especially in tick endemic areas. Remember, ticks are everywhere and you do not need deer to have Lyme disease. Mice and other rodents are the original hosts of the bacteria which causes Lyme disease. You can be in a non-rural setting and still get Lyme disease. Getting into the habit of daily tick checks is a great way to ensure that you are reducing your risk of these diseases, no matter your setting.

— Do not forget to do daily tick checks on your pets. Pets can carry ticks into your home from outside, or even from your local veterinarian's office. Pets can bring ticks into your home and into your bed, leaving you susceptible to a tick bite.

— Once you get home, strip off all of your clothing and inspect all of your gear. Putting clothes in the dryer on high for at least 15 minutes will kill any ticks that may have hitched a ride.

— Shower right away and do your tick check at that time. Also repeat the tick check before going to bed.

— If you find a tick attached, remove it properly and save it with the date found, or send it off immediately to be tested for disease.

For more information, go to lymetv.org.



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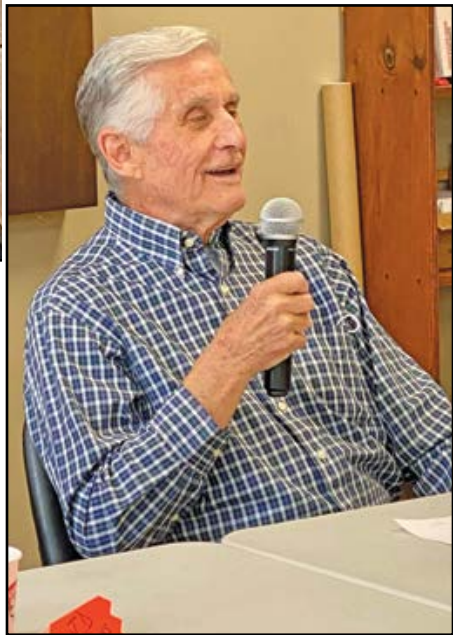
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STACY'S (FORMER) FATHER-IN-LAW CHARLIE FRIZZLE was our guest speaker last month at the World Affairs conversation club. As the former president of Maine Yankee, the nuclear power plant in Wiscasset, Charlie is an expert on nuclear power and spoke to World Affairs regarding the ongoing energy crisis. It was a fascinating presentation and the World Affairs group was enthralled. There was a fun and informative Q&A session as well! Thanks to Charlie Frizzle, former board member of People Plus, for spending his morning with us at the Center and congratulations on his award!



Former board member awarded volunteer of year by Governor Mills

Executive Director Stacy Frizzle-Edgerton's former father-in-law, Charlie Frizzle, who was the guest speaker at the latest World Affairs Conversation Club, recently received one of the state's top volunteerism honors.

Frizzle, a Brunswick resident, was presented the 2022 Maine Governor's Volunteer of the Year award.

Charlie has been an amazing volunteer for the state of Maine, serving with the Independence Association, the board of People Plus, the board of Mid Coast Hospital, and the town planning board for Brunswick. He has thousands of hours of volunteer service over the last 25 to 30 years of his residency. On top of that, Charlie is an expert on nuclear power, having served as the former president of Maine Yankee, as part of the nuclear power plant in Wiscasset.

"Representatives from the Independence Association (I'm a board member), Mid Coast Hospital (I'm a board member), and the Town of Brunswick (I was a Planning Board member for 20 years, 14 years as chairman) got together and developed the application that resulted in me being named Maine Volunteer of the Year," said Charlie. "I was humbled that they thought enough of my contributions to take the time to prepare this application and I am truly honored to have been chosen."

The following are some of the nomination remarks that led to Charlie earning the highly regarded award:

— From Independence Association
For more than 50 years, Independence Association (IA) has supported hundreds of children and adults with disabilities in attaining full and inclusive lives in their chosen Maine communities. Charlie Frizzle has served on our board for 23 of the past 25 years, as IA has grown from a \$4 million organization to one that exceeds \$10 million. He has served in every position possible, including the critical roles of secretary, treasurer, and secretary-treasurer. His interpretation of our monthly financials has been a guiding light for the executive director and to the board members. He even continued as a committee member at-large during one of his two off-tenure years.

— From Mid Coast Hospital
Over the past two decades, Mid Coast-Parkview Health has grown into a dynamic family of MaineHealth services providers, addressing a full continuum of community needs. We have invested in one of the region's most modern hospitals, as well as in diverse medical groups, home health care services and senior services. Charlie's extraordinary volunteer leadership has been one of the driving forces behind our growth, spurring us to expand and adapt to make our community a better place! Health care is increasingly complex and constantly evolving, and Charlie has had an enormous yet quiet impact.

— From Brunswick Planning Board
During my 10-year tenure as the Town of Brunswick Director of Planning and Development (2007-2017), I had the pleasure of working with Charlie Frizzle as Planning Board Chair. Being on the Brunswick Planning Board, let alone Board Chair, is no easy task. The board meets three times a month to review and act on development proposals and zoning ordinance amendments, as well as other special planning projects. I can count on one hand the number of meetings Charlie missed over the 10 years. His professionalism



in chairing meetings, fairness and community knowledge is respected by all applicants that come before the board. Charlie not only chaired the Planning Board but also chaired the Zoning Ordinance Rewrite Committee (ZORC), a four-year endeavor to do a complete overhaul of the outdated Brunswick Zoning Ordinance. ... Charlie always made himself available for staff discussions between meetings, reviews of several draft ordinances, as well as participating in what we called "pop-up community input sessions" during 2nd Friday Art Walks. Charlie's Planning Board involvement didn't stop there. I could always count on him to jointly conduct new member orientations with myself and the Town Planner. In all the years I have worked with and served on Planning Boards, I can honestly say I have never met an individual so dedicated to serve their community as Charlie.

"Charlie has been an amazing volunteer for the state of Maine serving with the Independence Association, the board of People Plus, the board of Mid Coast Hospital, and the town planning board for Brunswick, he has thousands of hours of volunteer service over the last 25 to 30 years of his residency. He has been volunteering at Mid Coast longer than Lois Skillings has been at the hospital! And since he was the treasurer on the board when I was hired, he also taught me how to read the financial spreadsheets," said Stacy Frizzle-Edgerton Executive Director People Plus.

Congratulations to Charlie. A well-deserved recognition for all of his services and volunteerism. The link to see Janet Mills present Charlie with his award is <https://volunteermaine.gov/media/news/36-governors-awards-announced>



CHARLIE'S VOLUNTEER EFFORTS AT THE CENTER did not end with being the Treasurer and board member. He also helped on several hands-on projects including working with Jack Hudson to build our storage shed outside!

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. My name is Charles D. Frizzle Jr.
Q. The community where you live?
A. I live in Brunswick, Maine.
Q. Professional occupation?
A. I got my start in nuclear power in the U.S. Navy Nuclear Power Program. Following my discharge from the Navy in 1971, I was hired by the Maine Yankee Atomic Power Company as an assistant engineer. Over the next 18 years, I advanced through many positions until in 1989 I was named president and CEO of the company, a position I held until my retirement in 1997.
Q. How many years did you serve on the People Plus board and positions that you held?
A. Memory does not serve me well regarding this question. I first came to this board when the organization was still called "55 Plus" and was located at the former St. Charles Church at 6 Noble St. I was still on the board during the move to 35 Union St. I resigned from the board when my daughter-in-law, Stacy Frizzle, was named executive director of the organization. I did this to avoid any possibility or appearance of a conflict of interest. For some period of time on the board, I served as treasurer of the organization.
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 grew up in the 1950s in a small town (Candia) in New Hampshire. I graduated from high school, Salutatorian, in 1960. I attended the University of New Hampshire



sporadically from 1960 to 1965 and joined the Navy in 1965.
In my spare time, I enjoy playing racquetball and shooting pool. I also enjoy solving crossword puzzles and Sudoku puzzles.
Q. Your view of People Plus and why you believe it was so important to serve on the board?
A. I believe People Plus provides a large number of programs and services that address what would otherwise be unmet needs in Brunswick and neighborhood communities. Serving on their board during some of their more challenging years was a very gratifying experience.

Gone but not forgotten –

Brenda Sullivan
Feb. 25, 1939 – March 31, 2022
Avon Libby
June 2, 1926 – April 18, 2022

Michael Barrett
Feb. 29, 1944 – April 27, 2022
James Pepper
Nov. 6, 1944 – April 30, 2022

Shirley Davis
Oct. 20, 1934 – May 10, 2022
Grant Connors
July 18, 1943 – May 11, 2022



THE PEOPLE PLUS OUTING CLUB enjoyed their gathering at the Wolfe's Neck Farm in Freeport on May 11. The Outing Club, which has hiked at numerous locations in the Midcoast Maine region, meets on Wednesdays at 9:30 am. All are welcome! Photo courtesy of David Selleck.

Concerts for a Cause to feature Masse and Wilson

Back by popular demand, Heather Masse and Jed Wilson return to the UUCB Concerts for a Cause series on Saturday, June 25 at 7:30 pm at the Unitarian Universalist Church of Brunswick, 1 Middle St. Heather, a Maine native, is well-known to audiences as a regular guest on the NPR radio show "A Prairie Home Companion," both as a solo performer and as a member of the Billboard-charting folk supergroup, The Wailin' Jennys. For this concert, she joins forces with jazz pianist Jed Wilson. Heather and Jed met as jazz students at the New England

Conservatory of Music and have been performing together for nearly 15 years. Tickets are \$20 in advance, \$25 at the door; \$10 Students/Children. Available at the church office (729-8515) or online at <https://ticketstripe.com/heather> Masking is required. All people 12 years or older must show proof of COVID vaccines or negative test at the door. Proceeds from the Concerts for a Cause series support Mid Coast Maine Hunger Prevention Program and Immigrant Legal Advocacy Project.



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Summer's here! Time to Get Active!

It's time to Get Active! And to help you do that the Summer Guide provided through the Brunswick-Topsham Land Trust and its partners is now available.

The beautiful Southern Midcoast Maine region offers some fantastic local hiking, beaches, and wonderful scenery on the many trails managed by local towns and land trusts. Walking through the woods, bird watching, swimming, and enjoying the scenic beauty of the Maine coast are great ways to spend summer days. Now you can find places to discover these opportunities in one easy step!

As an example, most of the Brunswick-Topsham Land Trust's 20 miles of trails and its preserves are open to the public and are free every day. The trust serves the communities of Brunswick, Topsham, and Bowdoin,

and partners with diverse projects in and around the southern Midcoast Maine region. Be sure to check BTLT's website (btlit.org) and social media to be alerted of any changes and potential trail closures.

Partners, working together to enhance the Get Active! experience, include Access Health, Bath YMCA, Brunswick-Topsham Land Trust, Cathance River Education Alliance, City of Bath, Harpswell Heritage Land Trust, Kennebec Estuary Land Trust, Mid Coast Hospital, Phippsburg Land Trust, People Plus, Six Rivers New England Mountain Bike Association, Spectrum Generations, towns of Brunswick, Harpswell, and Topsham.

So, let's Get Active!

FMI: <https://getactivesouthernmidcoast.org/summer-activities/>



Get Active
Southern Midcoast

ALL-SEASON ACTIVITY GUIDE

Get Active Southern Midcoast is your resource for free and low cost activity ideas.

Trail and park access may be limited. Please check before each visit.

ADDITIONAL ACTIVITIES, MAPS, AND INFORMATION
www.GetActiveSouthernMidcoast.org

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Updated April 2022

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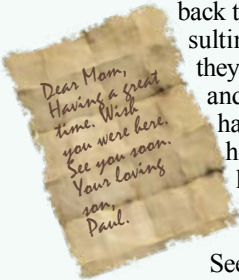
IN NETWORK WITH: Medicare, MaineCare, Martin's Point, Anthem BC/BS, Humana, Tricare, AARP, United Healthcare, Aetna, Today's Options, the VA, and others!

Clinics also located in Yarmouth & Kennebunk!

The Lost Art of Writing

By P.K. Allen

The year is 3020. The evening news headline: PAPER FOUND at ANCIENT BURIAL SITE. The article reads: Archeologists have discovered a paper inside a metal container at a dig site in Maine. Hieroglyphics experts have been brought in to try to decipher the message said to date back to the early 21st century. After consulting with other experts in the field, they have concluded that it is dated 2020 and is of the extinct English cursive handwriting style. After many, many hours of deliberation, the experts have deciphered the message to read as follows: Dear Mom, Having a great time. Wish you were here. See you soon. Your loving son, Paul.



My Candid Thoughts

By Doris Weinberg

For the past eight days, I have been stuck in the house. A victim of the Covid virus. Of all the things I had wanted to have, "freedom" was the most desirous. I need something desperately. Boredom is setting in. My anxiety lever is rising and my patience is wearing thin! I was given special pills to take. Six a day was needed. I took them very faithfully. But has this virus really receded? It has taken a toll. I don't feel great, I'm dizzy and my head's a little light. I've spent hours on the couch, finished lots of puzzles. I really need a dose of sunlight! I was told I still have three days to go and that seems like punishment. In fact, one day more is terrible enough, by adding to my discontent! Well, I have no choice but to wait it out, and keep myself peaceful and calm. That shouldn't be hard. I've had lots of experience from all these years as a "Mom." So, Covid, it is time to "be gone," and leave this tired lady alone. Ten days is enough. Your presence is unwelcome. Go back to the Twilight Zone!

My First School Yearbook 1947

By Betty Bavor

Yearbooks are a tradition as students graduate from levels of educational experience. Talented and interested classmates work with a teacher to publish a yearbook like no other. I have all mine and enjoy reminiscing as I turn the aged pages and wonder — rewind to 1947. NASHAWOG published by the class of 1947, Sterling Junior High School, Sterling, Massachusetts For history's sake, NASHAWOG means "a place between two rivers" and prior to the coming of the white man, this small prosperous Indian tribe fished, hunted, and fought petty wars with neighboring tribes. When the white man came, Chief Sholan was friendly and urged him to set up a trading post. Sholan granted land in 1642 for a successful trading post. I do not know the class who chose this yearbook name and Sterling's school system has changed dramatically over the years. Maybe there is a new yearbook name, as the Mary Ellen Butterick School building became the Town Hall with business offices when a new school was built years ago. Back to my cherished 1947 yearbook that I have before me. I had forgotten the contest for the cover and I won it! Forgotten too, I was editor-in-chief for this edition. In the Who's Who In '47, I hoped to become a hairdresser and own my own business, however, my life journey led to a physical education teacher. We 22 classmates made a Class Will, "Be it remembered that we



the class of 1947 ... being of disposing mind and highest I.Q., do hereby make, publish, and declare ... Betty Tyler wills her job of supplying paper to the eighth graders to Pauline Mager." Another page in this yearbook is a letter to me explaining how sorry they were I couldn't be with them for our Boston CLASS TRIP. Our family was on a trip to Florida to visit my paternal grandfather, which was scheduled before we knew about this class trip. Our CLASS GIFT was a two-volume edition of the "New Century Dictionary" in sincere hope it will yield students a treasure of educational information. The CLASS BANQUET report stated a chicken pie supper and my mother was on the committee. Games and dancing, election of a permanent class secretary, and a reunion in 1952 that never happened! I received a five-year diary I still have. Graduation exercises took place on June 29, 1947. An AUTOGRAPHS page ends this Class Yearbook, and it is my most precious and cherished page. My closest classmate girlfriend lives in Belchertown, Massachusetts. We call each other researching for the other 20 without success. Rest in peace. I am grateful to have begun my schooling life at Mary Ellen Butterick School, having caring teachers teach the three R's and a learning foundation for me and my classmates enriching our young lives.

Being Grateful

By Ellen Brown

I am grateful for people who speak truth to power. I am grateful for those who protect those who are unable to protect themselves. I'm grateful for those who embrace diversity. I am grateful for people with extraordinary skills and talents who lift my spirits or give me pause. I'm grateful for those who challenge my preconceptions with valid arguments. I am grateful for people with integrity. I am grateful for those voices that shout out when so many remain silent. I am grateful for people who are selfless. I am grateful for people who can bring humor and laughter into our lives and still bear witness to suffering and pain. I am grateful for people of conscience, of vision, and of optimism. I'm grateful for those who would pursue and dispel truth. I'm grateful for positive role models who will influence future generations. There are many of these people in the world, and I am grateful as they give me hope.

Poems & Prose

Grandma's Problem

By Nonie Moody

The grandchildren are sometimes forgetful when at grandma and grandpa's house. Coats and boots go in a certain area where there is a resemblance of some order. All winter long as the kids go outside, we make sure the coats and boots are on. As they have reached an older age, they are able to unlatch the two styles of child-proof door locks. When going downstairs to the play area or out the back door, there is an echo from us, "Shut the door." "Don't let the cat out." "Shut the door, we want to keep the heat inside." This has happened all winter long.



Bella the Cat
By Nonie Moody

Eats two times a day
A black and white tabby cat
Sleeps in laundry room

But now that spring is here, the newest thing is the doors, with power, have been slamming shut. If I'm near one of those doors being slammed, my hearing aids about shoot out of my ears. All winter long we asked them to shut the door, and now they are obeying with powerful gusto. I'll turn the hearing aids off, and hold my breath knowing the doors will slam shut, hoping no glass will break as they leave the house. This is not a new problem, but one the elderly has had for decades. I'll count my blessing for these two small grandchildren the good Lord has given us. Perhaps, a little personal instruction in closing doors is in the planning for their next visit.

Goodnight

By Bonnie Wheeler

A long day
Nothing accomplished
Nothing gained
Waiting to see
What tomorrow brings
Maybe JOY
To me or through me.

Spring is Here

By Virginia Sabin

Pussy willow bud Waits on a twig Braving the lion's roar	Dormant bulbs boldly thrust Drifts of daffodils In a brown landscape
Under snow, crocus bloom Poppy's green fern show Primrose grace gentle slopes Of sturdy pine and oak	And winter is gone



The Room Down Below

By Doris Weinberg

During my long life, there have been many houses that I have called home. Most came with a cellar or basement that could serve different purposes. We were very lucky in one home that the basement floor was cement. Some people only had dirt to put up with and, therefore, this lower room filled my memories with so many good times. Growing up in New Jersey, I remember two coal bins during the war years which made the area dark and dirty. It was required then to have a "so called" bomb shelter, so over in a corner were blankets, canned food, water, lanterns, etc. But it didn't stop my sister and I

from roller skating on the cement floor. When the war ended, my parents switched to gas heat and the dirty bins were gone. Although my dad didn't have building skills, he managed to divide the space. He enclosed his work area for the furnace and a work bench. He also walled off the laundry tubs which left a big space for a play area. He put in a ping pong table, extra furniture and it became a much-used recreation room. It was a haven for rainy days, a place for the cast party after a high school play, and was even used for an engagement party for me many years later. For young people growing up today, I think their memories will be filled with "electronic toys." But for me, it was outdoor games like spud, hide-and-go-seek, bike rides, and jump rope. And I won't forget roller skating in the basement!

FOR RENT

Seasonal Rental By P.K. Allen

One bedroom apartment to let. Free rent, only upkeep. No heat or elec. Shade and rain protection in summer. Great view. Food sources nearby. No application or referrals necessary. Showings avail-able 24/7. First come, first serve.



Leaving with mixed emotions

By Gladys Szabo

I am delighted, after ten years, to have our family reunited to living together. My son-in-law has traveled home every other weekend since the base closed and couldn't find a job. We stayed here so all their daughters could graduate with their friends with whom they started school.

I am extremely sad to leave my extraordinary life I have built here in Brunswick.

My emotions jump back and forth constantly. Life brings tough choices and this is one of the hardest, but in my heart, I know I am making the right one. Family is always the first choice.

My life has been touched by so many in an abundant amount of ways. I am so blessed to have so many caring and loving friends. I

wish I could hug and thank each of you personally, but it would take more time than I have left before moving.

I won't say goodbye as that is too final. I expect to come back to reunite with many as one of my granddaughters will be living here for another year.

I am actually returning to Connecticut where I came from 21 years ago and have many friends around the state that are excited at the chance to get together again. Still not in my everyday life.

My phone number will be the same and would love to hear from you. I bid farewell until we meet again.

As Bob Hope sang,
"THANKS FOR THE MEMORIES!"
HUGS - Gladys Szabo



BITTER SWEET WAS THE WORD OF THE DAY at the May lunch. No one wants to say goodbye to Gladys so we all said "fair thee well" and return soon! We will miss you Gladys!



NOW ACCEPTING SNAP

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



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

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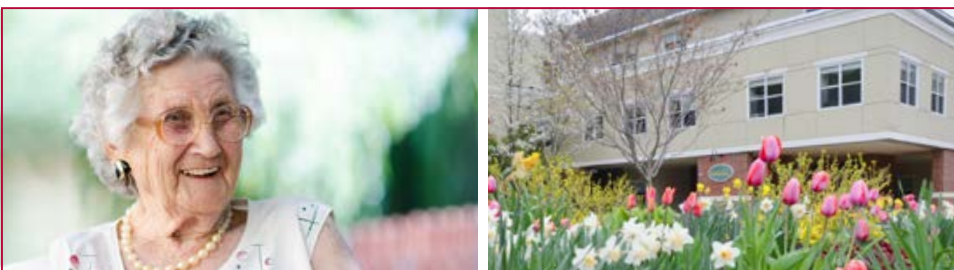


FIBER ARTS TAKES THE CAKE! Do you know what a “cake” of yarn is? We bet these ladies do! Members of this fun club never miss the chance to celebrate a birthday. Happy birthday to Donna Carver! Want to try Fiber Arts club? Come join us, Mondays at 10 am.

Do you get our weekly email?

Jill sends a weekly email with all the events happening the following week at People Plus. It's the quickest way to get updated news about the Center! The email also includes a weekly wrap-up article written by Stacy, a Teen Center update from Jordan and of course, Frank's weekly Two-Cents article.

If you aren't getting it, just email programming@peopleplusmaine.org or leave a message at 729-0757 and Jill can add your email address to the list!



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



Are You Signed Up Yet??

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

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

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

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.

NONFICTION

The Pioneers by David McCullough. This book is an account of the settlement of the Northwest Territory of the young United States after the Revolutionary War. That wilderness area was ceded to the U.S. by the British as a result of the Treaty of Paris. It was northwest of the Ohio River and included five future states. This work by Pulitzer Prize-winning author McCullough is well written and a very good read, as are all his other books.

Ritchie Boy Secrets by Beverley Driver Eddy. During World War II, the U.S. Army assigned personnel to Camp Ritchie, Maryland, to be trained for intelligence work. Many of them had been refugees from Europe and a significant number were Jews. They were fluent in many languages and knowledge of their home countries. They were trained in interrogation and counter-intelligence. Another book on this subject is *The Ritchie Boys* by Bruce Henderson.

FICTION

Small Great Things by Jodi Picoult. Ruth Jefferson, an experienced black delivery nurse, is caring for a newborn, but is switched to another case. The parents of the first child are white supremacists and object to a black caring for the baby. Later, the newborn goes into cardiac address and dies. Ruth is charged with a crime. Based on a true story, the book talks about the trial and the interaction of Ruth, her defense attorney, and the white couple.

The Duke and I by Julia Quinn. This is

the first book in a series of eight about eight siblings of the Bridgerton family. The stories are set in Regency London in the early 1800s, and involve the families' activities in London high society. The books were the basis of the highly successful and entertaining TV series.

Books by Marcia Willett contain good story and character development. There is usually a family secret to be worked out, with possible terrible consequences. Here are some of her books: *The Golden Cup*, *Starting Over*, *The Bird Cage*, and *Summer on the River*.

Death of Mrs. Westaway by Ruth Ware. Set in 1994 and 2014, the story is about members of a family unknown to each other coming together with interesting results.

A Splendid Run by Megan Chance. An illegitimate orphan is invited to live with family she did not know existed. It becomes an exercise in survival in evil surroundings.

JANE AUSTEN

The Murder of Mr. Wickam by Claudia Gray. All Austen fans are familiar with Wickam — the unsavory character in *Pride and Prejudice*. Many detested him, and some wanted to kill him. In this interesting and entertaining mystery, the author mixes characters from several of Austen's books and tells the story of their search for a murderer.

Jane Austen at Home by Lucy Worsley. Viewers who watch Public Television have probably seen Worsley. She has hosted shows about English history, rulers, cities, and interesting buildings. She is an historian, curator, and author. This book is about Jane Austen and her life, writings, and the times and places in which Austen lived. It is rich in detail and well written.

Comments: news@peopleplusmaine.org

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Summer at the Teen Center!



Brunswick Area Teen Center No More Teachers, No More Books

We are in a countdown to the end of the school year with the last day of school being June 15th. The kids usually have mixed feelings about this as some can't wait and others lament that they will be bored in the summer and miss seeing all their friends at school.

Now that we will be able to do summer pick-ups, more kids, especially those living in or near housing at the Landing, will be able to attend the Teen Center program this summer! We will begin our summer hours on Tuesday, June 21 and will be open 1:30-4:30 pm, Monday through Thursday.

We received our first grant for the upcoming fiscal year from the Maine Women's Giving Tree. We were awarded \$4,000 to go toward staffing/food program! Thank you to the members of MWGT!

Not so happy news is we are losing our intern Alex Curtis, as he is finishing up his internship and graduating from USM. Alex has been with us since February and we are going to miss him terribly!

We will be welcoming another intern this summer who will be doing her internship with both Housing Resources for Youth and the Teen Center.

I'm a bit behind on Scoop-a-thon news as I headed off to vacation immediately after. Our Scoop-a-thon in April was a success bringing in more than \$8,500! Thank you again to all who helped, ate, sponsored, and entertained and a huge thank you to the folks at Gelato Fiasco!

Numbers in the Teen Center continue to be up as we welcome more students to the program. The kids are keeping us busy with cooking, troubleshooting electronics, supervising dodgeball, engaging in video games with them, doing a lot of listening and occasionally actually getting them to sit down and play a board or card game.

It is a good sign of times improving when I look and see that last April, we had 36 visits to the teen program and were all in masks and covering ourselves with sanitizer. This April we had 194 visits and no more masks! It's been a challenging couple of years, and it is great to see so many of our kids again!

As the weather continues to warm up, we hope to get the basketball

Teen Center News

Jordan Cardone



players back outside and see what kind of "team" they come up with this year (then they want team T-shirts and want us to try to find other "teams" for them to play).

We have not had our corn hole game out for a couple summers now and we have plenty of kids who have never played so we look forward to setting that up again as well.

We are looking forward to summer, root beer floats and watermelon and walks downtown!

Until then,
Jordan and the gang



Will you bake for our teens?

With summer on the way, we are hopeful that People Plus members who love to bake will help us keep our teens happy with sweet treats on hand! Please try to avoid anything with nuts, but other than that they love everything including pans of brownies, cookies of any type, pie or ice cream. You name it they want to eat it in the summer! Thanks so much for baking!



Teen Center Summer Hours start June 21st!
M-Th, 1:30-4:30 pm

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Membership Benefits

The following businesses offer discounts for People Plus members.

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- Autometrics**, 10% off labor
21 Bath Road, 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

CLEANING AND SEWING

- 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
- Sew Special**, Ann L. Spencer, 607-1415
Free labor for 2nd hour of sewing including custom-made items and alterations.
Brun., annsewspecial@gmail.com

FLORIST

- Pauline's Bloomers**, 10% off in-store purchase
153 Park Row, Bruns., 725-5952
www.paulinesbloomers.com

HEARING AND OPTICAL

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

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

LEGAL

- Attorney N. Seth Levy**, discounted legal services for seniors including wills, living wills and estates
14 Maine St, Bruns., 319-4431
www.sethlevylaw.com

MASSAGE/CHIROPRACTIC

- Augat Chiropractic**, Free consult & cursory exam
9 Pleasant St, Bruns., 725-7177

- Hearts & Hands Reiki**, 10% off first visit
751-5339, mspruce@live.com

RECREATION/ENTERTAINMENT

- 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

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

- Bolos**, free bowling: 12-3 pm (first come, first served)
7 Dunlap St, Bruns., 725-5241
www.bolosbrunswick.com

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

- Flip**, 20% off Tuesdays
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

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

*Benefits subject to change



MEMBERS OF THE MONDAY ZUMBA CLASS were thrilled to finish their fun workouts and find buckets of free, beautiful flowers donated by Paradise North Flower and produce farm, located in Brunswick. The ladies all happily packed up some flowers to take home! Zumba is a fun, dance-style exercise class offered at the Center twice a week on Monday and Saturday mornings and is one of a dozen exercise classes offered at People Plus.

"GIVE A HOLLER WITH YOUR NEEDS!"

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Date _____

<p>Name (1) _____ Phone _____ Birthdate _____ <input type="checkbox"/> Female <input type="checkbox"/> Male</p> <p>Email _____ Emergency Contact _____ <small>(name) (phone) (relationship)</small></p> <p>Name (2) _____ Phone _____ Birthdate _____ <input type="checkbox"/> Female <input type="checkbox"/> Male</p> <p>Email _____ Emergency Contact _____ <small>(name) (phone) (relationship)</small></p> <p>Mailing Address _____ City _____ State _____ ZIP _____</p>	<p>Yearly Dues (Scholarships Available)</p> <p>Brunswick (<input type="checkbox"/> New <input type="checkbox"/> Renew): <input type="checkbox"/> \$30</p> <p>Other towns (<input type="checkbox"/> New <input type="checkbox"/> Renew): <input type="checkbox"/> \$35</p> <p><input type="checkbox"/> \$300 for Lifetime Member (65 or over)</p>	<p>Cash/Check (Payable to People Plus)</p> <p>Membership Dues: \$ _____</p> <p>Additional Donation*: \$ _____ <small>(*donations above membership dues are tax deductible)</small></p> <p>Total: \$ _____</p>
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OFFICE USE: Account Data Card Sent

Volunteer Opportunities at People Plus

I'd like more information about:

<input type="checkbox"/> Lunch Crew:	<input type="checkbox"/> Volunteer driving:
<input type="checkbox"/> cook/setup/cleanup	<input type="checkbox"/> rides to appts/shopping
<input type="checkbox"/> Reception:	<input type="checkbox"/> Meals on Wheels
<input type="checkbox"/> check-in/phone	<input type="checkbox"/> Teen Center

TECHNOLOGY

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

Are you a local business?

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

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NOW HIRING

Brunswick to Portland \$16-\$18/hr

Free Yoga, Free Massage!

THRU THE YEARS a 45th anniversary feature

June 2020: The “Masks for the Midcoast” effort gets front-page space in the People Plus News. Featured members Suzanne Neveux, Irene Bouchard, and Lonie Laffley Ellis are three of the dozens of members who took to their sewing machines (with a gang from Highland Green AND the MSMT) to create hundreds of custom masks in the fight to beat COVID.

June 2020: Exercise classes are back at the Center, working out “OUTDOORS” on the Center’s newly paved driveway. Masks remain mandatory, the building remains closed.

June 22, 2019: Frank Connors retired for a second time. On the 12th, he led his “last” Field Trip for the Center, a casual walk for an “up-close and personal” look at the village of Brunswick.

June 1, 2018: The Union Street Gallery is “aglow” with original art painted by “90-something” Elizabeth Bates, who is also a regular in the Center’s Write on Writers group. She likes to say, “the Center has quickened my creativity!”

June 1, 2018: Center debuts its new “Punch card” payment process. Buyers get 11, \$5 classes for \$50, and don’t have to stand in line while Pat looks for change!

June 8, 2017: Acting interns and production staff from Maine State Music Theatre, “The Broadway to Brunswick Bunch,” present music from the 1930s, ‘40s, ‘50s and ‘60s as they premiere their new summer season. Shows this year include, Grease, Guys & Dolls, Newsies, and Always, Patsy Cline.

June 8, 2016: “Journeys and Reflections,” the newest and boldest production of the Center’s Write on Writers, goes to a crowded Author’s Chat. The 230-page, soft-cover book features 120 poems by 24 Center writers.

June 14, 2016: Colleen Fuller, of Mid Coast Hospital’s Access Health, introduces the Summer Trail Challenge, an effort to get area residents out and exploring land trust trails.

June 9, 2011: Gladys Szabo “volunteer coordinator extraordinaire, and Hank Welzel named Volunteers of the Year at Appreciation event.

June 25, 2009: Susan Cole hired as Executive Director, People Plus

June, 2008: Suzanne Benoit leaves as Interim Executive Director, Sig Knudsen returns.

June 12, 2008: Special screening of “Young At Heart” film at Eveningstar Cinema for People Plus members. Film follows

experiences of 27 singers, aged 73 and older, who tour America. Cost is \$6.25

June 1, 2005: The Brunswick Teen Center, housed in the newly refurbished basement under Jordan-Wilson Hall, will open for business June 1.

June 9, 2004: Former State Legislator Charlene Rydell will offer her take on Medicare Prescription Drug Cards in Jordan-Wilson Hall at 1:30 p.m.

June 30, 2002: Frank Connors hired as part-time Program Director.

June, 2001: Town Manager Donald Gerrish recommends old high school on Spring St. be converted into intergenerational center for People Plus and the Brunswick Recreation Dept.

June 14, 2001: Maine Gov. Angus S. King, Jr., “the Center’s most famous neighbor,” keynote speaker at Center’s 25th Anniversary breakfast event.

June, 2000: Evelyn Cucci, Volunteer/Activities Coordinator and Dorothe Hallenback, Office Coordinator, are both leaving their jobs at the end of the month, as the center is establishing a full-time Administrative assistant position.

June 20, 2000: Beverly Salmon is planning a gathering where by members bring a hobby to share and discuss. The meeting will be followed by enjoying strawberry shortcakes.

June 2, 1999: Gertrude “Trudi” Catlin of Brunswick is named the second recipient of the Leona Harris Volunteer of the Year award. She contributes an average of 30 hours weekly to the center as a crafts-person, program committee member, desk volunteer and “tireless organizing.”

June, 1999: Walter Cucci, aka “the road-runner” is cutting down his extraordinary workload as a volunteer here, and we need someone to take over selling ads for and distribution of our newsletter. (1,165copies each month)

June 22, 1998: Celebration of Summer, Thomas Point Beach from 11 a.m. To 2 p.m.; old fashioned cookout with hot dogs, hamburgers, salads-BRING YOUR FAMILY- cost is only \$5.50, event held in rain or shine.

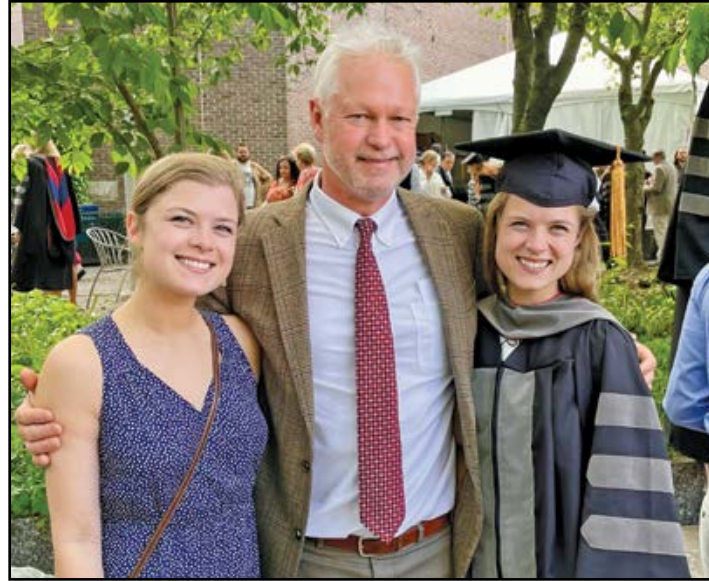
June 10, 1998: Bus to shop in Portland’s old Port. You pay for your lunch, trip cost is \$6.

June 16, 1997: Sig Knudsen begins work as Executive Director of 55 Plus Center.

June, 1992: Rusty Chute has offered to be our gardener again this year. If you have any perennials to thin out, we’d love to have them. People coming to our center really appreciate our “homeyness.”

June, 1988: Romeo Bernier’s oil painting class is taking the summer off, June through Sept., come paint with us again in the fall.

June, 1987: Shape Up Fitness, with Pat Robinson and Arlene Hanchett, will resume in the fall.



IT WAS AN EXCITING MONTH OF MAY in the Edgerton family! Stacy’s husband, Jonathan Edgerton celebrated the graduation of Liz, one of his twin daughters from Penn Vet in Philadelphia. Joined by her twin sister Julia who is an architect in Boston, the family is thrilled to have a new young doctor in its midst. She will specialize in small animal care. If you’re ever in Philadelphia with a sick dog or cat, be sure to look up Dr. Liz!



AND TO CELEBRATE THEIR SUCCESSES, Jonathan took them to Portugal for the sites and some really valuable father daughter time. They have spent about a week touring Lisbon, Coimbra and Porto where they have sampled amazing food, enjoyed a Port tasting and climbed hundreds of very hilly streets. Stacy is excited to go join Jonathan for the first week of June!



More on that next month...



Lobster Party!



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









Monthly Update

June 2022




As Americans, we believe in justice for all. Yet, every year an estimated **5 million, or 1 in 10 older Americans experience elder abuse**, neglect, or exploitation. Working together, we can build the social supports that can prevent this abuse and keep everyone safe as we age.

Facts About Elder Abuse:

-  1 in 10 Americans age 60+ have experienced elder abuse.
-  For every 1 case of elder abuse reported, 44 cases are not.
-  Isolation is a risk factor of elder abuse.
-  The costs of elder abuse are high for the affected individuals and society alike.
-  Elder Abuse reduces older people’s participation in the life of our communities.
-  Abuse creates healthcare and legal costs, which are often shouldered by public programs like Medicare and Medicaid.
-  Elder abuse costs survivors billions of dollars each year.
-  The annual loss by survivors of financial abuse is estimated to be between \$2.6 billion and \$36.5 billion.

Celebrating Volunteer Appreciation Week



Out of our Midcoast or People Plus office in Brunswick, 21 volunteer drivers deliver Meals on Wheels on a weekly basis. Of those drivers, there are three to four canine companions that accompany their owners on deliveries.

These furry friends are bound to put a smile not only on fellow volunteers’ faces, but also bring joy to the consumers they serve, from the car window, of course!

One pup in particular, Willie, accompanies his owner and rock-star volunteer Sandy on many occasions. Sandy began volunteering with Meals on Wheels back in 2020. Since then, Sandy has donated anywhere from 8 to 15 hours per week to the Spectrum Generations’ Meals on Wheels program. Rain, snow, or shine, you can find Willie and Sandy starting their delivery days with a walk from their home to People Plus. Two days a week, they drive the Spectrum Generations van to our Cohen Community Center in Hallowell to pick up meals for distribution to the MidCoast region. In addition to driving our van, Sandy and Willie also deliver Meals on Wheels on Fridays!

If they already do not do enough, Sandy and Willie help monthly at the Bath Senior Center distributing commodity supplemental food boxes to individuals who qualify for the program. If you happen to see Willie and Sandy out and about, please thank them for their many donated hours and hard work! Thank you Sandy and Willie!

Aging my way! means...



Every May, the Administration for Community Living (ACL) leads the nation’s observance of Older Americans Month (OAM). This year, ACL is focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. **This is what Spectrum Generations is all about!** This year’s theme is Age My Way. We decided to ask some of our consumers what this means to them.



Join our Team

Board Members →



Interested in making a difference in your community? Spectrum Generations is looking for **Advisory Council** and **Board members** to represent the needs of older community members. The commitment is only a few hours quarterly and you will have the opportunity to make a difference. For more information, please contact Nate Miller at nmiller@spectrumgenerations.org.

We’re hiring additional staff

Working at Spectrum Generations is a unique opportunity to simultaneously make a difference in the lives of older and disabled adults in our community, while also growing your professional career!

Visit www.spectrumgenerations.org for a current list of job openings!

Caregivers →



Caregivers take on many roles, but regardless of what the roles are, it always leaves them with less time for themselves. Spectrum Generations is offering two more Savvy Caregiver classes. These classes give the caregivers tools and techniques to be better caregivers and reduce stress levels for all parties involved. Call our Family Caregiver Specialists at 1.800.639.1553 to learn more about the Savvy Caregiver classes available to you.



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

‘Under attack’ from the least likely of foes

I don’t know about you, but — in my humble opinion — it seems like the black flies are worse this year. I do not understand the reasons why, scientific or otherwise, but those annoying creatures are bad. Really bad.

In looking up a description for black flies, it states the following: they are generally small, black or gray, with short legs and very short antennae. They belong to a clan of flies called the Simuliidae family, of which there are four genera containing species that feed on people.

The key phrase there is “feed on people.”

And, as we all know, that’s what happens in the spring, here in Maine. That is why I’m always in a rush to get any outside work done — like cleaning up my yard and all of our flower beds — before May arrives. Because once the fifth month of the year gets here, it’s sheer craziness to try and compete against those little monsters.

Yes, I’ve tried the bug nets that cover one’s head. They kind of work, but once

one black fly finds his way inside, the word goes out and soon his buddies show up ... doing their best to drive you completely insane by devouring large chunks of flesh inside your ears and elsewhere. Sometimes my forehead ends up looking like a pin cushion.

Believe me, if the presence of black flies was felt all year long — and by felt, I mean biting humans — there is no way the word “Vacationland” would be gracing our vehicle license plates. No one would be visiting the beautiful Pine Tree State with those villains around.

All this brings to mind another horror show for me when it comes to insects.

When I was a kid, we lived out in the country. Most of you will know what I mean by that expression. Our home was located on a few acres on the edge of town, and my dad’s big desire — which kind of grew into a consuming pastime — was to clear sections of the land to make it look neat and tidy.

My father had an accomplice in doing all

this back-breaking work. His name was Bill. He had been good friends with my dad since high school and he owned the property located next to ours.

Anyway, one day I wandered outside to watch them getting rid of piles of brush. Scattered around the area were several mounds of dirt, with hundreds of tiny holes dimpling the surface of each one. Obviously, I’d seen them before, but had never paid much attention to their existence in the past.

Checking one out, Bill said something to me like, “Don’t get too close. You won’t like it.”

I don’t remember how old I was at the time, but his words of warning didn’t really sink in. He might have even told me what they were. It didn’t matter, as I was quite curious about these foot-high creations.

Picking up a small tree branch, I started poking one. Nothing happened. And then, for some unknown reason and totally forgetting Bill’s cautionary remarks, I sat down on this particular mound. And let me tell you, something certainly took place then.

Within seconds, I was completely engulfed — head to toe — in red ants.

Simply put



Patrick Gabrion

Thousands of them. I later learned that they are a type of fire ant, and I did, indeed, feel like I was on fire. I bolted off that pile of dirt like I’d been shot from a cannon.

I took off for the house, screaming like a madman. My dad and Bill were running after me ... and I think they were actually laughing — a kind of “we told you so” chortle. My clothes were ripped off, and I recall them using the water hose to dislodge all the remaining ants. Needless to say, I was covered in bites. And I never went near one of those “high-explosive” hills ever again. Another one of life’s lessons experienced the hard way.

So, it’s quite evident that black flies and red ants are not my favorite insects. I understand they’re here on Earth to serve a purpose, I just wish “attacking us humans” wasn’t part of the package.

New and renewing members for May

Memberships received as of May 17.

* indicates new membership

• indicates donation made with membership

BATH

Henry Atkins •
Cindy Young •

BOWDOINHAM

Margaret Campbell •

BRUNSWICK

Jeannine Anderson •
MaryEllen Banton
Russell Banton
Heidi Boyd •
Diane Briggs
Frank Broadbent

Marlene Budd •
Michel Chalufour
Beth Compton
Janet Doehring
Lisa Fink •
Valerie Howard •
Mary Ann Hoy •
Judith Johanson
Rita Ketay
Laraine Lach
Hazel Mackinnon
Ian Mackinnon
Nancy Morin •
Raymond Morin
Debora Noone
Kathleen O’Brien
Daniel Ruehle •
Donna Ruehle •

Elizabeth Scully
Ulku Silverman •
Bonnie Spies •

GEORGETOWN

Wilfred Richard •

HARPSWELL

Kathy Bowen
Jerry Klepner •
Pamalee Labbe
William Labbe Sr.
Joseph Tonely
Ellen Toomey
George Waldman •

TOPSHAM

Wayne Davis • •
Marsha Mogk
Wayne Mogk
Judy Ribeiro

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@mail.com

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

Can YOU help a Neighbor in need?

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Volunteer to drive or shop for a homebound senior!



FMI 729-0757 peopleplusmaine.org

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



Hear from our Families:

The associates know the residents on a personal level and treat them all like family. I am so happy to have found a home for my Mom where she is happy, safe and well cared for.

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Avita of Brunswick
— A Northbridge Memory Care Community —

207.729.6222

Two Northbridge communities conveniently located in Brunswick, ME

Sunnybrook: 340 Bath Road | sunnybrookvillage.com

Avita: 89 Admiral Fitch Avenue | avitaofbrunswick.com



“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 your Center.



THANK YOU TO ALL THE PEOPLE PLUS MEMBERS and community who helped to raise funds by donating items and shopping at the Mid Coast Hospital Auxiliary Grand And Glorious Yardsale! After expenses, yard sale for 2022 brought in nearly \$45,000! This is an incredible feat considering there were only two stores! (In 2019, the net income was only about \$5,000 higher with three stores! AMAZING!) The volunteer staff were all told repeatedly by customers this year how well organized the sale was, how everyone working was so pleasant and helpful, and how the items were so lovely and well displayed. And that the wrapping, check-out and tally system was amazing! They are looking at setting next year's sale for the first weekend in May 2023; May 4-7th. Please mark your calendars!! Thank you all so very much for your hard work, effort and dedication to raising funds for the Mid Coast hospital auxiliary and supporting medical and educational scholarships! And a special thanks to all of the high school teens who came out to work the sale all weekend!

Weekly Winners

Senior Intermediate Cribbage

April 27	Lois Fournier 708 George Tetu 708 Rick Fortin 704
May 4	Rollande Fortin 710 Joe Tonely 702 Lois Fournier 700 Anne Bouchard 686
May 11	Rick Fortin 716 Anne Bouchard 715 George Hardin 708
May 18	Anne Bouchard 717 Joe Tonely 713 Sam White 698
May 25	Lorraine LaRoche 707 Jen Haskins 706 George Hardin 696 Lois Fournier 696

Have you seen the art show?

Come see it in the Center gallery before the end of June!

The art show now on display in the People Plus Café Gallery, featuring the Center's own Tuesday and Thursday art students, will continue throughout the month of June.

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.

The collected works on display in the June art show 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.

Just as a reminder, art classes at People Plus take place on Tuesdays and Thursdays at 9:30 am at the Center. It is for artists of all interests and skill levels. Topics of discussion include tools and materials, the importance of keeping a sketchbook, planning and composing your drawing, and using drawing to prepare for work in other mediums, using the tried and true techniques of the old masters. You can take the class once or twice a week, but space is limited. And registration is required. The cost is \$5/class for members and \$10/class for non-members.

ROUSSEAU MANAGEMENT

Skilled and Assisted Living in Midcoast Maine

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NOTICE OF CLOSURE

People Plus will be closed for the first week of August for annual deep cleaning and staff vacations!

AUGUST 1-5, 2022

Reception Room
Personalized Catering
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Private Family Room
"Help Yourself" Kitchen

Stetson's

Funeral Home

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207.725.4341

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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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