

45th Plus! People NEWS! ANNIVERSARY



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



HAVE A SEAT IN OUR FUN, NEWLY PAINTED CHAIR thanks to the People Plus senior art class! Part of the Brunswick Downtown Association fundraiser, you can read all about it in "Why did the art class paint a chair?" on page 7. We are hoping for photos of members in this chair, so please go try it out and take a selfie or have a friend take a photo – Go Nuts! Please send pictures to programming@peopleplusmaine.org. Feeling inspired? Art class meets on Tuesdays and Thursdays at 9:30.

New faces at the Center

Welcome, Tess!

Not only is there a new minivan being put into service for the Brunswick Area Teen Center here at People Plus, but the program also has a new intern.

Tess Davis has become the latest Bowdoin College Maine Community Fellow, and she is already knee-deep in getting to know the kids visiting the Teen Center, helping them out where needed and having fun.

Tess, who is from Dillon, Montana, and 20 years old, is a junior at Brunswick's Bowdoin College. She is majoring in English and Environmental Studies. Tess is passionate about nonprofit work and is very excited about working with the teens at the Union Street facility.

When asked what she likes to do in her free time, Tess said, "I enjoy creative writing, reading, and playing board games." Maybe she can get the



teens playing some games this summer!

Anyway, if you get the chance, please welcome Tess and wish her well in her new duties.

Summer hours are underway at the Teen Center. It is open Monday through Thursday, from 1:30 to 4:30 pm. Come visit!



BRITTNEY LASKEY, THE NEW MEALS ON WHEELS COORDINATOR for Spectrum Generations, works out of the People Plus Center four days a week! Seen here with her Wednesday drivers, she is having a great time getting to know everyone!

Welcome, Brittney!

We are pleased to say "welcome" to Brittney Laskey as she begins her journey at the Spectrum Generations Midcoast Regional Center in Brunswick as the new Meals on Wheels site coordinator.

"The work carried out and efforts put forth by every individual, whether it be a colleague or a volunteer, are astonishing. I look forward to getting to know everyone," said Brittney. "I'm so excited to work with Meals on Wheels at People Plus because it really feels like a family here!"

Want to know more about Brittney? See the Spectrum Generations write-up on page 12.



Bowdoin International Music Festival

FESTIVAL FACULTY REHEARSE in Studzinski Recital Hall. L-R: Susie Park, violin; Tao Lin, piano; David Ying, cello; Phillip Ying, viola. Photo credit Tim Greenway.

The Sounds of Summer

Mon, July 18, 2 pm. People Plus is excited to host a Bowdoin International Music Festival Community Concert again this year! These concerts are performed by the talented student musicians who come to the Festival each year from all over the world. Thank you to Bowdoin College for this wonderful event. Free and open to the public. Advance registration appreciated by calling 729-0757. Per Bowdoin Festival protocols, all indoor concert attendees must be fully vaccinated & boosted and show proof upon entrance. FMI www.bowdoinfestival.org.

We Bought the Van!

Check out the Ribbon-Cutting Celebration on page 11.

Senior Health Expo 2022 – Exhibitor and Sponsor Registration Now Open!

Thursday, October 20th
Brunswick Recreation Center
9 am – 1 pm

Table and sponsor registration is now open for the 2022 People Plus Senior Health Expo on Thursday, October 20, 2022. This year's event will be held in person at the Brunswick Recreation Center, 220 Neptune Drive, Brunswick. FMI on the event, including table registration and sponsorship opportunities, visit peopleplusmaine.org.

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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It felt just like home

My husband Jonathan had a very big spring this year as his daughter Liz, (one of his 28-year-old identical twins), graduated from Penn Vet in Philadelphia as a doctor. Immediately following graduation, he departed with both Liz and her sister Julia for a week together exploring the country of Portugal. I flew over a week later to join him while his girls went off on their own for five days of "twin time."

Luckily, Jonathan never got COVID and I had recovered sufficiently to have energy again for our week of fun-filled Portuguese exploration! I arrived on Saturday morning and met Jonathan at our historical blue and white tiled hotel. He had picked a beautiful spot in the ancient downtown area that was walking distance down the hill to the bay or up the hill where all of Lisbon could be seen from the summit.

We were surrounded by beautiful architecture, tiled sidewalks, bustling shops, ancient arches, historical churches, hidden garden paths and restaurants that overflowed with good smells and good people.

A huge part of Lisbon's history is that an earthquake hit the city in 1755 and was followed by a tsunami that finished the destruction. While the event was catastrophic, the city residents rebuilt and redesigned Lisbon with beautiful sweeping vistas, gardens and roadways laid out in a thoughtful manner. There is a gorgeous sweeping view for a full mile directly through the center of Lisbon. So, it is an amazing city to walk and discover.

We began our first day of exploration with strong coffee and a "pastiche de nata," the famous Portuguese pastry that heralds a flaky crust filled with creamy custard. They are served warm and sprinkled with powdered sugar and cinnamon — and melt in your mouth. Three bites of heaven later and you are wishing for another one. The little pastries are just small enough that eating only one is not quite enough... so several in one sitting can usually be justified!

And to get our trip going, we took our coffee and pastries onto the top of a double decker "hop on, hop off" bus for a tour of the city. I love these bus tours and we've done them in Prague, London, Paris, and Lisbon. They provide tourists the opportunity to listen to a tour of the city while getting shown the sites. It is the perfect way to begin any vacation as you become acquainted with new surroundings.

We then spent the next couple of days meandering around Lisbon on our own. We took a boat tour to see the waterfront, the seven famous bridges and the Atlantic Ocean. We tasted the local cuisine including savory red sausages that were filled with

garlic, onions and paprika and seafood of all varieties. There was everything from local sardines served a hundred ways, to fresh prawns, lobsters, octopus and squid. Jonathan even tried ocean barnacles, pulled off the rocks that day!

One of my favorite things to do while traveling anywhere is shopping at local stores and interacting with vendors. I love haggling for things and not allowing myself to be "taken" as an ignorant tourist. And while in Lisbon, I had my favorite vendor interaction I've ever had on a trip — and we didn't haggle at all! I was looking at jewelry and local crafts for sale at a monument — the kind that attracts loads of tourists — when I was approached by an older woman who had to be in her late 90's. She was dressed all in black and wearing a head covering similar to the Italian style that you would think of as a "Nonna" or a grandmother.

She was selling handmade crafts and jewelry down by the water with her family and spoke no English. She seemed almost shy in her approach and gestured that she wanted to show me her handmade items. The necklaces she proffered were beautiful with cork neck bands and brightly colored medallions of blues, yellows and greens reminiscent of the tiles of Portugal. We picked out six necklaces for our daughters and I picked out another set of six for the women I work with at People Plus. I spent quite a bit of time interacting with the older woman and



From the Executive Director

Stacy Frizzle-Edgerton



we became friendly. She was smiling shyly as we made our way through a disjointed system of communication using gestures and fingers to determine how many things I wanted and what it would cost.

After deciding which necklaces would be just the right choice for our family and friends, we finally settled on a price and I asked her son who spoke English if I could have a photo with her. He shared my request and her face lit up with delight. He said that no one ever asked her to take a picture and that she was very honored to be photographed with the "beautiful American woman." It was a sweet moment for both of us and as Jonathan and I walked away, I found myself deeply touched by the kindness and joy that emanated from the older woman and her family.

And we saw the sentiment echoed many times as we got to know the Portuguese people. From tour guides to restaurant owners; from Americans who are relocating to Portugal to folks who have lived there for generations; from hotel desk clerks to students at the university; everyone emanated warmth, friendship, and generosity. Even the Portuguese woman I sat next to on the plane ride over befriended me and followed up nearly every day via Instagram to check on our trip and see how it was going and make small recommendations for us along the way.

So, all in all, our trip was incredible. It was seven days of historical discovery, wonderful food, amazing architecture and education. And I discovered a culture and people different from anywhere I've ever been. I can only describe them as deeply warm and welcoming and I was sad to leave it behind.

And while we aren't making plans to move to Portugal just yet, we are incredibly glad that we went and feel fortunate to travel again. Yet we always look forward to coming home and seeing what's growing on the farm, embracing our daughters and snuggling our pets. And since we are lucky enough to live in this wonderful community, we also came home to people who were happy to see us, who had missed us and welcomed us with open arms.

So, as I write this memoir, I am transported back to the warm sun of Portugal and the even warmer people and cities that felt just a little like a new home away from home.

Holiday food planning – simplified

Last Fourth of July, I remember writing about my annual trip to the Adirondacks for our family's holiday celebration. When I arrived, the two refrigerators were so full of food I could barely put what I brought into them. I worried that the food would not be able to stay in the proper "safe zone" to prevent food-borne illness. It all worked out fine!

I started to think about this year and, just like I'm always encouraging my clients, I began to think about how to problem-solve. How could we have another celebration, but do better with the amount of food that we bring to the camp?

Just this morning I sent off a text to my brothers asking if I could organize the food for all of us this year. I feel that I have a knack for making enough food for everyone without

From Anita's Plate

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overdoing how much is made for each meal. Others might think that I don't make enough food, but I hope this isn't the case!

The wheels are already spinning in regards to the menu. One of my meals that I am planning is grilled pesto chicken. In case there are any leftovers, I will make a pesto chicken pizza for a lunch. The plan would be not to have any food left after the family celebration.

Wish me luck that will be the case, after what should be 23 people for each meal!

Radish Green Pesto

Ingredients

- 1/2 C. pine nuts
- 1 small garlic clove
- Freshly ground black pepper
- 2 Tb. lemon juice
- 1 C. radish greens
- 1 C. basil
- 1/4 C. olive oil
- 1/4 C. Parmesan cheese

Directions

1. Place all ingredients in a chopper. Blend until smooth.

Note: I also made a batch with arugula. The radish greens, basil, and arugula were from our garden.



Peter W. Ladner, President, circa 1980

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Center saying goodbye to 4 board members

It is with regret, but at the same time offering much thanks, to the fact that we are saying goodbye to four deeply dedicated board of trustee members at People Plus.

Mitchell Brown, Rodie Lloyd, Christine Munroe, and Kim Watson have put in countless hours to help guide the Center in its continuing path of success. Their contributions are beyond measure.

MITCHELL BROWN



Mitch was appointed to the board in September 2014. He grew up in San Diego and lived most of his life in Southern California. He has a B.A. from UCLA and a Master of Education from National University. Mitchell, his wife,

Holly, and their two daughters moved from Florida to Brunswick in 2013. They immediately fell in love with the community.

“It has been a true privilege to have had the opportunity to serve an organization like People Plus. I’m proud to have served alongside so many passionate, selfless fellow trustees and staff and, of course, the incomparable Big Cheese, Stacy Frizzle-Edgerton. People Plus is such an important part of the community in Brunswick (and for the surrounding towns) — it’s a balloon for so many, a cultural connector, and often a critical safety net, too,” said Brown.

RODIE LLOYD



Rodie was appointed to the board in August 2018. As a graduate of Bowdoin College, Rodie spent 25 years at L.L. Bean, beginning almost immediately after graduation. She then joined the staff of Bowdoin College

as Associate Director of Alumni Relations in 2007 and became Director of Alumni Relations.

“I have been honored to serve with so many talented folks on this board and to get to know the incredible staff at People Plus. I’m sorry my service was interrupted by the pandemic and I wasn’t able to spend as much time with the members as I’d hoped, but everyone always shows up with good humor, a warm welcome, and a smile every time I stop in. Thank you for the honor of serving,” said Lloyd.

CHRISTINE MUNROE



Chris was appointed to the board in July 2019. She was the Market Manager and Mortgage Loan Officer at Norway Savings Bank in Brunswick. Though she started her career in banking at Maine National Bank in Portland, she also taught French for nine years and has a Master’s degree in educational leadership.

“It has been a pleasure and an honor to serve on the People Plus board for the last three years. I have so enjoyed working with other committed board members to enhance the lives of both seniors and youth in our communities. Stacy Frizzle and the employees of People Plus care so deeply about enhancing the lives of our members. Especially during the pandemic, I witnessed the great drive and creativity of People Plus employees in reaching out to seniors to encourage them to stay mentally and physically healthy, help in getting groceries and medications to them and getting them to doctor appointments,” said Munroe.

KIM WATSON



Kim was appointed to the board in July 2016. She is the Administrator at Mid Coast Senior Health Center in Brunswick. Kim is originally from Wisconsin, and has a Master’s degree in speech-language pathology from the University of Wisconsin at Madison. She has worked in the field of geriatric rehabilitation, served as Chair of the Healthcare Division for United Way, and is a graduate of the Hanley Leadership Development program.

“It’s been a pleasure serving on the board of People Plus for the past six years. I’m so pleased we have a community center that meets the needs of both older adults and teens in the Brunswick region. A sense of community is crucial to our well-being, and People Plus offers that in so many important ways,” said Watson.

Again, we want to thank all four departing board members for a job well done and wish them the best in the future.



Keeping Maine seniors warm

Can you help?

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! 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 (MeCap). 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.morningstar-marble.com/charity/



45th People Plus ANNIVERSARY

A banner year for funding drives!

Raised through June 21st

\$76,675

Senior Center Fund

\$33,152.96

Teen Center Fund

\$70,112

Buy a Van Capital Campaign

Thanks to everyone who helped us meet and exceed our goal of \$70,000 for the Senior Center annual funding campaign! The total, as of June 21, reached an astounding \$76,675.28, including \$3,697 given during membership renewals. Furthermore, the Teen Center annual fund came in at \$33,152.96. The Capital Campaign for the new, Senior and Teen Center Minivan was also very successful and brought in a grand total of just over \$70K! Thank you so much to everyone who donated to the funding campaigns. The services provided at People Plus would not be possible without your generous support.

“CLYNK” is a 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 Supermarkets 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 – \$750 for this year alone! Thank you for recycling, and thank you for supporting your Center.



Join us in July at People Plus!!



CHICKEN POT PIE WAS THE STAR OF THE SHOW for lunch in June! The first solo venture of Rosemarie Perry as head chef leading a fun team of kitchen volunteers put together a fantastic lunch with salad, soft baked rolls, herb buttered potatoes with herbs out of Rosemarie's garden and Carmela's fresh baked biscuits as the base of strawberry shortcake for dessert! Loads of happy faces were seen at the Center and everyone got a pack of beautiful note cards from Lynn and Jill our new, favorite "favor coordinators" (with help from Betty!) Come join this fun crew! FMI contact Sarah.



CENTER CLUBS Free: Members Only

*To connect with clubs, call 729-0757

Apple Club

Thu, July 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 or walk 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 to chat in Spanish.

Kaffeestunde!

2nd Tuesday, 2:30 pm. German language club meets 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 to chat in French.

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.

Come Play with Us

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

Collette Travel

Tiptoe Thru the Tulips on a River Cruise!

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



Lunch & Connections!

Pizza Party in July!

Join us for a summer pizza party at our monthly Lunch and Connections on Thursday, July 21. Lunch will include pizza, along with a fresh, lightly-dressed green garden salad, and drinks. Our dessert this month will be Wild Maine Blueberry cake.

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.

Apple Device Tutoring

Thursdays, 9:30 – 12 noon. One-on-one Apple device tutoring with Bill Perry. Bring your iPhone, iPad, Macbook, etc. Members only, by appointment, call 729-0757.

Medicare 101

Tue, July 12, 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.



Good Eats – Good Friends!

Women's Breakfast

Thu, July 7, 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 pm. Enjoy coffee while socializing with the gents. Members only. Call to register.

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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.



Programming Notes

- The Center will be closed on Monday, July 4th. Have a safe and happy long weekend!
- Art class on July 28 will be "Plein Air" (occur outside), weather permitting.
- Reminder - no yoga or table tennis on Thursday, July 21 (lunch day).

Register for activities @729-0757

Note that anyone can try any activity once for free!

Mon	Tue	Wed	Thu	Fri	Sat
NOTICE OF CLOSURE AUGUST 1-5			 People Plus will be closed for the first week of August for annual deep cleaning and staff vacations!		
Center Closed 	5 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	6 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	7 8:30 Women's Breakfast 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tutoring 11:00 Yoga	1 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga	2 9:00 Zumba
11 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge	12 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	13 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	14 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tutoring 11:00 Yoga 12-4pm AARP Tax Help for Maine \$850 Tax Relief	15 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga	16 9:00 Zumba
18 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 2:00pm Bowdoin Int'l Music Festival Concert 7:00pm SAGE Dance Club	19 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	20 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	21 9:00 Beg/Int Bridge 9:30 Art Class 12:00pm Lunch and Connections	22 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga	23 9:00 Zumba
25 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge	26 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	27 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	28 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tutoring 11:00 Yoga 1:30pm Apple Club 1:30 Men's Coffee	29 9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga	30 9:00 Zumba



New PP Tech Guy knows his stuff!

There's been a new Tech guy hanging around the Center, and he really knows his stuff. We had the chance to catch up with him and here's his story ...

"My name is Bill Perry (right), and I have recently begun leading the Apple Club at People Plus and also consult on individual issues with Apple devices on Thursday mornings by appointment.

I have been living in Brunswick for over two years, having moved here from Bucharest, Romania. I swim and bike regularly and really enjoy living in Brunswick.

I started a publishing support company three years ago and help people, especially seniors, get their writing published through Amazon's Kindle Direct Publishing process. It seems that many people think that self-publishing is easy until they try it!

Last year, I joined the Write On Writers group and have enjoyed being a part of that group. After joining the group, I wanted to find a way to give back to my new community and talked with several members at People Plus about offering my technical skills to the Center.

Although I am not an Apple-trained technician, computers have been my hobby since the 1970s. As a university professor in my hometown of St. Paul, Minnesota, I developed some of the earlier computer-assisted instruction programs for the ESL students studying at the University of Minnesota.

When the first Apple computers began to appear in the early 1980s, I left my relationship with main-frame computers and began enjoying the potential of stand-alone computers.

In my 25 years as a university teacher, I have often been in contact with Windows machines, but try to keep that fact to myself. Fifteen years as a Peace Corps program director in five different countries brought me back in contact with Windows, but my loyalty to Apple has never faded. I have taken apart most of the devices that they have made and also have kept up on current industry developments.

My first few weeks of interaction with People Plus members in the individual Apple sessions has been wonderful. Each member comes in with a unique issue which we have been able to address and solve for the most part. I have met with the Apple Club once formally and have learned a bit about their needs and interests. We will cover a wide range of Apple-related topics, including use of the Cloud, changes in Mac OS and IOS, security issues, hardware developments, and other areas of interest.

I look forward to meeting any of you who have Apple issues or are just interested in talking about all things Apple."

So, if you need Apple tech help, Bill is your guy. Check the People Plus calendar for day and time for Apple Club and Apple Device Tutoring sessions.

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!



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).



IT WAS A WONDERFUL MUSIC IN APRIL AUCTION ITEM FULFILLMENT with Frank and a gang of lucky winners last month as they picked one of Frank's favorite 200 places in Maine for a day trip in the new minivan! The Camden area was the winner and they had a lovely drive up the coast of Maine, enjoyed exploring the town, climbed the tower on Mount Batte, had lunch at Moody's diner and were treated by Frank to ice cream on the way home! It was a wonderful trip and the family had a lovely day with friends!



IT JUST WOULDN'T BE THE MEMORIAL DAY PARADE in Brunswick, Maine without Frank Connors pulling at least one or more of his assorted grandchildren and/or family members in his favorite little sully. Those boys are getting bigger every day though, and maybe in the next year or two they'll be pulling Frank?

BEYOND the BOARD

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



Q. Your name, please?
A. My name is Ann Frey.

Q. The community where you live?
A. I am a summer resident of South Harpswell and live the rest of the year in Reston, Virginia.

Q. Professional occupation?
A. My career was in public affairs with the Export-Import Bank of the United States, an independent federal agency in Washington, D.C. I was writer, editor, news media spokesperson, producer of the annual report to Congress and other publications, and advisor to the board on public relations issues. I retired as deputy vice president in 1994, when the Clinton administration offered an "early out" to anyone with 25 or more years of service, regardless of their age.

Since retirement, I have been a volunteer, mainly working with children and older adults. At my neighborhood elementary school in Virginia, I tutored a dyslexic student, taught keyboarding, and was a computer lab instructor for a fifth-grade class.

In Brunswick, I mentored elementary school girls under the Big Brothers/Big Sisters program. I was receptionist, research assistant, board member, and treasurer of the Pejepscot Historical Society (now the Pejepscot History Center). At People Plus, in addition to service on the board, I was a VTN driver.

Q. How many years did you serve on the People Plus board and positions that you held?

A. I served one three-year term on the People Plus board, was board secretary and a member of the executive, governance, and Music in April committees.

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

A. My life has always been divided between Virginia and Maine. My father was from Lewiston and my mother grew up in Washington, D.C. They met at the University of Iowa when Mom was a freshman and Dad was working on his master's at the Writers' Workshop. After completing his degree, Dad began a long career with the federal government in Washington, and Mother finished her degree at George Washington University. They raised my brother and me in suburban Arlington, Virginia, but we vacationed in Maine every year. Sometimes we came for Christmas, as well as in the summer. My brother and I both pursued higher education in Maine. I just returned from the 55th reunion of my Bates College class of 1967. My brother graduated from the University of Maine in 1969.

When I became principal caregiver for

my parents, I sold my house in Virginia to my daughter and son-in-law, bought a handicap-accessible house in Brunswick, and moved my parents in with me. In their final years, they greatly enjoyed the peaceful beauty and many resources of the Midcoast region. I was a full-time resident of Brunswick for ten years.

In addition to my love for Maine, my interest in drawing and painting began when I was very young. As children, my brother and I enjoyed many years of Saturday morning classes at the Corcoran School of Art in Washington. I continued working in oils on my own until my toddler daughter wanted to help. Then I changed to less toxic media.

There wasn't time to do much else while I was caring for my parents, but after they were both gone, I discovered the art class at People Plus. Soon thereafter, I was appointed to the board, just in time to help move the whole organization into the renovated 35 Union St. building and to help hire a new executive director. Thank goodness, we found Stacy!

While I was living in Brunswick, my daughter had two children in Arlington. It slowly occurred to me that I didn't really want to live alone more than 600 miles away from my closest family. Once again, I sold my house and moved, but I kept the summer cottage in Harpswell.

The pandemic lockdown in 2020 marked the first year that I couldn't get to Maine. Instead, I painted pictures of the wildlife in the backyard, downloaded germ-free Kindle books from the library, had groceries delivered, ordered fabric online to make my first bed-sized quilt, watched a lot of Netflix, attended church services on Facebook Live, and learned to use FaceTime and Zoom.

I enjoy reading, knitting and other needlework, genealogical research, watching the tides change and the boats go by outside my cottage window, and participating in various activities at People Plus, especially the art class. It is wonderful to be here.

Q. Your view of People Place and why every community should have such a special place.

A. People Plus is a multi-faceted organization offering opportunities to socialize, learn, create, improve health and nutrition, and serve others. Whatever you are looking for, there is a good chance that you can find it here. As the slogan says, it is "the center that builds community."

Q. Why you believe it was so important to serve on the board?

A. Keeping the organization going and growing requires a team effort. It was my privilege to serve as part of that team.

Gone but not forgotten –

Edith Litchfield

Feb. 6, 1932 – May 6, 2022

Sara Townsend

May 26, 1930 – May 8, 2022

Henry Haley

Jan. 27, 1935 – May 20, 2022

Nick Cardone

May 21, 1990 – June 4, 2022



Why did the art class paint a chair?

The Brunswick Downtown Association has created the “Have A Seat” project and People Plus is participating.

The aim of the summertime project is to bring a unifying spark of joy to downtown Brunswick. Businesses, local artists, and community organizations have come together to create an environment downtown that invites tourists, local shoppers, families, and others to stop, sit, and smile.

The unfinished Maine-made Adirondack chairs, which will be auctioned off, were purchased from two sources. The Maine State Prison Showroom in Thomaston supplied 23 chairs from solid ash, while 12 additional chairs constructed of eastern white cedar were delivered by Maine Adirondack Chairs in Vassalboro.

Once painted, sealed, and reconstructed, the chairs are placed downtown, where they will remain until Sept. 25. They will be secured and placed in pairs. A large tag will be affixed to each chair with the sponsor logo, artist information, and chair auction link.

The People Plus chair was designed, primed and painted by the People Plus art class and instructor Ed Higgins, and was sponsored by Riley Insurance.

“The Brunswick Downtown Association is thrilled to launch its new summer Adirondack chair project ‘Have A Seat’ in downtown Brunswick,” said Debora King, Executive Director of the Brunswick Downtown Association.

Visit brunswickdowntown.org for more details.



Can you help a neighbor in need?

In the last year, People Plus has coordinated over 30,000 miles of FREE rides for home-bound residents of Brunswick, Topsham and Harpswell. But we can't do it alone – we need your help with the driving and shopping! We ask that you become a driver today! It is a rewarding and selfless gift to help your neighbors in need. Thank you!!



Thanks go to our generous sponsors: *Rusty Lantern Market, Suzan Wilson & Daniel McLaughlin Family, Maine Community Fund, United Way of Mid Coast Maine and Spectrum Generations*, who help keep the program growing!

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

Overdue by *Amanda Oliver*. This is the account of one librarian's experience, as well as a study of the state of public libraries in this country. Her story of working in a Washington, D.C., library is exhausting. Every day brought problems with homelessness and mental illness. The author wants people to know that this happens everywhere, even in very small towns.

Books by *Admiral James Stavridis, USN (retired)*. The author is the only admiral to have served as Supreme Allied Commander of NATO. He has written a number of books on the history and geopolitics of the world's oceans, the history of naval warfare, and other related topics. His latest book, just released, is **To Risk It All**, which describes nine of the most critical sea battles in the history of the U.S. Navy.

MYSTERIES

Murder on a Summer's Day by *Frances Brady*. The setting is a large country house in England just after World War I. An Indian maharajah and his retinue arrive for a visit. Several murders occur. Kate

Shackleton, a private detective, is on the scene. This book is a fun read in a series.

Silent Voices by *Ann Cleeves*. Detective Vera Stanhope investigates the murder of a social worker in the steam room at an exclusive club. There is an interesting twist in the story.

Tightrope Walker by *Dorothy Gilman*. Discovery of a note sets a young woman off to discover what happened to its author. Much of the story takes place in Maine. Books by this author are highly recommended.

Devices and Desires by *P.D. James*. This work, set in England, is a complicated tale with many threads and details.

The Poacher's Son by *Paul Doiron*. This is the first in the series about Maine game warden Mike Bowditch. Mike is forced to deal with his long-estranged father who is on the wrong side of the law. This is an engaging read, which is surely the reason that the series remains so popular.

AGATHA CHRISTIE

Christie wrote many short stories. **The Hound of Death and Other Stories** is a collection of 12 tales which show the dark side of the author. They were written early in her career and border on the supernatural. Poirot and Miss Marple do not appear in the work.

Comments: news@peopleplusmaine.org

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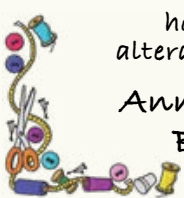
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Chipmunk *By Nonie Moody*

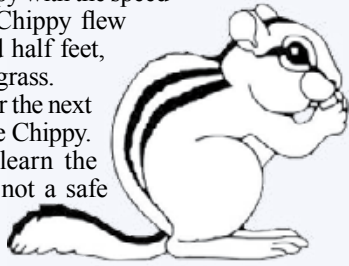
I have an on-and-off friendship with my cute little brown and tan, blossom-eating chipmunk. Chippy has full access to the property at Cider Run in Topsham. He is delightful as can be as he sits on the porch looking into the sliding glass doors as if to start a long conversation with me. But, on the inside looking outside is Bella, my cat. Bella is couching down ready to attack that mischievous teasing little rodent.

During the day when I check the flowers to see if any blossoms have been eaten, Chippy will come sneaking and hiding watching my every movement. Sometimes I find him sitting on the wooden fence staring at me as if to say, "Ha! Caught you, but you can't catch me."

Another day I chased Chippy close to the downspout. Up the downspout he went. This downspout is a long extended one that lifts up when mowing the lawn. I quickly picked it up. I had him; he was caught. I enjoyed and treasured the amusement. Soon I let the downspout down and went inside the house.

At our granddaughter's birthday gathering of immediate family, we were on the patio. Chippy came visiting and swiftly went near the downspout. I stomped my feet and he did it again. Into the downspout he scurried. Quickly, I pulled up the extended downspout. There was laughter all around that I had captured Chippy. As I started to replace the downspout, out came Chippy with the speed of a cannon. Chippy flew about four and half feet, landing in the grass.

Stay tuned for the next episode of little Chippy. Will he ever learn the downspout is not a safe place?



A House Becomes a Home

By Doris Weinberg

The first house I remember was in Flushing, New York. A rowhouse like you see on TV. Inside, they were mostly identical, but that didn't matter to me.

I was there until I was seven or eight. I started school and played on the walk. I loved to peek in the windows in the alley behind, until people began to talk.

We left Long Island and moved to New Jersey. My father's job caused the move. And that is where I lived the longest. In looking back and growing up, I did approve.

My memories in that house are wonderful, lots of friends and special events. Graduation, first date, and learning to drive, that's how many hours were spent.

There was only one fault with that stucco house, I never had a room of my own. I raged and I begged, but being a middle child, no compassion was ever shown!

Next on my list of dwellings came apartments. That was until I was wed.

Our first home was a ranch, and with three children and pets, it became a real homestead.

A larger house followed and then the children moved on. It was time again to think "small."

A condo was found. Home for the next twenty years. A perfect place I do recall.

Now I am old and wrinkled, and my house is a different kind of place. Senior Living, they call it. There are others around, but I truly have my own space.

I think this may be the last place I live, that I actually choose on my own. I imagine if you are looking for me, my place will be marked with a stone.

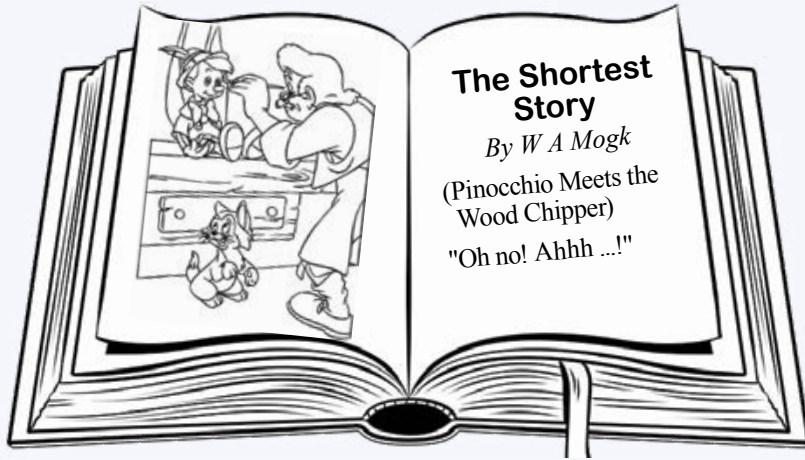
Brown Tail Moths

By Christa Kay

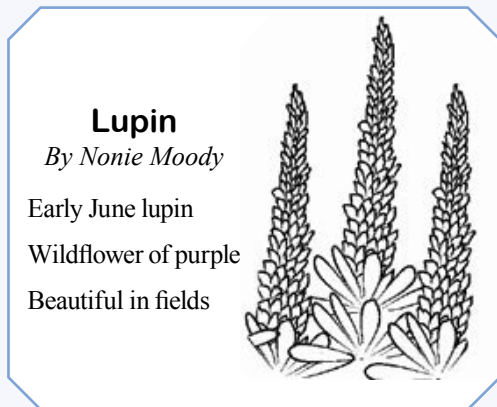
I have an itch
I keep on scratching
But it doesn't go away
This itch I scratch
Is here today
Because of larva hatching
Hairs unseen
By wind are spread
And fill me with that itching dread
This itch I scratch
My skin does twitch
But most of all
It makes me bitch!



Poems & Prose



The Shortest Story
By W A Mogk
(Pinocchio Meets the Wood Chipper)
"Oh no! Ahhh ...!"



Lupin

By Nonie Moody

Early June lupin
Wildflower of purple
Beautiful in fields

Do I Need a Bucket List?

By Doris Weinberg

As I near the age of 90,
there's not much left for a list.
If I thought about it hard enough,
there might be one or two I'd insist.

A bucket list is things left to do,
before the time runs out.
Many people try to get them done,
causing stress, I have no doubt.

I have thought about it long and hard,
but my mind is just a blank.
I've done so much already,
I must be very frank.

A visit to Greece or Italy,
or maybe even another cruise.
If I had to come up with something,
just what would I choose?

I'd rather pick the impossible,
something that is too much to expect.
Like seeing my husband one more time,
would have a tremendous effect!

But this is just a pipe dream,
not about to happen for real.
A bucket list should have possible things,
and not something surreal.

So, I'll keep my wants short and simple
and easy to be able to do.
I just want time to do one more good deed,
and then I will be "all through."



Spring

By Bonnie Wheeler

Long awaited
Every day revealing
Yellow forsythias and daffodils
Violets, lilac, pink peonies
Multi-colored roses, pansies
Trees filled with blooms
Flower beds glowing
Worth the wait — enjoy

A Joy of the 1940s, '50s, and '60s is Disappearing

By Betty Bavor

Ring — ring — ring.
"Hello," my mom answered. "Betty, it is for you."
"Thank you." I took the two-piece phone, transmitter part in right hand and ear receiver in my left hand.
"Hello," I said. "This is Howard." He was a neighbor and high school friend. We had a brief conversation and then he said his dad had given him permission to use the family car on Saturday night. Most families, at this time, had one car and shared it when children had their driver's license.

He continued, "I would like to invite you to go to the drive-in movie with me." "Thank you, yes, I would be happy to join you," was my response. We finalized pick-up time, ended our conversation, and I informed my mother of my exciting movie date.

This drive-in movie theater was a recent community addition in a neighboring town. It became a popular family attraction and affordable date night destination for teenagers. The movies were appropriate, there was a snack bar or bring your food. It even provided a baby bottle warming station and a playground for young children. My family, friends and I had many happy summer evenings at this drive-in which no longer exists. There was a drive-in theater in my Connecticut hometown. Before and after my marriage, it was fun to join the crowd at the movies. We went as a family, sometimes kids in pajamas, for quality entertainment and fun together many years ago.
This memory was recently awakened when I read

the Times Record Ticket section headline, "Saco drive-in closing after over 80 years in business." I was curious about drive-in movie history — the first patented drive-in opened on June 6, 1933, in Camden, New Jersey. Admission was 25 cents a car, plus 25 cents a person. The first movie shown was British, named "Wives Beware."

Drive-ins reached their peak after WWII and in the '50s and '60s there were 4,000 screens across the United States. Many were located in rural small-town areas offering affordable movie entertainment for families of all ages. Research in 2020 claims there are 549 drive-in theaters remaining in the U.S. New York, Pennsylvania, and Ohio have 30 still listed in operation. Many states have none existing today. This Times Record article reports, "The closure of the Saco drive-in, the oldest in Maine and believed to be the country's second oldest, leaves only six drive-in theaters still open for summer pleasure in Maine."

The Saco community states "a cultural gem and connection to our past. It's a piece of our identity as Saco," said Justin Chanute, a former state senator. Camille Smalley, who worked at the Dyer Library and Saco Museum, wrote a book about Saco drive-in's history in 2014 titled, "The Saco Drive-in: Cinema Under the Sky." In spite of all the efforts, including winning a national contest to provide the theater a digital projection, preservation became impossible and the Saco drive-in will disappear. It will be sorely missed.

Spring events return to normal – Prom, Graduation and more!



IT WAS BACK TO NORMAL AT THE HIGH SCHOOL in Brunswick this year! Programming coordinator Jill Ellis has two high schoolers: Brandon is a senior and graduating this spring and Caitlin finished her freshman year. And Stacy Frizzle-Edgerton has her youngest daughter, Juliet, who finished her junior and is a rising senior.

Both families celebrated and enjoyed year end activities the whole month of June!

Beginning with prom in May, Brandon is seen dressed in a charming blue tux and Juliet went to the Freeport prom in a swanky red dress.

Next up, both of the Ellis kids won music department awards for being most improved in their class and Frizzle won the Choral Director's award.

Then the big day of graduation arrived and both

Brandon and Juliet were part of the choral program that was allowed to perform live at graduation for the first time in two years! Brandon graduated and marched proudly wearing cords from The National Honor Society, the Music Honor Society, and summa cum laude honors. He was accepted into the Business Fellows program at Elon University in North Carolina and will be attending there in the fall.

And to wrap up the year, Brandon was also a member of the Brunswick Boys Varsity Lacrosse team who won the state championship title last month and is seen proudly displaying the team's enormous award and his medal! (as a sidenote, Juliet Frizzle sang the national anthem at that game, setting the tone for a Brunswick win!)

Go Dragons! It's been a great year!

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THRU THE YEARS

a 45th anniversary feature

July, 2021: Barbara Quinn joins the Center staff as office administrator, job sharing with legendary office manager Betsy White, who, after 22 years at People Plus, scaled back to part-time during the pandemic. Quinn is a Notary and will offer her services free of charge to members.

July 22, 2021: The Fellowship Singers from Maine State Music Theatre “serenade you” with tight harmony from the 1930s, ‘40s, ‘50s and ‘60s.

July, 2020: Getting the “People” back to People Plus commences after the COVID virus shut the Center on March 19. The building stays locked to members, but Loosen Up, Yoga, Chair Yoga, Tai Chi, Gentle Barre and qigong ... even Haircuts with Margarita, all restarted in our newly paved parking lot!

July 1, 2019: Dues go DOWN for members with the start of the new fiscal year! “This is new, this is bold,” said Center Director Stacy Frizzle. She described the Center as “fiscally sound,” and suggested new dues — Brunswick residents, \$30, all others, \$35 — was a test of loyalty for membership.

July, 2019: Patrick Gabrion, a recently retired editor of The Times Record, takes the helm of the People Plus News and Sarah Deck takes over the front desk as Office Coordinator.

July 26, 2018: Annual Summer Picnic at Thomas Point features “near-perfect” hamburgers, hot dogs and baked beans, Char-grilled by “those Connors Boys and BIG Ralph Laughlin.” Music by “Off Their Rockers” will make “Maine’s prettiest beach” a magical place.

July 1, 2018: ELEVEN \$5 classes for \$50 when you buy a People Plus punch-card payment plan opens, as the newest, cashless entry to the Center.

July 10, 2018: The lunch-out gang gathers at Morse’s Cribstone Grill.

July 13, 2017: Brunswick Town Arborist Jay Astle outlines “the ways” to limit the effect of our annual browntail-moth infestation.

July 26, 2017: A People Plus/Bath Senior Citizen joint visit tours the Maine State House and Blaine Mansion. Lunch followed the tour at the Red Barn Restaurant in Augusta.

July, 2016: Color photography by Barbara Wyman brightens the Union Street Gallery. Her favorite subjects are flowers and animals from her native State of Maine.

July, 2013: Spectrum Generations moves its Meals on Wheels distribution and other operations to People Plus, closing its Topsham Resource Center to move closer to “one-stop shopping for area seniors.”

July, 2013: Dues are \$25 for members from Brunswick or Harpswell; \$30 for members from any other town.

July 21, 2011: Center’s annual picnic returns to Thomas Point beach-front site, 125 members enjoyed hamburgers, hot dogs, baked beans, sodas and “good times.” Also, dance music by Gordon Hersom Band.

July 30, 2009: Sig Knudsen resigns as People Plus Executive Director.

July 13, 2009: First day of work for Susan Cole, Executive Director of People Plus.

July, 2009: Brunswick Teen Center formally merges with People Plus.

July, 2005: Development Director Steve Mayberry mailed annual campaign letters to members and friends of the Center. Goal this year is \$30,000, “a 66 percent increase over last year’s effort.”

July 27, 2005: You’re invited to the first annual Downeast Lobster Fest at People Plus: Boiled lobster dinners, \$25; lobster roll dinners, \$20; lobster roll, \$10. Clams in broth, strawberry shortcake

extra (included with dinner) to benefit the People Plus Center.

July 15, 2004: First “Not-so great ice cream walk” does Swinging Bridge, downtown Brunswick route.

July 13, 2003: At least 200 55-Plusers enjoyed burgers, hot dogs, watermelon and soft drinks during third annual Summer Barbecue at Thomas Point Beach. Seniors are free, other adults are \$5, and children are \$4. Gordon Hersom’s band will play.

July, 2003: Brunswick Time-dollar Exchange opens office at 55 Plus Center, Charlene Roberts is coordinator. Exchange embraces simple concept that all of us have value and everyone has something to contribute.

July, 2003: Chamberlain Trail has great addition. Brunswick got a fine new landmark this month in the form of a larger-than-life bronze statue of Maine’s famed general, governor, and college president — Joshua Lawrence Chamberlain.

July 28, 2000: Bus, boat to see tall ships! Tall ships are in Portland Harbor, we have a bus to Freeport, boat to Portland, only \$35 per rider. This will fill up fast!

July, 2000: BINGO! is played at the 55 Plus Center’s Jordan-Wilson Hall every Friday and Saturday evening from 6:30 pm and Sunday afternoons, beginning at 1 pm.

July, 2000: Betsy White hired as first full-time Office Manager.

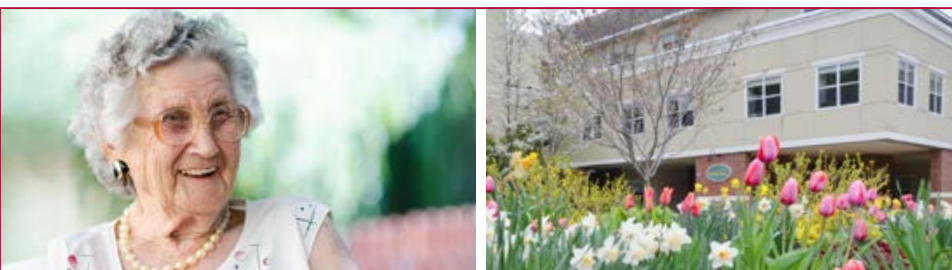
July 14, 1998: Turn your Memories to Memoirs begin a series of workshops with Dennis LeDoux for two weeks in July, August, and September.

July 31, 1992: Come see La Cage Aux Follies at the Brunswick Music Theatre, we have a block of tickets for this matinee, cost is only \$18.

July, 1992: Let us know when anyone of our 55-Plusers is sick or in the hospital, we can mention it in our next newsletter.



THE PEOPLE PLUS OUTING CLUB gets in a little exercise with a recent hike at Brunswick Town Commons, a 71-acre wooded park featuring trails, picnic areas, and interpretive signage. The trail system of the Town Commons connects with the trails of the adjoining Greater Commons, permitting long hikes through the woods. The club, which has visited such places as Richmond’s Swan Island and Wolfe’s Neck Farm in Freeport, meets on Wednesdays at 9:30 am. All members are welcome! Photos courtesy of David Selleck.



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**Teen Center
Summer Hours
M-Th, 1:30-4:30 pm**



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 and savory snacks 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!



BUSINESS DONORS, COMMUNITY DONORS, PEOPLE PLUS MEMBERS, AND TEEN CENTER MEMBERS GATHERED last month for a ribbon cutting to celebrate the successful capital campaign that raised over \$70K for a new Center Minivan! The van will be used to transport teenagers to and from the Teen Center program in the afternoons & summer, and also during the daytime for senior member trips, meal deliveries and other transportation needs. Guests of the event enjoyed cake and ice cream and got a chance to take a look at the new van inside and out!

Thanks to everyone that donated to make this possible! And special thanks to our corporate sponsors: Rusty Lantern Market, Priority Realty Group, RE Management, Maine Street Foundation, Bill Dodge Auto Group, Nathan Davis Family Fund, and Maine Community Foundation.

Teen Center loses one of its own

Nicholas Louis Cardone, 32, of Brunswick and Orr's Island, passed away unexpectedly on June 4, 2022, at Mid Coast Hospital.

Nicholas and his fiancée, Brooke Smith, of Harpswell/Orr's Island have been together for eight years and were to be married on June 18.

Born and raised in Brunswick, Nicholas was a graduate of Brunswick High School.

Nick, as he was known to his friends and family, was a founding member of the Teen Center program 18 years ago. He and his mother worked together to create a program for after school youth and Nick, who was 14 at the time, spoke to Town Council, wrote articles for the newspaper and helped with fund-raising. After the Teen Center program was established, he and his brother, Kyle, attended the program for years.

Nick's love for all things culinary had him working summers in quite a few area restaurants, meeting Brooke when they were both working at Cook's Lobster House. He began working for Bowdoin College Dining Services, where he worked for 11 years eventually becoming catering supervisor. Nick left his job at the college within the past year to begin working for his future father-in-law at his building company.

Along with his love for the culinary arts, Nick was very patriotic, enjoyed shooting skeet, mowing the lawn, and playing with their dogs Luna and Ruger.

Over the years, Nick had become an integral part of the Smith family and along with his fiancée Brooke Smith, he is survived by Eric and Laurie Smith of Harpswell and Brooke's siblings, Mason and Megan Smith. He is also survived by his father, Kenneth Cardone and his fiancée Jennifer Tanguay of Brunswick;



mother, Jordan Cardone and her husband Fraser Ruwet of Brunswick; siblings Conan McNamara and wife Heather of Brunswick, Devan Bailey and husband Herb of Topsham, Kyle Cardone and wife Salina of Topsham; and nephews and nieces Liam, Anna, Sterling, Shane, and Lexi of Topsham. Nicholas is also survived by his loving family members in Rhode Island, his Uncle Ronnie and wife Margaret Cardone, Aunt Lori and husband Steven Defusco, Aunt Lois Cardone; cousins Ronnie Jr., Kevin, Steven, Joey, and Gina.

Nick was a kind and caring young man, determined and adventurous and he will be terribly missed by so many.

Memories and condolences can be expressed at www.brackettfh.com. In lieu of flowers, donations can be made to Midcoast Humane (www.midcoasthumane.org).



TEEN CENTER COORDINATOR JORDAN CARDONE with her boys, Kyle and Nick.



BRUNSWICK AREA STUDENT AID FUND
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Since its founding in 1954 by Brunswick High School Principal Mario Tonon, the Brunswick Area Student Aid Fund has been helping area students with funding their post-secondary education. Over 4,700 awards have been granted.

Help us make a difference in a student's life!

Visit www.studentaidfund.org
Donations may be sent to:

BRUNSWICK AREA STUDENT AID FUND
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spectrum generations
co-located at People Plus
35 Union Street, Suite 1
Brunswick, ME
207-729-0475
www.spectrumgenerations.org

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

Monthly Update

July 2022

In observance of Independence Day, Spectrum Generations will be closed on Monday, July 4.

Aging in Place Forum

September 15, 2022

Spectrum Generations’ Lincoln County Regional Center, in partnership with Inn Along the Way, is hosting Aging in the Right Place Forum on September 15, 2022, 12:30 to 3:30 p.m., at the Inn Along the Way (741 Main Street) in Damariscotta.

This year’s forum will focus on, Revisioning: Pause and Reflect. With the challenges we have faced over the last two years, it is time to move to our “new normal” without forgetting the past. This year is all about reflecting on the good that has happened because of the pandemic. Instead of having speakers this year, we are focusing on getting information to our communities to help them live successfully in their chosen community.

If you are interested in being an event sponsor, or have questions, contact Tracy at 207.620.1185 or by email at tlloyd@spectrumgenerations.org.

If you are unable to participate as a sponsor we encourage you to attend the forum for an engaging and informative day.



Sign up today!

Savvy at Sunrise

Savvy Caregiver Program

The Savvy Caregiver Program is a FREE, six-session training series for family caregivers. For most family caregivers, caregiving itself is a new role, one for which training is needed, just as you would receive training for any new job.

Participants will learn what dementia is and how it affects the individual. The Savvy Caregiver Program helps caregivers better understand the changes their loved ones are experiencing, and how to best provide individualized care throughout the progression of dementia.

Spectrum Generations is offering Savvy at Sunrise via Zoom July 19—Aug. 23 from 6:30—8:30 a.m. For more information, or to register, call 1.800.639.1553.

Welcome to the Team

A Note from Britteny Laskey



I am humbled to start my journey at Spectrum Generations’ Midcoast Regional Center in Brunswick as the Meals on Wheels Site Coordinator. The work carried out and efforts put forth by every individual, whether it be a colleague, or a volunteer are astonishing. I look forward to getting to know everyone.

A little about myself, I live in Bath during the week and Shirley, ME during the weekends. In Shirley, I have an art studio where I spend most of my free time. For the past few years, I have been lucky enough to carry out my lifelong goal of being a professional artist, focusing on acrylics and other mixed mediums. I’ve also spent most of my adulthood photographing weddings, which has since transitioned into more outdoor and brand-based photography.

One of my greatest accomplishments was having some of my work published in a Maine-oriented print publication, Maine The Way, as well as L.L. Bean. When I am not focusing on my art, I am spending lots of time in Maine outdoors. I enjoy foraging, and I’ve recently found a love for flyfishing. It really gives you an appreciation for nature and its ever-changing conditions. Of course, my travels around Maine would not be the same without my two cats by my side, Mulder and Scully – they are full of personality, and I could not love them more even if I tried.

I truly look forward to getting to know everyone. Please call me at 207.607.4406 if you would like additional information on the services we provide.



Spectrum Generations trains volunteers to **EMPOWER, EDUCATE,** and **ASSIST** our community members in need of Medicare services! We want you to become a volunteer; to help individuals make informed decisions about the programs that affect their quality of life, such as Medicare, Medicaid, and other benefit programs. Volunteers are trained and supported on-going by our friendly, professional staff. **YOU** can make a significant difference!

If interested, please contact Stacey Forkey, Spectrum Generations’ Volunteer Coordinator at 207.620.1684 or email volunteer@spectrumgenerations.org.



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

People Plus team supports 20th Annual “Golf Fore a Cause”



KNOWN FOR ITS GENEROSITY more so than its “holes in one”, the People Plus golf team rose to the challenge yet again this year to help raise funds for the Spectrum Generations “Golf Fore a Cause” Tournament! The happy foursome comprised of Margo Knight, Chris Wood, Steve Loebs and Annee Tara, had a great time knocking the ball around the golf course, spending time with friends and sporting their fun new People Plus golf shirts! Thanks, team!



Lobster Party!



The McLellan

Live better.

One Bedroom Apartment AVAILABLE

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

Themclellan.com | 26 Cumberland St. Brunswick, ME



WE WERE THRILLED TO ONCE AGAIN HOST PERFORMERS from the Maine State Music Theatre in addition to Curt Dale Clark, MSMT Artistic Director (right, rear) and Morgan Rodgers, MSMT Development Director (far left). The performers sang individual songs to a packed audience at the Center last month and were introduced to the seniors with fun questions asked by Curt Dale Clark.



Safety Check-In program looking for participants!

Are You Signed Up Yet??

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



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

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.peopleplus-maine.org/good-morning-program.



When you are contemplating a move...

to a Retirement Community, enjoy a visit to COASTAL LANDING in Brunswick to see all we offer in independent retirement living (assisted living available). Included in your monthly rent:

- * Choice of two meals daily
- * Activities and Social Events
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- * Free Laundry Room

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www.coastallanding.com



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RETIREMENT COMMUNITY

Membership Benefits

The following businesses offer discounts for People Plus members.

AUTO SERVICE/SALES

- Autometrics**, 10% off labor
21 Bath Road, Bruns., 729-0842
- Bill Dodge Auto Group**, 10% off parts/service
118 Pleasant St, Bruns., 729-6653
www.billdodgeautogroup.com
- Darling's Ford**, 10% off 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
thomaspointbeach.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.bolobrunswick.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



Celebrating 70 years of friendship!

THESE GIRLS OF SARGENT COLLEGE in Boston have been friends for over 70 years! Graduating together in the 1950s from Sargent College Department of Health and Rehab Sciences, (now a part of Boston University), (L to R), Betty Bavor, Sally Jones and Jeanne d'Arc Mayo were fast friends back then and have stayed close for over seven decades!

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July 12th, 11:30 am



161 Main St, Woolwich

45th Plus 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 _____	<input type="checkbox"/> Female <input type="checkbox"/> Male	
Email _____	Emergency Contact _____	(name)	(phone)	(relationship)
Name (2) _____	Phone _____	Birthdate _____	<input type="checkbox"/> Female <input type="checkbox"/> Male	
Email _____	Emergency Contact _____	(name)	(phone)	(relationship)
Mailing Address _____		City _____	State _____	ZIP _____
Yearly Dues (Scholarships Available) Brunswick (___New___Renew): <input type="checkbox"/> \$30 Other towns (___New___Renew): <input type="checkbox"/> \$35 <input type="checkbox"/> \$300 for Lifetime Member (65 or over)		Cash/Check (Payable to People Plus) Membership Dues: \$ _____ Additional Donation*: \$ _____ (*donations above membership dues are tax deductible)		Volunteer Opportunities at People Plus I'd like more information about:
OFFICE USE: <input type="checkbox"/> Account <input type="checkbox"/> Data <input type="checkbox"/> Card Sent		Total: \$ _____		<input type="checkbox"/> Lunch Crew: cook/setup/cleanup <input type="checkbox"/> Reception: check-in/phone <input type="checkbox"/> Volunteer driving: rides to appts/shopping <input type="checkbox"/> Meals on Wheels <input type="checkbox"/> Teen Center

TECHNOLOGY

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

Are you a local business?

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Catching up with ALL my relatives

By the time most people are reading this column, I will be making final preparations for a trip to Michigan. Because of the pandemic and various other circumstances, there has been very little travel done in our household, so we have been really looking forward to this long-awaited journey.

Plus, it will be a nice break from my and Vicky's busy "retirement."

I realize what I'm about to say might seem a bit bizarre, but one of the things I end up doing on any visit home is borrowing a bicycle and pedaling my way to the town cemetery. Once there, I stop by all the grave-stones belonging to my family members — sometimes even having a brief chat. I guess it is a way of reconnecting with my roots.

This, some would probably think, weird ritual usually rekindles thoughts and memories of these individuals, many of whom

played an important role in my past.

There was my Grandpa Albert Gabrion. While I was only a year old when he passed away, many times when growing up people would tell me he had the best bakery ever in our small village of Ithaca. He certainly had no shortage of help, with seven children in his immediate clan.

I was fortunate enough to have three great-grandparents still around during my younger years. Clyde and Maude Hays, on the maternal side of the family, lived in a tidy trailer behind their daughter's house, my Grandma Elizabeth Donahoe.

We would often visit after Sunday church service. One of the things I remember most was the fact that Great-grandma Hays taught me how to play the game of solitaire. We would sit across from each other at her dining table, taking turns with the deck until

it was time to go home. She also showed me underhanded tricks if the right cards weren't falling into place.

Now that I think about it, she must have passed on this sort of shiftiness to their only child. Please let me explain ...

I have countless mental souvenirs of my Grandma Donahoe, but there's one — to this very day — that stands out. She had a relatively strong Catholic faith; never missing Sunday service, going to confession regularly, and, most certainly, following the practice of no eating meat on Fridays — and not just during Lent.

One day, and I don't remember how old I was, my wonderful Grandma Donahoe told me that if I went to First Friday Mass, which was early in the morning before school, for nine straight months that I would automatically enter Heaven upon my death.

So what was I going to do? It must be true, after all this proclamation was uttered from the lips of one of the most senior members of our family. She also had that kind of persuasive look that grandmothers are famous for. Furthermore, I figured I was probably going to need all the help I could muster to make it to the pearly gates.

Anyway, for the next three-quarters of a year, my Grandma Donahoe picked me up in her car on the first Friday of the month, making our way to the church and then listening to the religious message Father Ganley decided to present that day. I'm sure

Simply put



Patrick Gabrion

whatever it was it didn't stick with me long; I was just there to earn points toward my passage to that mythical area up in the sky — way beyond Earth's atmosphere.

Obviously, years later, I learned that Grandma Donahoe's own version of "Stairway to Heaven" wasn't even close to being accurate. In confessing her little fib, she told me that she just wanted someone to go to church with her. All I can say to that is ... amen.

It's always nice to visit home and catch up with my relatives — those still with us and those living in my memory bank. Sadly, I have two new stops to make during my cemetery tour; the resting places of my little sister, Ann, and my mother, Mary. I'm sure we'll have plenty to talk about.

New and renewing members for June

Memberships received as of June 17.

* indicates new membership
• indicates donation made with membership

BATH

Beth Carlson *
Joan Smith

BOWDOINHAM

Jeffrey Lauder

BRUNSWICK

Wanda Barlag
Eleanor Brown
Ellen Brown
Richard Eifert *
Richard Fortin •
Rollande Fortin •
Edith Francisco
Don Hale
Shirley Hale
Marjory Himmer •
Ronald Himmer •
Sally Hoople
Doris Howes

Nilda Jacobus
Ann Kimmage
Denis Kimmage
Priscilla Lee *
Kathy Macleod *
Bill Mason
Jennifer Mason
Linda McCullough
William McCullough
Gail McDougall
Elizabeth Newman •
Alicia Pietraho
Bob Pinette •
Sue Pinette •
Lauralee Poutree
Nancy Reisinger
Octavia Smith *
Priscilla Smith
Joanna Sorreiro
Patty Sparks
Frances Weatherbie •
Margaret Wentworth
Rupert White
Ruth White
Sue Wright *

DRESDEN

Stephen Gross

DURHAM

Donald Caton
Laurie Caton-Lemos *
James Cherry

HARPSWELL

Peter Blue
Marcia Blue
Linda Mae Lawler
Harry Parsons

TOPSHAM

Elizabeth Bavor
Florence Carter
Kathleen Connors
Marjorie Hart •
Margaret Holland
Linda Mallard
Carmella Pellerin
Alice Ponziani •
Nancy Randolph
Julie Silverman
Ann Wilson
Jeff Zabik *
WEST BATH
Elise Mangiulli *

PEOPLE PLUS COMMUNITY BOARD

Wanted: Mobility help needed. Daily, 7 days per week, 10-11 am and 1-2pm. Commode to empty in the am hour. \$35 per hour. Call Anne at 207-751-1440. Please leave a message with name, number and best time for a call back.

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

Weekly Winners

Senior Intermediate Cribbage

June 1	Anne Bouchard 717 Jen Haskins 696 George Hardin 695
June 8	James Cherry 724 Lorraine LaRoche 702 Jen Haskins 700 John Bouchard 699
June 15	George Hardin 711 James Cherry 706 Leo Robichaud 699 Rollande Fortin 697
June 22	Lorraine LaRoche 726 (perfect game) Jen Haskins 695

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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A Northbridge Senior Living Community

207.443.9100

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

HELP WANTED

Join our team!

Part-time Membership Coordinator

People Plus is seeking a detail-oriented person to support office staff with processing memberships, sending out renewal notices, maintaining the membership database; helping with reception coverage; working with development director on annual appeals, and other duties as assigned.

- Must have good phone skills and the ability to interact with members and staff in a friendly and efficient manner.
- Must have good computer skills including MS Excel, MS Word, and the ability to learn the MySeniorCenter membership database.
- Paid position – 15 hours per week (Tuesday, Wednesday, Thursday).

FMI call Stacy at 729-0757 or director@peopleplusmaine.org



Equipment loan helps everyone!

Do you have a temporary need of a little support? A wheelchair, crutches, a walker, shower and toileting devices? The People Plus Center maintains a "lending inventory" and it's ready when you are. Folks needing equipment to keep them safe and secure at home have a source of access, while those who have clean, gently used items that are no longer needed can free up some space and drop them off at the Center. If you have a specific need, or equipment to loan to the program, call or come by the Center. You do not need to be a member to borrow equipment.



Show in Cafe Gallery to feature artists from Spindleworks

Spindleworks will be exhibiting a selection of artwork at People Plus. The collection of work, which will be on display starting in mid-July and continuing through August in the Cafe Gallery, will

showcase the unique styles of the program's artists.

Spindleworks is a nonprofit art center located on Lincoln Street in Brunswick for adults with disabilities, and is a program of the Independence Association of Brunswick, whose mission is to help children and adults with disabilities achieve full and inclusive lives in their chosen community.

Artists in the Spindleworks program come from the surrounding communities of Brunswick, Bath, Topsham, Bowdoinham, Portland, Westbrook, Auburn, Lisbon Falls, Richmond and Freeport. Artists attending the program receive supplies, studio space, and guidance as needed. Their work is exhibited in the Whatnot Gallery and Store at Spindleworks, as well as in shows both locally and nationally.

During the July/August art show, 10 percent of all sales will go to People Plus. The exhibit is open to the public during regular business hours at People Plus, Monday through Friday, 9 am - 1 pm.



GAS PRICES ARE NO ISSUE WHEN YOU RIDE YOUR SCOOTER IN STYLE! New member and lunch crew volunteer Jill Hutchins is loving the warmer weather and riding her bike to the Center! Jill has taken over for Gladys with lunch favors and decorations. Thanks, Jill! Beep beep!

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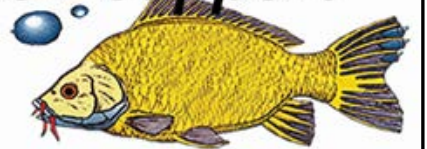
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