



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

We're in Stitches at People Plus!



THE FIBER ARTS CLUB at People Plus grows larger every Monday at 10! Come join the ladies for a few hours of fun, camaraderie, and creative work! Bring your project, no matter the type of stitch; whether it's sewing, knitting, crochet or quilting, this is the place for you!

2022 Senior Health Expo!
 Table registration closes Sept. 16
 Sponsorship opportunities still available!
 See page 4 for details.

And a cherry on top!

All members are welcome at our ice cream social

Come join us at our annual Ice Cream Social for summer fun with friends! Plus live entertainment with our very own Claude Bonang! The celebration is scheduled for Thursday, Aug. 11, at 1:30 pm at the Center.



And as part of the fun we will recognize the important contributions our volunteers have made in the past year. From lunch crew to club coordinators to volunteer drivers and more, our volunteers are the heart of the Center! We couldn't do it without them!

You don't have to be a volunteer to attend, so please come and celebrate with us! Members only, registration required.

Going BIG on YouTube!

By Frank Connors & Silas Morin

"Bump!" Silas was back, more enthusiasm than before, "Let's put you on YouTube!" I hesitated only a second, nodded my head, and said, "sure, that sounds like fun. ... What's YouTube?"

You need to know that my grandboy, Silas Morin, at the age of 11, has more technical skills and knowledge than I'll ever have. I'm still getting used to that. If we have a device in our house that goes dark — a computer, a phone, a television, a car, a flashlight, even an electronic kid's game or toy — we put it aside and wait for Silas to come fix it. Now, I'm listening as Silas launches into a detailed description of YouTube — how it works, why it's wonderful, why we gotta have it, why we should be on it. Maybe my eyes glazed over, just a little bit? I'm sorry, I try!

You also need to know we were at the height of the latest COVID surge, deep into

March 2021. Schools were closed, and kids were trying to keep up with laptops. Jane and I were pretend substitute teachers a few days each week, everyone was frustrated, and bright kids like Silas were dying on the vine.

"We could take your Speaking Frankly stories," he explained, "put them on YouTube and share them with the world!" I was trying to listen. "We might even make some money!"

OK, he had me, here we go!

From that day to this, Silas has borrowed, built or bought equipment. We've fashioned our own studio in the bedroom of a neighbor's house. We've done "remote shoots" and had a pie raffle to celebrate our first real hundred subscribers. Silas created a poster giving people "simple" instructions to subscribe and listen in to "Stories with Frank Connors." (Go to page 15, you'll find the four-step process.)

We have "taped and posted" more than two dozen stories, a special Veterans Day message, and Silas and his brother Zander have added several "Short-shots!" Silas has developed a QR code to help you subscribe, using only your cell phone. (I don't dare ask him what a QR code is, he'll just make fun of me again because I don't yet have a cell phone.) According to Silas, since HE created the channel, we have over 115 faithful subscribers and more than 1,400 views! "WOW," I say with excitement, "what teamwork!"

But I want you to know the real value of this project is a little elusive. My grandboys and I are having fun, solving problems, meeting deadlines and working on something together. We laugh, we argue, and we celebrate. I'll start putting a value on that, right after Silas tells me what a QR code is. Exactly!

Continued on page 15



SQUEAKY CLEAN!



A HUGE THANK YOU to Shawn Casey, owner of New England Touchless Car Wash on Pleasant Street. He read about our new van in the People Plus News and donated a lifetime of car washes for the van!!! Wow!

Bowdoin International Music Festival Community Concert was a hit!

Check out more photos on page 9



NOTICE OF CLOSURE AUGUST 1-5

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

Save the date – Annual Member Picnic!

September 15th at Thomas Point Beach with *Off Their Rockers!*

Join us for our "Picnic at the Point"! Register and pay now at the Center and don't forget to mark your calendar for Thursday, Sept. 15 at Brunswick's Thomas Point Beach. Every paid registration gets a People Plus souvenir cup! Registration includes lunch and beach admission: \$7 for members, \$10 for non-members.

Lunch will include Stacy's slow-cooked, pulled pork sandwiches, along with baked beans, coleslaw, watermelon, and dessert. Canned sodas and bottled water available.

Enjoy live music from "Off their Rockers,"

games, chatting with friends, fresh air and beautiful views.

Check-in starts at 11 am, lunch is served at noon. To avoid the long line at the gate, please register in advance at the Center. Registration is required.

We really want you there, so register early and don't forget to bring your own chair, sunscreen, a hat, and your appetite!



People Plus News

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

The Editor, People Plus News
P. O. Box 766
Brunswick, ME 04011-0766
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Your support has helped us have a great year!

Thanks to each and every one of you who donated in some way to our Center this year! We had 553 donations, ranging from \$1 to \$27,000 (from one person)! We had food delivered, goods and items donated, gift cards purchased, gas and car washes offered,

volunteer hours and community outreach. We would not be the People Plus Center without all of this generosity and support! As we launch a new fiscal year, it's only appropriate to say thank you to each and every one of you for helping us be the amazing place

From the Executive Director

Stacy Frizzle-Edgerton



that we all know and love as our second home. Whether you are an older adult or a teenager, this is a special place and we are proud to share it with all of you. Thank you!

Community Donors

- Ellen Asherman
- Richmond & Lillian Bates
- Sam & Sally Butcher
- Sally Clifford
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- Charles & Carol Evans
- Marshall Gott Family
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- Estate of Harry Welzel in Memory of Jane Welzel
- Suzan Wilson & Daniel McLaughlin

Foundations

- Alex Labbe Foundation
- Ann & David Swanson Charitable Trust
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- Maine Street Foundation
- Dana L. Mayo Family Fund
- John & Elizabeth Mace Charitable Trust

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- Norway Savings Bank
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Spectrum Generations Partnership

- Aging & Disability Resource Center
- Meals on Wheels
- Commodities Supplemental Food Program
- Community Dining
- Volunteer Transportation Network Support



From Anita's Plate

Anita Nugent
(207) 504-6439



info@nutritionforeveryday.com

Success at Fourth of July celebration

I am happy to report that the meal planning was a huge success this past holiday. There was a grand total of 21 people at each meal! It helped that now my cousin owns the camp behind us, so there is an additional refrigerator, if needed.

There were very few leftovers and we used those in creative ways. The leftover pesto chicken was put on a pizza and into sandwiches. The leftover corn on the cob was made into a corn salad. The weather was spectacular and I kept up with my exercise goals. Each day, I engaged in at least three activities. They included hiking Panther Mountain, kayaking, paddle boarding, walking, and swimming!

Recently, I read about starting your day with a good choice and I thought this was a great idea. If you start your day off with something good, you are more likely to make another good choice. I encourage you to think about what you could do to start your day off with a good choice.

Things that come to mind are adding vegetables to your eggs, adding ground flaxseed to your yogurt. Having an extra serving of fruit. Going for a walk.

If you start your day with a good choice, I challenge you to think where else you might add another good one in the course of your day!

Corn Salad

Salad ingredients:

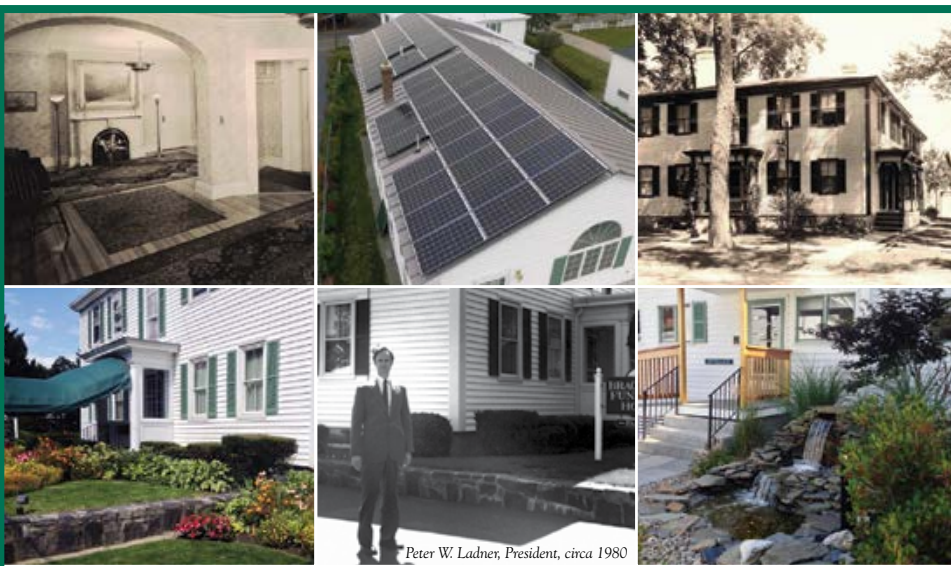
- 4 C. corn, cut from the cob
- 1 heaping C. halved grape tomatoes
- 1 C. diced English cucumber
- 1/3 C. diced red onion
- 2/3 C. crumbled goat cheese
- 3 Tb. finely chopped fresh parsley
- 2 Tb. finely chopped fresh basil

Dressing ingredients:

- 1/4 C. olive oil
- 1 1/2 Tb. red wine vinegar
- 1 Tb. lemon juice
- 1 1/2 t. honey
- 1/2 t. minced garlic
- 1/2 t. freshly ground black pepper

Directions:

1. Make dressing: In a mixing bowl, whisk together olive oil, red wine vinegar, lemon juice, honey, garlic and pepper. Refrigerate while preparing salad.
2. For the salad: Combine the corn, tomatoes, cucumbers, red onion, goat cheese, parsley and basil.
3. Whisk dressing again, then pour over salad. Toss well to coat.



Peter W. Ladner, President, circa 1980

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People Plus welcomes new and returning board trustees

It is with great pleasure that we welcome three new members to the People Plus Board of Trustees. Joining this important part of the Center are Allison Crosscup, Gail Kendrick, and Cindy Sullivan. Also returning to the board is Stephen Loeb, after a one-year hiatus. Welcome to the People Plus family and thank you for your service on the board!

— Allison Crosscup



Allison has worked in fundraising for more than 20 years and currently serves as the Director of Academic Advancement and Strategic Priorities at Brunswick's Bowdoin College. She holds a BA and MA in political science from Mount Allison University (New Brunswick, Canada) and York University (Ontario, Canada), respectively.

Allison lives in Bath with her husband, Phil, and their golden doodle Sophie, and enjoys spending time on or by the water. Commenting on becoming a member of the board, Allison said: "I was drawn to People Plus given the wide range of work the organization is doing for so many and its clear commitment to the community. I'm looking forward to being a part of the board and contributing to the great work taking place."

— Gail Kendrick



Gail is 74 years old and retired. She worked in many different fields, the last being ministry within the United Church of Christ. She is presently a volunteer tutor working with English language learners.

Gail and her husband of 53 years, Cy, recently reinvented their retirement by buying a house set in a former apple orchard in Topsham. He is learning the care of apple trees, while Gail is trying her hand at vegetable gardening.

With their move, the pair discovered they needed a place to connect with others. People Plus provided that place for them, as it does for so many others. At the Center, Gail and her husband facilitate Duplicate Bridge, and Gail plays Mah-jongg twice a week and goes on hikes with the Wednesday Walkers.

"But for healthy aging, one needs more than people connections and exercise, one needs to serve," said Gail. "I felt that need was only partially being met by my tutoring, so when I was asked to serve on the board of People Plus, it did not take me long to realize that this would be the place that met my need to serve and also the place where my gifts and life experiences could be of help to the people who make People Plus such a great place. I answered the request to serve with humble gratitude."

— Stephen Loeb



Stephen is Professor Emeritus of Health Policy and Management at The Ohio State University and a Research Associate at Bowdoin College. He graduated from Bowdoin College and has three graduate degrees from the University of Michigan. Loeb was on the faculty of The Ohio State University for thirty eight years. His specialty is health insurance, public policy, and health system management. He is currently on the Board of Directors for OASIS Free Clinics and Consumers for Affordable Health Care. Loeb and his wife, Sue, have two grown daughters. They live in Topsham.

— Cindy Sullivan



Cindy is the Executive Director at Thornton Oaks Retirement Community. She lives in West Gardiner with her husband, a border collie/golden retriever mix, coon cat mix, and an African grey parrot. She likes reading a great novel, going to concerts, and hiking in the fall.

"I'm excited to join the People Plus board. Having been involved with them for the last four years in a variety of ways, it seemed like a perfect fit for me," said Cindy. "Many of the residents at Thornton Oaks love People Plus and utilize many of its programs. I look forward to serving on the People Plus board and contributing to the local community."

Town provides vital support!

Annual funding from the town of Brunswick keeps the Center open!



THANKS SO MUCH TO THE TOWN OF BRUNSWICK for their continual support of the People Plus Center! The town chartered this senior center in 1976. Formally known as the Brunswick Area Community Center for Senior Citizens, we are in our 45th anniversary year and loving every minute of it! Photo above: Town Manager, John Eldridge, and Deb Blum.

And a separate thanks to Brian Robinson (right) and Mechanics Savings Bank for providing a safe haven for these funds. It's good to keep things in the community!

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
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John Fischer
207.522.1238
john@carpediem-me.net

Gone but not forgotten –

Eleanor Peterson December 8, 1926 - June 10, 2022	Ronald Mertz April 27, 1940 - June 17, 2022	Louise Letorneau June 15, 1938 - July 11, 2022
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August is Awesome at People Plus!!



GIA, BOTTOM LEFT, STACY'S WHITE GOLDEN RETRIEVER, stopped in to say hello to all the men at the monthly coffee group! Sharing slices of pie and camaraderie, the guys always have a great time when they get together!

People Plus Open House!

Thu, Sept. 22, 1-3 pm. Enjoy refreshments as you tour the Center on Union Street, chat with representatives of classes and clubs, and meet the staff.



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.

Apple Device Tutoring

Thu, Aug. 11 & 18, 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.

New Club Seeks Coordinator

Interested in attending an outing once a month (museum, restaurant, local attraction, etc)? Want to lead the gang? Looking for a coordinator for this NEW monthly club. Contact Jill at programming@peopleplusmaine.org if you are interested.

CENTER CLUBS Free: Members Only

FMI 729-0757

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.

Wednesday Walkers

Wednesdays, 9:30 am. Meet at the Center or at an offsite location. Walks, usually about an hour, may include hiking trails and various terrain.

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.

Kaffeestunde!

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

Books a la Carte

3rd Tuesday, 2 pm. Join an interesting and fun discussion about books and authors with varied genres and no assigned reading list.

Last chance to sign up for the Holland & Belgium River Cruise!

Take a vacation with Collette Travel! Savor springtime in Holland and Belgium with a 7-night cruise April 25-May 3, 2023, that highlights the blooming Dutch tulip fields. Open to the public, **sign-up deadline is Aug 26.** FMI <https://gateway.gocollette.com/link/1093932> or call 729-0757.

Try Books a la Carte!

Want to meet other people who like to read? Come try Books a la Carte - it's informal and welcoming! We talk about books and authors with no assigned reading list. Do you like Romance? Popular fiction? Nonfiction? Mysteries? Fantasy? Also bring books to trade, lend, or donate! Attendees are encouraged to talk about books they have read, but that is optional. Please drop in for an interesting and fun discussion. The group meets on the third Tuesday of each month at 2 pm.

Calling all game players!

Beginning Bridge, Duplicate Bridge, Cribbage and Mah-Jongg. Free, members only.

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.



Registration is open for Senior Health Expo 2022!

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).







Table and sponsor registration is now open. Please note these key dates: "Be on the bag" sponsor deadline is Sept. 2, and table registration deadline is Sept. 16. The Senior Health Expo will showcase products and services in the following categories:

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

There will be free swag bags. Admission and all services/demonstrations are completely free! Stay tuned for more info... Visit peopleplusmaine.org for more information on the event, including table registration and sponsorship opportunities.



MOST OF US DON'T HAVE ANY IDEA HOW TO PLAY MAH-JONGG, but these ladies can teach you if you want to learn! They have a great time on Monday, Wednesday, and Fridays upstairs at the People Plus Center from 9 to 11:30 am! Each and every one of them was a beginner at some point and they love getting new friends to play! Come join the game!

Medicare 101 with Spectrum Generations

Tue, Aug 9, 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.



Same club, new name – Wednesday Walkers!

Wednesdays, 9:30 am. Formerly known as the Outing Club, this club meets every week for a local walk. Walks, usually about an hour, may include hiking trails and various terrain. Walks for this month are listed below and included in Friday email from the Center.

- **3rd:** Coffee at Little Dog (in the back) - Meet 9:30 (planning meeting for Sept)
- **10th:** Skolfield Shores & Curtis Farm - Meet 9:15 at PP to carpool

- **17th:** Swinging Bridge Walk - Meet 9:30 at PP to carpool
- **24th:** Hamilton Audubon - Meet 9:00 at PP to carpool
- **31st:** Falmouth Audubon - Meet 9:00 at PP to carpool

We try to be at trail parking lot to start hikes at 9:30. Call Sarah 729-0757 if need a ride or can give a ride.



IT WAS A GREAT DAY, great hike, and plenty of blueberry picking for the Wednesday Walkers. They gathered at the Captain William Fitzgerald Recreation and Conservation Area, which is a 66-acre park in Brunswick conveyed to the Town of Brunswick from the U.S. Navy. The area is available for walking and hiking on existing paths. Photo courtesy of David Selleck.

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Mon	Tue	Wed	Thu	Fri	Sat
People Plus Center Closed August 1st - 5th					9:00 Zumba
<p>8</p> <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge</p>	<p>9</p> <p>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</p>	<p>10</p> <p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis</p>	<p>11</p> <p>9:00 Table Tennis 9:30 Art Class 9:30 Apple Tutoring 11:00 Yoga 1:30 Ice Cream Social</p>	<p>12</p> <p>9:00 Mah-Jongg 9:00 Loosen Up 9:00 Hair Cuts with Margarita 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:00pm Folk Dance Brun.</p>	<p>13</p> <p>9:00 Zumba</p>
<p>15</p> <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge</p>	<p>16</p> <p>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</p>	<p>17</p> <p>9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis</p>	<p>18</p> <p>9:00 Table Tennis 9:30 Art Class 9:30 Apple Tutoring 11:00 Yoga</p>	<p>19</p> <p>9:00 Mah-Jongg 9:00 Loosen Up 9:00 Hair Cuts with Margarita 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga 6:00pm Folk Dance Brun.</p>	<p>20</p> <p>9:00 Zumba</p>
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<p>29</p> <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge</p>	<p>30</p> <p>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</p>	<p>31</p> <p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:00 Meals on Wheels 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis</p>	<p style="text-align: center;">Programming Notes for August:</p> <ul style="list-style-type: none"> • The following activities will not meet in August: Cafe en Francais, Spanish, Apple Club, Men's Coffee, Women's Breakfast, Lunch & Connections. • Loosen Up will not meet on Aug. 26 • Tai Chi will not meet on Aug. 24 or 31 • Outing Club changed name to Wednesday Walkers <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><i>Anyone can try any activity once for free!</i></p> </div>		

Register for activities @729-0757

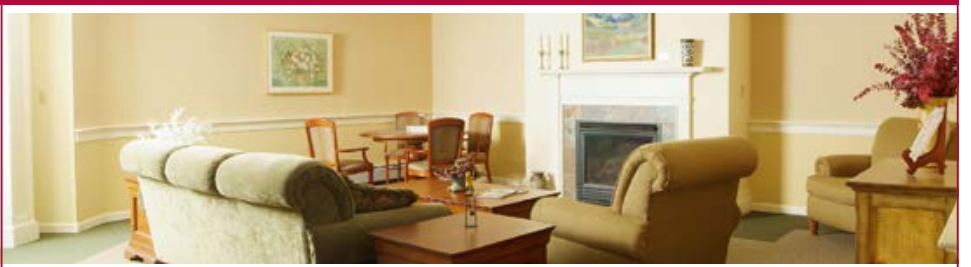


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Welcome Home



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

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

Mid Coast Senior Health
MaineHealth



Poems & Prose



Summer is Here

By Bonnie Wheeler

The warm breeze of summer
Warms body and soul
Long awaited break from cold
A brief few months of colorful wonder
A time of planting, camping, swimming,
Parades, fairs, festivals, and musical shows
Don't you wish it would never go?

Laughter

By Betty Bavor

Can you imagine life without LAUGHTER? We would be denied the feeling of good natured and fun-loving sounds of laughing. Comedians devote their career making their audience laugh. Comedy theater and TV programs can be laughable, providing people heartwarming entertainment, happiness, joy, and a smile.

Let us explore the value of humor and laughter, briefly, from journalist author, Norman Cousins. He was diagnosed with a life-threatening disease of connective tissue called Degenerative Collagen Illness. He suffered severe pain, fever, and near paralysis of neck, back and legs. He was told he had one chance in 500 for recovery and he decided to develop his own get-well program of vitamins plus self-induced bouts of humor and laughter.

He watched TV's Candid Camera and comic movies with regularity and discovered ten minutes of good belly laughter provided him two hours of pain-free sleep. His positive attitude, the support of his doctor, time and diligence proved humor and laughter changes body chemistry and brain function.

Laughter has a healing component freeing us from stress and anxiety. Research continues to prove it can even be a healer for other health-related conditions. Laughter can be a chuckle, giggle, or howl, loud burst with merriment plus. It can also taunt, deride, make fun of and cause ridicule. Is your sense of humor keen and severe, quick to see the funny side of a story or conversation that makes you laugh?

Norman Cousins (1915-1990) was an author, journalist and creative man. He wrote a book, "ANATOMY OF AN ILLNESS as perceived by a patient," which was a best seller.

Have you ever played Chuckle Belly? We played this game for an ice breaker before a party or at the end of our party for a round of laughter. It is great for kids to settle a dispute and every one ends up laughing forgetting their issue. One person lies down on their back on the ground. The second player lies down perpendicular with their head on the first person's stomach who says, "Ha." Number three continues this venue as number two says, "Ha Ha." As more and more join the line, added Ha Ha Ha's evolve into hysterical laughter and heads bob up and down on each other's tummies.

How often do you laugh? Do you instigate laughter? Some laughing comments are: to be in stitches, rolling in the aisle, peals of laughter, laughed until the tears rolled down my cheeks, have the last laugh, no laughing matter, die laughing.

Life's disruptions are not always welcome and, maybe, can be softened with laughter. We are all making an effort to look on the bright side of our turbulent world. I have heard it takes more muscles to frown than to smile — let's promote a smile or laugh for good health.

Grammar

By Ellen Brown

When I write, I'm not thinking
of the types of words I'm linking.

It seems to come quite naturally
But if one starts an inquiry,
it's clear of the complexity.

Grammar is a set of rules
that gives structure; gives us tools
To more accurately convey
what in fact we want to say.

So the first goal to reach
Is the requirement to teach
The eight forms of speech.

Nouns are king; verbs are queen
Pronouns somewhere in between.
Adjectives and adverbs
used to make descriptions
Conjunctions, articles
And finally prepositions.

We attach words to these forms
and then those words are blended
to make phrases, clauses, sentences
that will hold or be amended.

There are ways to place the words to be grammatically correct
To add to understanding; to give the most affect.

And when we write or when we read,
punctuation is what will lead
us to know when to stop and when to go.

It tells us when to emphasize.
When breaks in thoughts arise.

It asks questions; shows possession.

Encloses extra information
on which we want more concentration.

Dividing words in a line
Contracting words, such as I'm.

It provides an extra pause within a clause,

And separates talk from text
giving clues to what comes next.

When deconstructing language
the terms we use are vast.
From infinitive to participle, gerund and syntax.

Grammar is the whole of all the disparate parts.
It's from its forms and structures communication starts.

Goodbye, Friend

By Bonnie Wheeler

We had the good times
We endured the bad
We did it together
Until there was just one
Goodbye, friend
See you again



Write on Writers

Wednesdays
at 1 pm

Remembered

By Bonnie Wheeler

I glance around the writers' table
The chairs are all full
New faces, new storytellers, new talent
Yet, I see old faces

Bob, Bill, Charlie, Betty, Ruth
Jennie, Ralph, Charlotte, Gladys
Just to name a few

Reminding me
Everyone is in our lives for a reason
Enjoy your season

Vacation

By Bonnie Wheeler

Summer vacation
Here they come
To my house
They always run



Is it seeing Maine
Where beauty and fun flows
Or free rooms and food
And mom to wash their clothes

Time

By Bonnie Wheeler

Time has a way of passing fast or slow
If you are busy its fast, if lonely its slow
Old times remembered when good times rolled
Elderly years pushing through — trying to hold on

Close Encounters

By Fred Cheney

It was the second or third weekend of duck season, a long time ago. So long ago that the bag limit was five. I was in the seventh grade. My grandfather, my father, and I were hunkered down in a duck blind along a small tidal river in Bowdoinham.

We shivered and made jokes about how many limits we could take. We were, after all, two fathers and two sons, so didn't that mean four limits.

We three had been looking forward to this hunt since July, shooting skeet and shopping for the right loads throughout the summer. When we ran out of clay pigeons, cost was a factor for us, so we simply threw cans as far as we could and counted the dents in them.

It had been a good morning, lots of birds flying in the mist, but then the sun burned through. My grandfather got a bit tired, and none of us knew that this was his last hunt. Dad asked how I felt about staying in the blind while he took Pa home. Dumb question.

So, the two of them left, and I was the hunter — the only hunter — in the blind.

There was a trail in the woods up back. It connected all the blinds along the river. And from that trail I heard, "Hello, anyone there?"

"I'm here," I answered, and a tall angular man came out of the brush. He had an impressive water spaniel and a gun, a Browning automatic, that all in my family could only dream of.

"You here alone?"
"Yeah." I didn't explain further; in those days there was no need.

"Mind if I sit a spell?"

He sat, and we talked about the morning shooting, and the likelihood of Canadian Red Legs. He talked like my family and friends of my family.

Then we heard the whir of wings passing from behind. We scooted down and watched a small flock swing around in response to the tollers in front of the blind. Together, we moved up and forward and did what duck hunters do. Instantly the dog was in the water, retrieving.

Though it was a busy time, the stranger was aware that I was looking at him.

"You're trying to figure out who I am, aren't you?"

It seemed as though he'd read my mind, and I was caught having to tell the truth. In artfully, I replied, "You're that government guy, aren't you?"

"Yes, I am son. My name is Ed Muskie, and I'm your senator." He emphasized those last two words, shook my hand, grinned broadly. Then he congratulated his dog, who was now the real star of the hunt.

He made certain that my father was coming back and excused himself, saying he wanted to talk to other hunters downstream. He was gone from the blind, but not from my consciousness.

This story is full of anachronisms — a 12-year-old hunting alone, a stranger approaching a 12-year-old, even guns.

Say what you will, but this is how one lifelong voter was made.



MOVING TO CONNECTICUT didn't keep Gladys Szabo from the writers' group! They love her and also new members, so come join the group if you're interested! And you just might get to meet Gladys too!



HAVE YOU TRIED OUT OUR FANCY BLUE ADIRONDACK CHAIR on Maine Street? Painted by our very own art class, the Brunswick Downtown Association fundraising chair is both stylish and comfortable!

Take a picture of yourself having a seat and we'll put it in the People Plus News! And a big thanks to Dave Millar (above) and Riley Insurance for sponsoring our chair!



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Themclellan.com | 26 Cumberland St. Brunswick, ME

Books A La Carte

Do you want to meet people who like to read? Books a la Carte might be for you. The format is informal and welcoming. We talk about books and authors, and there is no assigned reading list. Attendees may also bring books to trade, lend, and donate. Please drop in for an interesting and fun discussion. The group meets on the third Tuesday of each month at 2 pm at People Plus.

FICTION

A Tree Grows in Brooklyn by Betty Smith. This is a coming-of-age story about a young girl growing up in Brooklyn in the early part of the 20th century. Born into a loving but poverty-stricken household, Francie is level-headed and serious. She faces her family's situation and works hard to get an education. This delightful classic was extremely popular in the 1940s and was made into a movie.

Nobody's Fool by Richard Russo. This modern classic is the story of Sully, a man living in New York state who has been doing the wrong things triumphantly for 50 years, and to the people in his life. It is told with shy humor and compassion. It was made into a movie, starring Paul Newman.

Three books by **Dorothy Gilman**, the author of the Mrs. Pollifax novels: **Girl in Buckskin**. An orphan girl escapes from indentured servitude and an arranged marriage, helped by her brother. She finds a new life and a place and people that change her life. **Thale's Folly**. A story set in Massachusetts in a house believed to be haunted, but it is actually occupied. **Cravan**. This tale, set in the North African desert in 1914, is the story of a woman who lived her life to the fullest and discovered an inner magic.

NONFICTION

Andrew Wyeth by Richard Meryman. A biography of the painter. This is a must read for anyone who admire Wyeth's work and wish to learn more about the artist.

To Risk It All by Admiral James Stavridis, USN (Retired). This well-written book was briefly mentioned in our July list. It is now readily available. The author takes a fresh look at critical moments in our naval history. People involved range from John Paul Jones to "Bull" Halsey. Other accounts tell of a Navy steward at Pearl Harbor; the Pueblo incident; the rescue of Captain Phillips from Somali pirates; and the COVID outbreak on the USS Theodore Roosevelt.

MYSTERIES

Thursday Murder Club by Richard Osman. This book is set in a retirement community in England. Four residents enjoy studying old mysteries, then they find themselves with a real mystery to solve — two murders decades apart which involve extra bones discovered in the grave of a nun. This is a light-hearted, often funny, very good read.

Books by **June Thomson**. These are British police procedurals set in the countryside, with Inspector Rudd and Sergeant Boyce. They feature well-structured plots, good character development, interesting dialogue, and some surprises. The policemen proceed very methodically, going step-by-step to solve the mystery. Two titles in the series are **A Question of Identity** and **Death Cap**.

SHERLOCK HOLMES

June Thomson has also written a history titled **Holmes and Watson**. It is a fictional biography of the duo which includes rich detail about the accounts of Holmes cases. Any Holmes fan should enjoy this well-written book.

Comments: news@peopleplusmaine.org

Slices & Smiles! Thank You Rusty Lantern Market!



Art show features talented artists at Spindleworks



The talented artists at Spindleworks are currently exhibiting their work at People Plus. The collection will be on display through the month of August in the Center's Cafe Gallery.

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.

In talking about the People Plus show, Amy Mulligan, the Program Supervisor at Spindleworks, said, "It shows the artists'

current works. We've had a lot of sales since being featured on Netflix, so our artists have been hard at work providing new material."

She said the People Plus exhibit, which features the work of approximately 20 artists, includes a wide variety of mediums, including ink, colored pencils, acrylics, assemblage, and fibers.

Artists attending the Spindleworks program receive supplies, studio space, and guidance as needed. Their work also is exhibited in the Whatnot Gallery and Store at Spindleworks, as well as in shows both locally and nationally.

During the 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.



SMILES ARE ALWAYS ON THE LUNCH MENU at People Plus! Especially when Rusty Lantern Market donates pizzas for our annual Summer Pizza Party Luncheon! Thanks RLM!!

Sebascodegan Art Group Exhibit

For those of you new to us, the Sebascodegan Artists Group is a cooperative made up of 16 artists, the majority of whom are from the Harpswell area. The group has been exhibiting their art for over 30 years, with each artist displaying an array of diversified art using a variety of painting mediums.

In addition to painters, we have a potter, a wood sculptor, and an artist who specializes in glass and interesting object configurations. The art created ranges from the realistic to the abstract.

We extend an invitation to visit our exhibit over its two-week showing at Centennial Hall in South Harpswell. This year, for the first time, we will begin our exhibit with an Opening Reception

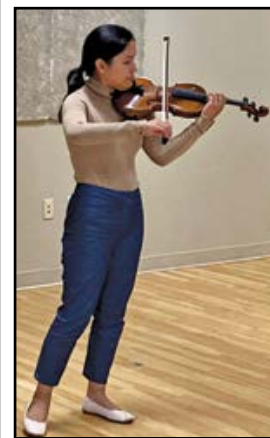
on Friday, Aug. 12, 5-7 pm, keeping in mind you may return to view it as many times as you wish, beginning the next day, Saturday, Aug. 13, 11 am to 5 pm, until our closing day, which is Sunday, Aug. 28. We've added a Closing Reception on Saturday, Aug. 27, 5 to 7 pm.



Get your art class note cards!

Thanks to the creativity of Alison Coffin and the People Plus art class, we have new note cards in stock for you to purchase! With original artwork created by the students in the class, these cards are available for sale and all proceeds benefit the Center! "I'm carrying on the tradition of making art like my grandfather, Robert P. Tristram Coffin. Art has always been very important in my family and my mother produced her own note cards, as well. We are honored to have the proceeds get back to the People Plus Center."





THANKS SO MUCH TO THE BOWDOIN INTERNATIONAL MUSIC FESTIVAL for entralling us with their beautiful musical performances last month at the Center. Almost 50 members were treated to cellos, violas, violins and a clarinet as they played the beautiful melodic notes of Bach and the classics!

Top photo, left to right: Russell Houston, Justin DeFilippis, KayCee Galano, Claire Deokyong Kim, Samuel Zacharia, Chao-Chih George Chen, Angela Bae, Benjamin Zannoni.



THRU THE YEARS a 45th anniversary feature

August 26, 2021: Long-serving (and retiring) art instructor Connie Bailey is the “center-piece” of the annual volunteer celebration at People Plus. Not even Connie “is sure” when she might have started. The Center estimates nearly 250 volunteers contributed nearly 8,000 hours to activities at the Center last year!

August 3-7, 2020: The Center will close for three days to comply with pandemic protocols. “Physically distanced, socially connected” becomes the wish of members who flock to more and more indoor activities offered outside.

August 2019: Members, friends, and trustees of People Plus gathered to offer a “fond farewell” to legendary member, trustee and volunteer O. Jeanne d’Arc Mayo, who capped an amazing career working for the Center. She was “queen” of the Center’s Music in April event which raised more than a half-million dollars for the Center over the years.

August 18, 2018: Free Healing Clinics return to the Center’s hall with free massages offered by volunteer Brunswick therapists.

August 21, 2017: Those folks “poking around Popham” with Frank on a field trip had a rare treat when he pulled the van off the street near Parker’s Head and all watched a solar eclipse!

August 2016: Several Bath senior citizens attended last month’s picnic, trying to recruit

enough Bocce Buddies to play in a Bath tournament. Stay tuned!

August 2016: Negotiations are continuing on a plan that will bring members of Brunswick’s Knights of Columbus to the People Plus Center for social events. The Knights hosted the Center’s Music in April event for years. It is expected to be a temporary arrangement.

August 9, 2015: Colleen Fuller, from Access Health, outlines the first-ever Summer Trail Challenge to members. She called it a free and exciting way to get out, enjoy our unique area and win valuable prizes.

August 2015: The month for annual picnics at Thomas Point Beach, our front page features a picture of Executive Director Stacy Frizzle “butchering” a helpless watermelon and our beloved member Robert “Frosty” Frost winning another game of cribbage. The same issue featured introductions of “new” board members Charles Frizzle, Tony Sachs, and Kelsie West.

August 9, 2011: Harpswell’s Driftwood Inn serves up “lunch” to benefit People Plus. Benefactor Al Moren pays Center \$10 for each diner attending lunch of baked haddock or scallops, fried clams or broiled swordfish.

August 2011: There will be no Men’s Breakfast in August. Our kitchen is being renovated and our chef is in cooking school.

August 2011: Spectrum Generations Board of Directors hires Gerald Queally to succeed Murial Scott as CEO.

August 19, 2009: Center celebrates “First Day” at Union Street site, with tours, hot

dogs, watermelon and music by Claude Bonang.

August 13, 2009: Congress woman Chellie Pingree toured old Center site on Noble St., and reviewed plans for the new Union St. site. Walked through Maine Street Station project.

August 17, 2008: First-ever Brunswick Beach Benefit, featuring Don Campbell Band, held at Thomas Point Beach to benefit People Plus, Brunswick Downtown Association, Brunswick Teen Center and the Mid-Coast Hunger Prevention Program.

August 23, 2007: Local historian Chris Gutcher leads tour of Brunswick’s old Merrymeeting Park site.

August 2007: Twenty members of Center’s Write On! Group produce, release “It’s About Time” compact disc.

August 29, 2005: First Annual, Age DOES Matter Golf Tournament, Brunswick Golf Club. 18 holes, scramble, shotgun start. Age-based handicap!

August 5, 2005: Destination Downtown, a celebration of In-Town Brunswick. Moonlight Madness sales, Concert on Mall, Civil War encampment, much more...

August 26, 2003: Climbing Mount Katahdin, is Brown-bag slide lecture by Frank Connors at noon in the Center hall. Show is FREE, and worth it!

August 8, 2003: Soldier, Come Home! Popular civil war play produced by Frank Wicks, will play in First Parish Church. Premier was offered at People Plus several months ago.

August 20, 2002: Calling All Crooners... If you like to sing, and have a little ham in you, come to the Karaoke Party, beginning at 1:30 p.m. FREE, Bud Perkins is your DJ.

August 1, 2001: Member Notice: If you do not have a PURPLE membership card, your membership has expired. Membership is FREE and lasts two years. Please reregister! A one-year subscription to the Newspaper is still only \$5.

August 30, 2000: Bus trip to Portland Museum of Art exhibit, “N.C.Wyeth: Precious Time.” Lunch after at a Portland restaurant. Cost is \$18.

August 1999: Jean Martz’s Writing group has published a literary journal called, “Poets and Story tellers-Writing for Fun!” cost is only \$5.

August 1998: Rose Mary Denman hired as Outreach Coordinator for Center. She has been a minister, college instructor and has a Ph.D. in Metaphysics.

August 8, 1997: First “Muffins & Musings” hosted by Sig Knudsen. “I’ll bake some muffins, you come introduce yourself...”

August 1992: Rudi Smith has agreed to coordinate our Walkers For Health Group, meeting at the Center Saturdays and then going walking. Please join us.

August 26, 1988: Old-fashioned Lobster Bake at Thomas Point Beach- lobster, clams, potato, corn and blueberry cake- only \$14.50

August 1988: Knives & scissors sharpened, thanks to Ludger Berube... “get a better edge on life!”

August 1988: We need, in good working order, an iron and ironing board for our boutique.



THANKS TO EVERYONE WHO DONATED to our minivan capital campaign, we were able to pay off the van this month! It was great fun to deliver a check for that repayment to Bangor Savings on Maine Street. They were instrumental in helping us raise the funds needed to buy the van!



WHAT A YEAR! 2021/2022 AT THE TEEN CENTER

1,455 teen visits	4,000+ drinks	2,000+ meals
5,000+ snacks	41 new members	video game tournaments galore!
thousands of tacos served!	many "new Mainers" welcomed!	Teen Center pick-ups & drop-offs!



Will you bake for our teens?

With summer in full swing, 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!



Lunch out!

August 9th, 11:30 am



1 Bowdoin Mill Is, Topsham

Weekly Winners

Senior Intermediate Cribbage

June 29 Rick Fortin 719
Lois Fournier 717
George Tetu 699

July 6 Anne Bouchard 704
Lorraine LaRoche 699
George Hardin 697

July 13 Leo Robichaud 700
Armand Bouchard 698
Jen Haskins 686

July 20 Lorraine LaRoche 719
George Hardin 689 (tie)
Jen Haskins 689

Senior Duplicate Bridge
(Top ranked teams and win percentages)

July 11: 9 teams
1st place Cathy Cooper & Richard Totten, 67.7%
2nd place Marcia Good & Woody Townsend, 60.4%

July 18: 10 teams
1st place Gail & Cy Kendrick, 68.8%
2nd place Jane Roy & Lloyd Jones, 66%

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Brunswick Area Teen Center

Wrapping up summer and getting ready for school!

This month, our Bowdoin College intern and fellow finish up with us on Aug. 11 and we will miss having them with us! We wish them both a great upcoming school year. We are now in the process of hiring a second Teen Center assistant, hopefully before the school year begins.

August tends to be a quieter month in the Teen Center, as it seems to be prime vacation month for many. We will, as usual, close the Teen Center the last week of August before school begins on Aug. 29. We will be cleaning, re-arranging, and stocking up on supplies while the kids are off getting back-to-school haircuts, shoes, supplies, and deciding on that ever important first day of school outfit.

Once school begins our attendance shoots way up and this year, we can pick kids up from school to transport them to the Teen program, something we were able to start at the end of the past school year and was much appreciated by the kids who had no other way to get to us after

Teen Center News

Jordan Cardone



school!
In July, the program received a check for \$1,609 from Bar Harbor Bank and Trust employees, funds that were generated from their Casual for a Cause program. Thank you very much!

Our big project this month is preparing this year's Back-to-School appeal letter. This is the only letter we send out each year and brings in a good deal of needed funding for the program! Watch your mailboxes and thank you in advance!

Enjoy our last month of summer. I think it is going to be a hot one, so stay cool!

See you in September!
Jordan and the gang

Thank you, Pablo!



Pablo Patel is a rising senior at Bowdoin College, majoring in English. Pablo's hope is to go to medical school, and he would really like to be a pediatrician, but knows that could change. His father is an emergency room doctor and his advice was "once you get into the medical field, you'll be able to figure out what demographic you'd most like to work with."

Atlanta, Georgia, is Pablo's home, but he is staying on campus this summer and was looking for an opportunity to volunteer with kids/teens. So, he comes into the Teen Center on Wednesdays. Knowing how to play the popular video games that the teens play, he has been a hit with the kids!

The rest of his time is spent doing a whole lot of reading, as he is doing research on Asian American literature for his senior thesis.

Thank you Pablo and we wish you luck in your future endeavors!



THANKS SO MUCH TO OTTO PIZZA AND 2DINEIN for their donation and delivery of pizzas to the Brunswick Area Teen Center last month. The Teen Center has offered a free, fun and safe place to "hang out with friends" for over 15 years. Attendees come after school or during summer hours and receive free snacks and a meal every day as part of the program. Donations of meals from the community are an integral part of the Center! Pictured left to right are Teen Center Coordinator Jordan Cardone, Bowdoin College Maine Community Fellow Tess Davis, Teen Center Assistant Coordinator Simone Maderal and Dwayne who delivers for 2DineIn/Ottos.



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-- James Tierney, BHS Class of 1965

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www.spectrumgenerations.org

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

Monthly Update

August 2022



Thank you for making our
20th Annual Golf Fore a Cause
a success!

\$25,000 raised
23 Teams – 92 Golfers
Over **\$5K** in Major Sponsorships
Over **20** Hole Sponsorships

Volunteer Spotlight → Meet Jan and Wilson

As an agency that supports hundreds of people each week, we are amazed by the level of care and commitment our volunteers give back to the communities we serve! In the current crisis, volunteering may be comforting and supports people to overcome feelings of inertia and helplessness as they are separated from loved ones. A review of 33 articles on volunteering during emergencies explored motives and suggests that being connected with a cause can be a key driver. Additionally, volunteering can be emotionally cathartic when one is affected personally and then finds solace collaborating with others towards mutual goals.

While all our volunteers, companywide are deeply appreciated, we wanted to take a moment to highlight two of our volunteers out of our Midcoast Center who assist with the fluidity and success of our agency on a weekly basis. We are continually astonished by the level of commitment, care and selflessness put forth by Jan and Wilson Waite. Jan and Wilson have been working closely with our agency, at our Midcoast Center since 2018. In the past four years, Jan and Wilson have provided our community with a form of safety and friendship that surpasses any expectation. Jan and Wilson have shown to me time after time that they are always willing to go the extra mile, or more – to assure our consumers needs are being met with a warm and familiar smile. Wilson has an exceptional memory and helps his mother navigate their routes with limited GPS assistance, assuring everyone has been taken care of.



In a recent Meals on Wheels survey, we found that over 50% of the consumer that we service, feel less isolated and lonely, solely from the interactions they have with their delivery driver. Of 390 consumers, 19.74% (about 77 consumers) claim their volunteer is the only person they see on a regular weekly basis. Therefore, the volunteer visit is just as much providing meals as it is a safety check. Jan and Wilson have spent these past four years building lifelong relations and friendships with the consumers they help. One of Wilson's best qualities is his ability to give the most genuine heartfelt hugs – the individuals who they service confirm that they look forward to Jan and Wilson's company as well as Wilson hugs. In Wilson and Jan's free time they enjoy listening to country music, playing string instruments and spending time with their family– some of Wilson's favorite instruments consist of the guitar and ukulele which he has a collection of at home.

When we asked Wilson what led him to volunteer in his community he stated, "Because I like it", it is very clear how important, and impactful these weekly visits are, not only for the people we service but the Volunteers who are the driving force behind this agency.



Meet Lindsay! Community Engagement ← Director

Lindsay MacDonald poses with the People Plus golf team at Spectrum Generations recent fundraiser.

Meet Lindsay MacDonald, Community Engagement Director. "The role here at Spectrum Generations includes all of the things I like to do," she said. "I'm very excited about the team and happy to support a mission with such a widely extended reach." In her new role, Lindsay looks forward to helping people, connecting donors to an important mission, and sharing resources with the community.

When asked what "aging gracefully" means to her, Lindsay replied, "It means having full access to the services and care that is needed to do so. It's incredible that Spectrum Generations as a nonprofit entity can provide everything from basic needs (nutritious meals) to caregiver courses and Medicare services."

Outside of work, Lindsay enjoys writing and various activities with her family, including swimming, biking, hiking, arts and crafts, and reading. Lindsay grew up in Woolwich and currently resides in Richmond with her husband, two daughters and their pets. Welcome, Lindsay!

Upcoming Events!

Celebrity Chef Challenge **Aging in the Right Place Forum**
September 19, 2022 September 15, 2022

Visit www.spectrumgenerations.org/event for more information



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



When you're on a trip, don't forget to send us a picture with your People Plus News!

PEOPLE PLUS NEWS EDITOR PATRICK GABRION reads the latest issue while on vacation in Michigan's Upper Peninsula. The photo was taken by his sister, Becky, at Whitefish Point, a popular tourist destination on Lake Superior. The site features the Great Lakes Shipwreck Museum, mainly because countless ships have been lost in the area over the last couple of centuries, including the Edmund Fitzgerald in 1975.



OUR FIRST TRAVELERS SINCE COVID ENJOYED THEIR RECENT COLLETTE TRIP to Mackinac Island in Michigan! Funny that they found a People Plus newspaper there! Here they stand in front of a horse drawn carriage and the famous Grand Hotel. Where is your bucket list destination? Let Jill know and she can plan a trip with Collette!

Fantastic Flowers, Food, and Friends!



IT WAS A BEAUTIFUL DAY for a British tea party and garden tour at the home of Jane Donelon! Jane donated this fun event to our Music in April fundraiser and it brought in big bucks! A couple of friends and their daughters spent the afternoon with Jane and enjoyed a British-style high tea party with finger sandwiches with the crust cut off, fresh salad, cold tea and, of course, a British scone with clotted cream, lemon curd and fresh strawberry jam! And they each got to take home a plant! Thanks Jane Donelon!

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



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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
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

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. Claudia LaBella Adams

Q. The community where you live?

A. I live in Brunswick.

Q. Your professional occupation?

A. I'm a retired RN and Retirement Community Operations Director.

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

A. I served two terms. I was active on the Membership Committee and facilitated synergistic programs/cooperation between People Plus and MCHPP, where I was also on the board.

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'm originally from New York City and grew up on Long Island, New York. I'm the granddaughter of Italian immigrants from Sicily and Benevento. I grew up in a very large, close Italian-American family and everything that comes with that package!

I graduated from Molloy College (New York) with a BSN and worked

in a variety of medical settings in New York and Vermont. Most of my nursing career was as a Public Health Nurse. That led to my work in the retirement communities, focusing on geriatrics and developing wellness, case management, and assisted living programs across the aging spectrum. I am now blissfully retired and enjoying my three children, travel, cooking, gardening, staying active, and enjoying all the riches of the Brunswick community.

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

A. As the sheer number of Boomers age, it's critical that communities offer enriching, supportive, resourceful organizations that can respond to the various needs of seniors. No organization can be all things to all folks, but People Plus has evolved to perfecting its niche locally with so many enriching and supportive resources that directly and indirectly make life so much better for so many seniors. The variety of programs, events, and



CLAUDIA ADAMS, SEEN HERE WITH FORMER BOARD CHAIR GREG SHEA, in a photo from the grand opening of the new People Plus building on Union Street in 2010. Claudia is a long-time board member and program leader, and her cooking class was legendary!

resources available are second to none.

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

A. It was an opportunity to both give back and share the lifelong professional and personal experiences I've had particularly with seniors. That gave me a bird's-eye view of successful aging and now that I'm a senior myself, inside track!

BUSINESSES OF THE MONTH!

Each month we highlight a few of the businesses that give People Plus members a special deal or discount. This month's highlighted businesses are:

Autometrics

10% off labor
21 Bath Road, Brunswick
729-0842

Augat Chiropractic

Free consult & cursory exam
9 Pleasant St, Brunswick
725-7177

Membership has its privileges!

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.

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

TECHNOLOGY

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Are you a local business?

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

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AGING EXCELLENCE



NOW HIRING

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



OUT ON THE BACK DECK WITH HIS GRANDSON, SILAS MORIN, Frank works on his YouTube channel project, “Stories with Frank Connors.”

Frank & Silas on YouTube

continued from page 1

Here are the **FOUR** steps you need to subscribe to **FREE** readings of “Stories With Frank Connors!”

1. Make sure you have a Google account. IF you do, use it to sign into YouTube.
2. Go to your web browser (like Safari, or Google Chrome) and type in **YouTube.com** in the search bar.
3. In the top right corner of the website, click on the magnifying glass. In that bar, type the words “Stories with Frank Connors.”
4. On the top result, tap the red “subscribe” button! You’re in! Enjoy!



Our YouTube QR Code – scan with your smartphone camera to subscribe.

My summer tonic

Who knew?

Yes, this was supposed to be a “fluffy” guest piece, something light, something “celebratory,” something about Maine, about summer. Perhaps you’ll remember back in the day, Frank always wrote something in August that was fun, maybe about chasing ghosts, going to the beach, the drive-in, paddling a canoe, climbing a mountain. Summer in Maine, it’s life at its best.

A couple years ago, I came out of retirement and pounded out a list of 200 Favorite Places in Maine. There was talk of a book, there were expectations that the list would lead a thousand folks to hundreds of unique, wonderful places. Happiness would pound at the center of a thousand hearts.

But two years later, we’re still dealing with this stuff. COVID, I mean, Americans are supposed to fix things faster than this. Who among us has not felt the bite, lost friends, been sick?

I got COVID last week. Is it COVID-22 yet? I’d been fully vaccinated, I use a mask more than many, I’m retired so I have the luxury of staying home and staying cautious. What’s left of me after three quarters of a century is in reasonable shape. My dear Jane steps up every day, does most of the shopping, FaceTimes, connects and mingles with friends, and pilots the grandkids. She paid the price of COVID last May. In my circle of friends, I was one of the last to drop. Always the paratrooper.

For me, so far, it has been that nasty, early winter cold. Lots of congestion, chest pain, and the last of my energy blew away two days ago. Lifting the fork to my mouth is tedious. Jane says sit down and read, I do three pages and I’m asleep. There was the call to Martin’s Point, the nurses told me that Paxlovid, the drug everyone is taking now for COVID won’t “work well” with my heart meds, better not. The script will be there if I “really need it,” they said. Be careful. Good luck.

I call it a “social hole.” You can’t plan nothing ... most days you can’t even HOPE for something! Kids’ visits get canceled, visits with friends have all but stopped. If you want to go out to supper, better call the restaurant to see if they’re open. Library

Speaking Frankly

Frank Connors
(guest contributor)



trips, a movie? Who remembers their last one? Last weekend, a “night away” we’d planned three months ago went down the toilet because I could barely breathe and had to worry about infecting others. This weekend was going to be another “do,” Jane calls it the “second whack” at my 75th birthday party, and it’ll probably be scrubbed. The morning news said fall school terms start in 28 days!

We did manage a trip to see the kids in Natick a month ago. Jane and I were both struck by the small number of big-rig trucks on the road. Anything to do with the price of diesel? Maybe that’s why store shelves look like it’s the day after Christmas? We didn’t spend the night, didn’t want to be “that close” to our own kids?!

I could ramble and wander about evil automatic weapons, inflation, the stock market, Ukraine, cost of gas and/or politics, in general. But just the thought of that steals the temper and joy of my summer.

So, here’s MY summer tonic, folks. Ignore the news, walk a piece of nearby field after dark. Look at the sky, feel the peace. Chuck, was that the space station? Take deep breaths, be kind to some stranger. Pass something forward. Go visit that neighbor, and say you didn’t come to talk, you want to help them with a problem. Remember the days of a thousand lights?

Do it once, do it again, make it a new habit. THEN look up Frank’s list of 200 Favorite Maine places, visit one, or three, you’ve earned it. It STILL can be your best August yet!

To check out Frank’s list, go to the homepage of our website, www.peopleplusmaine.org, and scroll down through the articles until you see “Frank’s Favorite Places in Maine.”

“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 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-barcoded 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 – over \$750 for this year alone! Thank you for recycling, and thank you for supporting your Center.



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New and renewing members for July

Memberships received as of July 17.

* indicates new membership
• indicates donation made with membership

BATH

Robert Mulligan

BRUNSWICK

Albert Boothby Jr. •
Sarah Boothby •
Thomas Broussard Jr.
Sally Clifford
Vicki Farsaci
John French
Gwenyth Gilson
Fred Homan •
Naomi Homan •
Diane Jewell
Angela Linkel •
John Linkel •

Eileen Manglass *

Carol Markell
Vicky Marr •
George Potter
Cathy Proctor
George Quittmeyer
Jo Anne Quittmeyer
Constance Rutter
Monique Sondheim
Joan Springer
John Stoll
Pilar Tirado
Donald Whittemore
Sally Whittemore

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Sandra Ruth Bolotsky
Carrie Bubier •
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LISBON FALLS

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Nancy Bennett
Jean Richter

PORTLAND

Susan Waller •

ROUND POND

Laura Lee Perkins •

SOUTH HARPSWELL

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BATH-BRUNSWICK

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The “Club” provides a warm, intimate environment, safely encouraging interaction between participants that enhances mental acuity, congeniality, safety and comfort.

Call 729-8571 for more info & on the web: www.respite-care.org



THERE'S A LITTLE SLICE OF HEAVEN tucked away near the bike path in Brunswick called the Brunswick Senior Gardens. Sponsored by the Town of Brunswick and managed by the Department of Parks and Rec, these numerous garden plots are organized by People Plus for our senior members and residents and are overflowing with flowers, herbs, vegetables, and other produce! "People love gardening and just may not have the space to do it," said Mark Benner. "I'm out here every day weeding the garden, watering, and tilling the soil. It's my happy time where I get to zone out and just be with nature. I love my community garden plot and I don't know what I would do without it." Plots are managed by People Plus member and volunteer Mary Hepburn. The rental fee for a plot is a \$10 donation.

Want to reserve a plot? Call People Plus at 729-0757 and ask to be put on the Senior Gardens list!



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



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Avita of Brunswick
— A Northbridge Memory Care Community —

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Two Northbridge communities conveniently located in Brunswick, ME
Sunnybrook: 340 Bath Road | sunnybrookvillage.com Avita: 89 Admiral Fitch Avenue | avitaofbrunswick.com

