

Plus! People NEWS!

The center that builds community

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September 2022 Volume 22, No. 9



A GROUP OF PEOPLE PLUS MEMBERS & FRIENDS enjoyed a trip to Canada in August. Despite some bumps along the way, like broken down cars, hurricane-like winds and toppled tents, they had a great time! They explored Quebec City, had adventures on ferry boats, and thoroughly enjoyed their summer nights together under the stars! Seen here left to right, back: Eric Root, Suzanne Sargent, Pat Ringston, front: Cathy Cooper, Mary Hepburn, Linda Trapp, Dick Cooper.



CONGRATULATIONS TO CATHY JARRATT AND CAROLYN BULLINER for being awarded the board of trustees' Volunteer of the Year awards! Both of these ladies work tirelessly behind the scenes to help with all Center initiatives. Anything from stuffing envelopes, to gathering and purchasing auction items; there is no task they won't undertake to support our organization! Thanks ladies! Don't miss all the other volunteer awards on pages 8 and 9.

Have you signed up for the member picnic?
See page 4 for picnic information.

'Back to School' funding appeal underway

Teen Center value 'immeasurable'

People Plus is known as "the Center that Builds Community" and a big part of the programming is that it is the home of the Brunswick Area Teen Center.

There, our teenagers have a safe place to

engage in their own activities, hang out with their friends, and even get a healthy, nutritious snack or meal. A lot goes on upstairs, accompanied by much fun and laughter!

To help provide these and other services, at no cost to our youth, Teen Center Coordinator Jordan Cardone, her staff, and

continued on page 11



MUNCHING A SLICE OF PIZZA is just one of the dozens of food choices the teens have nearly every week at the Brunswick Area Teen Center on the second floor of the People Plus building. The kids here show you the envelopes that can be used to send in private donations to help fund the food program! They say "Thanks!"



It's Apple Picking Time!



Tue, Sept. 20, 11 am. Join Frank for a trip to Bowdoin's Rocky Ridge Orchard. Enjoy a cup of fresh-pressed cider and an apple cider donut on "the Center." Members only, registration

required. Meet at the Center at 10:30 am to carpool (in our new minivan!) or at Rocky Ridge at 11 am.

People Plus Open House!

Thu, Sept. 22, 1-3 pm. We're so happy to be back after a two-year hiatus! Don't forget to stop by the Center on September 22 for the People Plus Open House! Enjoy refreshments as you tour the Center on Union Street, chat with representatives of classes and clubs, and meet the staff. This event is open to the public so join the fun and see what we're all about!



Open House Membership Deal!
\$25 membership for one year for new members who sign up at the Open House!



SAVE THE DATE!
Senior Health Expo
October 20, 9-1,
Brunswick Rec. Center



Space is still available for exhibitors or to join these generous lead sponsors:



Registration deadlines are Sept. 2 for sponsors and Sept. 16 for exhibitors! Check out page 7 for more Expo news.

People Plus News

The monthly newsletter of People Plus, serving residents of the Brunswick-Topsham-Harpwell 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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P. O. Box 766
Brunswick, ME 04011-0766

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Pavlovas and Porta-potties

It's always been my dream to have a wedding venue or a B&B. I first thought I could do it when I still lived at the Riverview Farm in Topsham, however it didn't quite work out. It's only taken me about eight years to convince Jonathan that it would be a good idea and when our dear friends Jon and

Heidi Boyd asked if we would host their son Elliot's wedding, we agreed. This meant Jonathan had to do a bunch of "deferred maintenance" projects as he called them and working diligently with our next-door neighbor, Jim Gott, the trim on the barn was finished, downed trees were cleared, a

From the Executive Director

Stacy Frizzle-Edgerton



new section of fence was installed, the stairs were re-laid, the porch railings rebuilt and, in general, the property now looks like a movie set! Jonathan has not only an amazing engineering/building ability, he also has the artistic eye of a professional landscape designer. Thanks, Honey!

So... last month we hosted our first wedding at the Mossy Ledge Farm and it went off without a "hitch!" (But does that mean they are actually married?! :-)

After a torrential downpour the night before, the day dawned warm, sunny, and humidity free on the farm as the tables and chairs got set up, the tents went up, and the scene was set for wedding finery.

The bride's whole family participated as well. We partnered with Mollie Jellison, our niece by marriage and the owner of Long Reach Catering in Bath, who made some of the best food ever including a huge charcuterie board, beef, chicken and fish with sides and salads galore.

And I took on the dessert. When the wedding was booked in January, I got overly enthusiastic and casually offered to make them Pavlovas. I hadn't really thought through that August could be very humid and Pavlovas do not like humidity. So after baking 50 totally flat, crunchy (humidity-impacted) mini pavs, I ended up going with seven, full-size 10-inch Pavlovas for the wedding feast.

Covered in fresh peaches, apricot glaze, fresh whipped cream and topped with a sour cherry compote, they were crowned with edible flowers and nearly stole the show. They were creamy, rich, and delicious and no one had ever seen them at a wedding before.

Keeping the party small, our daughter Juliet "tended bar" and served up lots of sparkling waters. I even decorated the rental porta-potty so it felt more like a fancy throne room.

The wedding party was young, beautiful, and gracious and stayed till the end for cleanup. We wish Elliot and his beautiful new wife Maggie the best of luck in their lives and thanked them for sharing their special day with us.

Think we'll do it again? I do!



From Anita's Plate

Anita Nugent
(207) 504-6439



info@nutritionforeveryday.com

Meals that work great when temps are high!

This summer has giving us some really hot days. I am sure that we will have some of those in September, as well. I put together some meal ideas for when the temps are so high that we really don't feel like cooking or putting the oven on!

- Tuna fish stuffed tomato on a bed of lettuce.
- Burrito bowl. A plate with a scoop of black beans, corn, chopped tomato, diced avocado, a sprinkle of shredded cheese, a few jalapenos. Combine 1 Tb. olive oil, 2 t. lime juice, a dash of cumin and chili powder. Top your burrito bowl with the dressing.
- Guacamole toast with sliced chicken (cook ahead when it isn't as hot), sliced tomato topped with arugula.
- Cold cucumber soup with chickpeas. (See recipe with this article)
- Crab salad (Combine 1 pound crab meat, 1/2 red pepper (chopped), 1/4 C. chopped red onion, 1/2 C. mayo and sour cream, juice of a lemon and 1/2 t. Old Bay seasoning). Serve over a bed of coleslaw.
- A scoop of egg salad, cottage cheese with sliced tomato and cucumber.
- Black bean salad (1 can rinsed black beans, 1 C. corn, 1 diced red pepper, 1 avocado.
- For the dressing, combine 4 Tb. olive oil, 1 t. cumin, 3 Tb. lime juice, 1/4 c. cilantro)

I hope that one or more of these recipes sound delicious when the temperature is high! I never thought I would like a cold soup, but I tried this month's recipe last year and loved it!

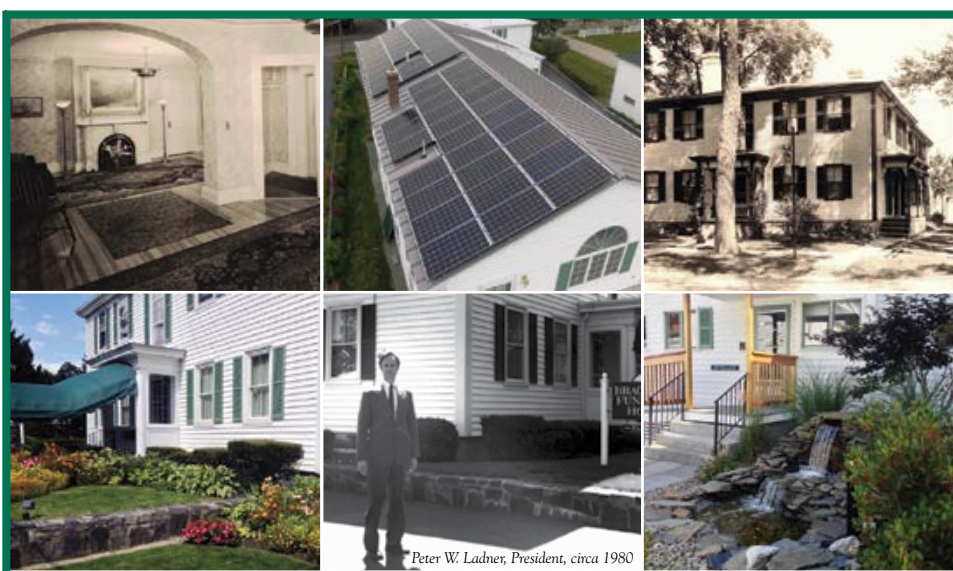
Cold Cucumber Soup

- Ingredients:**
- 3 cucumbers, peeled, seeded, and chopped
 - 1/2 C. sliced green onion
 - 1/4 C. chopped green pepper
 - 1 t. garlic powder
 - 1/2 t. dried dill
 - 4 C. plain nonfat Greek yogurt
 - 1/2 C. low-sodium chicken or vegetable broth
 - 2 t. vinegar
 - 1 t. olive oil
 - Dash hot pepper sauce
 - 1 C. chick peas, rinsed and drained
 - Chopped fresh parsley

- Directions:**
1. Chop the cucumbers, green onion, green pepper, garlic powder, and dried dill.
 2. Add the Greek yogurt, half of the broth and vinegar, oil and hot pepper sauce.
 3. Use an immersion blender to make a smooth consistency. The soup should be the consistency of thin cream soup.
 4. Add chick peas and parsley. Chill until ready to serve.
- Serves 4



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



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Back in Action at People Plus!!



PEOPLE PLUS TABLE TENNIS PLAYERS — Chrissy Six, George Paton, and Steve Winter — took home six Gold, two Silver, and one Bronze medal at the Maine Senior Games held recently in Bridgton. These were for Singles, Doubles, and Mixed Doubles competition in their respective age group. The Maine Senior Games is the only venue where seniors can compete against others that are only in their age group (five-year increments). Dozens of sports are represented. The games are for all and allow your competitive spirit to still flourish without having to compete so unfairly against younger competitors who have all their original joints. So consider coming out and participating!



Don't miss the 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!



Head to the beach at 10:30 am to work up an appetite at a yoga class with Maya Rook! Bring your own mat.

Breakfast is BACK! Enjoy our monthly breakfast while socializing with friends, old & new. Members only. Call to register. \$4 suggested donation.
Women's Breakfast: Thursday, Sept. 8, 8:30 am
Men's Breakfast: Thursday, Sept. 22, 8 am

Raffles are BACK at the Center!

For members only, our monthly raffle series returns as a fun fundraiser with a sweet bonus at the end! Focused on food and friendship, we'll kick off the raffles with a home baked apple pie! Tickets can be purchased at the Center. Give Sarah a call for all the details! We want all of our members to be able to play, so tickets are only \$5 each or three for \$10! And all the funds raised go back into our community event programming for Lunch and Learns, FYIs and other activities! Get your September raffle ticket starting on Thursday, September 1! The drawing will be September 30 and we will pull two winners! And who doesn't want a fresh baked apple pie??



Low Cost Hair Cuts!
Fridays, 9-12 pm. Appointments with Margarita Day (no drop-ins). \$10 donation. Open to the public! Registration required.

Programming Notes for September:

- No Loosen up Sept. 2 or 9.
- No Tai Chi Sept. 7.
- Easy Rider Bike Club will not meet on Sept. 6, 13, or 20.
- Changes for Sept. 15 (Picnic Day):
 - Table Tennis will begin at 8:30 am instead of 9:00 am.
 - Yoga will take place at Thomas Point Beach at special time of 10:30
 - Art Class will be at the beach, starting at special time of 10 am
 - The Center will close at 10 am so that staff can help set up for the picnic

WEDNESDAY WALKERS

Wednesday Walkers Club Destinations for September:
 Please note the meeting time for each week.
Sept. 7: Planning meeting, Little Dog @9:30
Sept. 14: Brunswick Town Commons, carpool: PP@9:15 or meet @ Town Commons parking lot on Rte 123 by 9:30.
Sept. 21: Swinging Bridge Walk, meet at PP @9:30
Sept. 28: Beaver Park, Lisbon, leave from PP @9 am. Walk begins @9:30. FMI https://www.lisbonme.org/parks-recreation/pages/beaver-park-information

AARP Tax Help – Maine \$850 Tax Relief

Thu, Sept. 8, 12-4 pm. Maine residents who have filed a Maine 2021 tax return are eligible for a \$850 tax relief payment. If you have not filed a Maine 2021 tax return, the AARP Tax-Aid program can help by preparing your return and electronically file it. They will be at People Plus on Sept 8. Don't miss out on up to \$850! Call the Center at 729-0757 to make an appointment.

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.peopleplussmaine.org.
Apple Tech Device Tutoring
Thursdays, Sept. 1, 8, and 29, 9:30-12 noon. 45-minute one-on-one Apple device tutoring sessions. Bring your iPhone, iPad, Macbook, etc. Members only, by appointment, call 729-0757.

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.

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Mon	Tue	Wed	Thu	Fri	Sat
People Plus Business Hours Monday-Friday 9 am to 4 pm Call 729-0757 to register for events			1 9:00 Table Tennis 9:00 Hair Cuts with Margarita 9:30 Apple Tutoring 9:30 Art Class 11:00 Yoga	2 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga 6:00pm Folk Dance Brun.	3 9:00 Zumba
5 LABOR DAY Center Closed	6 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 2:30pm Spanish Club	7 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	8 8:30 Women's Breakfast 9:00 Table Tennis 9:30 Apple Tutoring 9:30 Art Class 11:00 Yoga 12:00pm AARP Tax Aides - Maine \$850 Tax Relief	9 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 10:00 Meals on Wheels 10:15 Qigong 11:45 World Affairs 11:45 Chair Yoga 6:00pm Folk Dance Brun.	10 9:00 Zumba
12 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 7:00pm Civil War Book Club	13 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 11:30 LUNCH OUT 12:30pm Medicare 101 2:30pm German Club 7:00pm English Dance	14 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	15 8:30 Table Tennis 10:00 Art Class at the Beach! 10:30 Yoga at the Beach 11:00 Annual Member Picnic at Thomas Point Beach	16 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga 6:00pm Folk Dance Brun.	17 9:00 Zumba
19 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge	20 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Apple Picking with Frank at Rocky Ridge 11:00 Table Tennis 2:00pm Books a la Carte	21 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	22 8:00 Men's Breakfast 9:00 Table Tennis 9:30 Art Class 11:00 Yoga 1:00pm People Plus Open House	23 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 World Affairs 11:45 Chair Yoga 6:00pm Folk Dance Brun.	24 9:00 Zumba
26 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge	27 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 12:30pm Easy Riders Biking Club 2:30pm French Club 7:00pm English Dance	28 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 6:30pm Brunswick Coin/Stamp	29 9:00 Table Tennis 9:30 Apple Tutoring 9:30 Art Class 11:00 Yoga 1:30pm Apple Club	30 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga 6:00pm Folk Dance Brun.	Anyone can try any activity once for free!

Register for activities @729-0757

Investments designed with you in mind

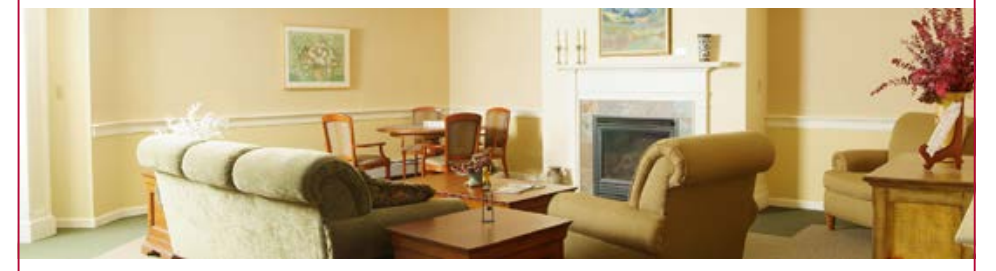
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Storage *By Alene Staley*

While trying to come up with a topic for this week's writing, also while suffering from writer's block, I decided to clean the trunk of my car. Sometimes alternative pursuits give me an inspiration.

As you know, I live in a small apartment and, consequently, I am very clever in finding storage. When I lived in a house, storage was abundant with a garage, a basement, an attic. No more is that the case. I have become clever. I hide storage in "plain sight" everywhere and only insiders know my secrets. But the topic for today is what I store in my trunk.

When you live in an apartment, a car trunk takes on a new importance because it provides a convenient and secure year-round storage space. I particularly use it for seasonal bulky items. It is summer, yet my car trunk holds my snow shovels, a good collection of ice scrapers, a cover for my windshield used during ice storms and an emergency supply of cat litter in case I get stuck on ice. I enjoy winter recreation, so my snowshoes and ski poles are also in the trunk.

Since it is summer, I also store two folding lawn chairs and a small beach umbrella.

Then, of course, for year-round use I have an old blanket perfect for picnics, beach days, and for keeping me alive if I'm stranded in a blizzard.

Finally, I still need to store my supply of reusable grocery bags and last but not least my "Clynk" bags for recycling. And now that I have cleaned my trunk, it is easier to find everything, and finally I have a topic.

A House is a Home

By Doris Weinberg

I knew an old lady that lived in a shoe. And I once lived in a house that was blue!

To select your home, you must think it through. Will you have more people that one or two?

Too many pets will feel like a zoo. And you couldn't keep it neat, it would always be askew!

I would prefer a home that was brand-new. With enough rooms to say "I never outgrew!"

A new baby could make its debut. Oh, my goodness, the time just flew!

I forgot that I must stick to a curfew. Staying out after hours now would be taboo.

So, I will end this unusual review and announce that I am really through!



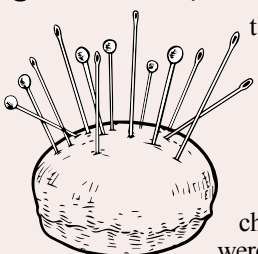
Great Grandma's Sewing Basket *By Nonie Moody*

I had my granddaughter on my bed reading to her some of her favorite books. Nearby was my mother's sewing basket and I asked Lily if she would like to look at it. Excitedly, she jumped at the suggestion.

This sewing basket and lid stands only about three-and-a-half inches tall and 10-inch across. It is fully lined in green cotton cloth with white flowers.

The first thing Lily found was a small pink thimble and she played with it and asked me what it was. While answering her question, I opened a pill bottle full of thimbles. She dumped them all out and began to play with all nine of them.

I started to search to see what else was included: sewing machine needles, assorted sizes of sewing needles, measuring tapes, safety pins including two baby blanket pins, seam rippers, and two old-fashioned



This Old House *By Bonnie Wheeler*

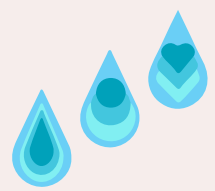
This old house Raised up kids numbering nine Each one turned out fine Filled with love and laughs Traveled down their chosen paths

This old house Has lost its spark Now sits quietly in the dark Waiting for a new family to appear To fill the rooms with laughter and cheer

This old house Stands sad and forlorn Drapes and rugs, tattered and torn Needs someone's soul and loving care How sad now, no one lives there

Tears *By Bob Mulligan*

Tears of sadness Tears of gladness Expressions of the open heart Universal, multi-cultural Nature's design.



Poems & Prose

Hold the Sunset *By Bonnie Wheeler*

Hold the sunset, I'm not ready yet. My hair is silver, my wrinkles like rivers. My will is not written, Until then, I won't go.

The kids don't like my style. It's old, outdated, and not worth a cent. After 40 years, it's a comfort fit. They don't appreciate my jewelry or art Because I bought them at Walmart.

So, hold the sunset, I'm not ready to go. Never in spring, summer, maybe when there is snow. Will surprise my children To solve the problem of my things With a sign that says, "Everything free," As the sun sets

Grandparents Day *By Vince McDermott*

Grandparents Day is celebrated on the first Sunday after Labor Day in the United States. This year, it falls on Sept. 11th. It is a holiday in many countries. It is celebrated to show the bond between grandparents and their grandchildren.

Marian McQuade is recognized

as the founder of Grandparents Day, while Cynthia Bennett is known as a co-founder. The initial effort to make it a holiday in the U.S. was voted down. It was finally passed by the U.S. Senate as a proclamation and was signed by President Carter in 1978.

So Sweet *By Bonnie Wheeler*

Flowers and cards are lovely, But chocolate is what I crave, I want it all day long to eat. So please don't give it to me, Tomorrow that is, not today.



Reflections *By Bob Mulligan*

Reflecting on one's life filled with difficulty and strife Yet, those passages so tender are most pleasant to remember Overall, I would say that I treasured every day



Fifty Years *By Sue Linkel*

I cannot believe my ears, You say it's been fifty years Since your wedding cake in tiers Was served to all your peers! Who quickly voiced their fears, It won't last were their jeers. But confounding all those seers, With love and joys and tears, You persisted through years, With family and careers! As this milestone now appears We'll give accolades and cheers! Maybe drink a couple beers! So to everyone who hears, Let us toast the old dears, As now downhill life veers! "TO ANOTHER FIFTY YEARS," They say it's been fifty years — I cannot believe my ears!

The Lights Went Out *By Doris Weinberg*

It was an ordinary night and I was reading a book. Toby was trying to climb in my lap, I guess he wanted a look.

I pushed him aside and turned the page, and tried reading around his tail. But he wouldn't budge at all, It was to no avail.

It had been raining for over an hour and suddenly the room went dark. I had to use my desk where I sat as my guide and good landmark.

It was really black, not a speck of light, and I was afraid to move. In the dark, my balance would be poor, I needed a flashlight to improve.

I reached for my lantern, luckily nearby, and the light soon filled the room. It was bright enough to see the book, so my reading could resume.

I enjoyed the story for another 30 minutes and then decided to go to bed. It was way too early, of course, so I'd bring my radio instead.

I'd no sooner got myself comfy. The pillows propping me just right. There was a hum from the heater and on came the ceiling light.

So, all was in vain. I might as well get up. It's silly to be in bed at eight. I will just continue reading, and my bedtime will have to wait.

Remembered *By Fred Cheney*

My Australian grandson Max was three when he first visited me in Durango, Colorado. We rode the train, a narrow gauge, to Silverton. We caught trout in the Animas River and we sang songs, lots of them. Then he went home.

He talked about what we had done — all of it. Me and Pa caught trout,

spent time in a town in the mountains, hooted back at the train, sang a bit. Eventually someone would stop him and say, "You're confusing me. Your local granddaddy is called Pa. So which Pa are you talking about?" Without batting an eye, Max said, "FredPa."

That is how I want to be remembered — as FredPa.

CLYNK with a Random Act of Kindness *By Betty Bavor*

CLYNK was founded by Clayton Kyle here in Maine in 2006. It is one of the fastest growing bottle redemption and recycling services in the country. CLYNK's patented technology has processed more than 900 million containers, allowing members to create personal accounts to use accumulated funds at their discretion. Here is my People Plus CLYNK experience:

It takes a long time for me to fill a bag of recyclable bottles/cans I can deposit for a nickel each returned. Boot Leggers redemption center has fundraiser containers for scouts, sports teams, school trips or you can take your receipt to the cash register to receive your reward. I had never purchased a CLYNK bag and was not familiar with their mission.

I have this neighbor, whom I have been encouraging to come to an event at People Plus, sharing People Plus News, and also bringing him delicious meals from time to time which he appreciates. He read about People Plus CLYNK and thought I could recycle his large collection of bottles. I picked up a CLYNK bag with the People Plus ID, added my meager collection to his, totally filling the bag and was off to Hannaford.

I did not have a clue where to go with my CLYNK bag which overflowed my cart. A young girl was waiting at her check-out station to bag a customer's purchases. I asked her where to take my CLYNK bag and she pointed to the produce door and said outside.

I must have had a questioning expression — I am thinking outside

where? There was a man close by who observed this conversation and stepped up saying, "Come with me, I know where to go!" I thanked him and said, "Do you have time? I do not want to hold you up." He said, "I have plenty of time and know how CLYNK works. I am happy to help you, follow me."

We arrived at the shed I had never really noticed in this side parking lot. This kind man said, "Do you have a ticket?" "No" was my response and our conversation began. I explained this was a fundraiser for People Plus in Brunswick. He had heard of this Center, though had never visited. I wanted to tell him what he was missing, but at the moment I needed to get my bag in the little door.

I showed him the sticker on the bag and he swiped it but the door did not open. A second try did not help so he said, "Let's try another door." The second door worked and we managed to get the bag pushed in. I thanked him again and told him about the People Plus News publication. The July issue was hot off the press and available inside Hannaford. "Let's get you a copy. Follow me; I know where they are for free. Perhaps you and a friend will stop by People Plus Center. It is a vibrant place with many activities and interesting people." He took the People Plus News and we went our separate ways.

I was feeling very happy, not one but two Random Acts of Kindness each helping the environment and conversing with two individuals who may one day come visit the People Plus Center. I will now always have a People Plus Center CLYNK bag handy for my recyclables.

Other languages spoken here!

French, Spanish, and German conversation clubs offered at Center

Most of us have the English language down pretty good. But have you ever had the desire to brush up on another language that you might have used in the past? Maybe one you learned in high school or one that was spoken in your neighborhood? Like French? Like Spanish? Like German? That opportunity is available here at People Plus, where members gather to immerse themselves in any of these three languages in a fun and relaxing atmosphere.

Joanne McDermott, the coordinator for the French Language Club, talks about her group:

"Café en Francais meets on the third Tuesday of each month, where members can refresh and practice their French-speaking skills. All ability levels are welcome."

"For example, many grew up here speaking French, but had not spoken the language for many years, perhaps in the workplace, or married to a non-French-speaking spouse. Others were French teachers, while still others had taken French courses in school."

"The group meets in a very relaxed and non-threatening setting, with ample time to socialize and chat in French. A leader plans the activities for each session, whether it be reading, translating, writing, or playing French word games."

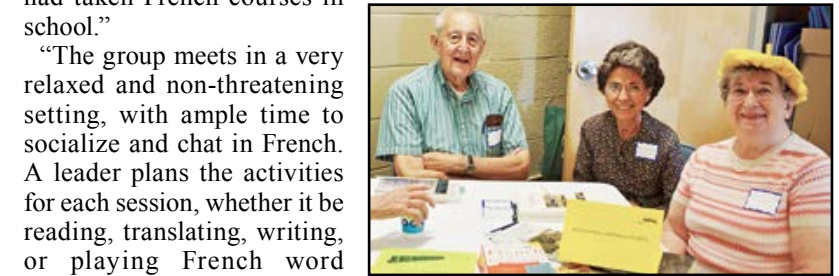
And here's what Linda Trapp, coordinator of the Spanish Language Club, had to say:

"I took over the Spanish Club when I joined People Plus. I have a group of stalwart members, who have good language skills and loads of enthusiasm."

"We read stories, poems, and sometimes bring in a recipe, along with the prepared version to share. It is a great way to learn vocabulary, practice Spanish, and have a fun in the process."

"Although it is good to have some background in Spanish, anyone is welcome to join us no matter what level of Spanish they have already attained."

So, if you want to get back into speaking any of these three languages, please check the calendar to see when the groups meet and come to the Center. It's a great way to have some fun — and meet new friends.



Advertisement for The McLellan apartment complex. Features a large 'M' logo and text: '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'



Here's to good health!

Senior Health Expo slated for Oct. 20

There are many things that bring us happiness and pleasure — family, friendships and good food — just to name a few. But there is one aspect of our lives that is priceless, and that's good health. To help us in the endeavor of attaining good health and learning how to live a longer, healthier life, the annual People Plus Senior Health Expo connects us with dozens of vendors who provide services to seniors. Come meet them all while you listen and learn about the latest news and services that are available in the Midcoast region. This year's event takes place on Thursday, Oct. 20, from 9 am to 1 pm, at the Brunswick Recreation Center at 220 Neptune Drive on Brunswick Landing (the former Brunswick Naval Air Station).

People Plus Programming & Event Coordinator Jill Ellis reports early registration for the Expo is "strong" and we are so excited to be back in person again this year. "This is certainly the premier event of its kind in our community," Ellis said. "At our last in-person event more than 600 people participated, and our sponsorship and exhibition opportunities were sold out!" She added that the Expo is always a "great meet and greet opportunity" for vendors and for visitors. Admission is always free and open to the public.

The Expo offers a valuable service when keeping in mind that Maine has the highest percentage of older adults in the nation, and that the Midcoast is where this segment of the population is growing the fastest. "By the year 2025, it's predicted that one-quarter of Maine's population will be over age 65," said People Plus Executive Director Stacy Frizzle-Edgerton. "Our job is to connect all of those residents with the area service providers and the Expo is the perfect place to do it!"

The annual event provides an excellent opportunity to showcase products and services in many of the following categories: Medical Services, Fitness

and Health, Technology, Legal, Community Services, Housing/Respite Care, and Financial/Banking.

The venue has ample space and parking, along with bathrooms. Sponsorship opportunities are still available and vendors seeking tables will find prices the same, with nonprofit exhibitor tables are still only \$75 and for-profit tables are \$125. Tables are released on a first-come, first-served basis. The registration deadline for exhibitors is Friday, Sept. 16 and the sponsor deadline is Sept. 2.

Here are the sponsors and exhibitors as of print date:

Sponsors: Coastal Landing Retirement Community, Mid Coast-Parkview Health (MaineHealth), Priority Real Estate Group, The Times Record, Avita of Brunswick/Sunnybrook Senior Living, Brackett Funeral Home, Bill Dodge Auto Group, CBD American Shaman, Rusty Lantern Market, Spectrum Generations.

Exhibitors: Area First Responders, Bath Area Family YMCA & Landing YMCA, Bath Area Senior Citizens Activity Center, Bath Brunswick Respite Care, Bath Housing, Before & After Photo, Brunswick Parks & Recreation Department, Catholic Charities Maine SEARCH Program, CHANS Home Health Care, Comfortably Home, Good Morning Program, Harpswell Aging at Home, Joyfulhearts Lifestyle Essentials, featuring Epicure, Maine Bureau of Insurance, Merrymeeting Triad, Mid Coast Hospital, Midcoast Senior College, Mid Coast Senior Health Center, Neighbors, Nor'easters Barbershop Chorus, Northern New England Poison Center, Penquis Foster Grandparent Program, People Plus, Project Lifesaver Program, Reform Physical Therapy, Sexual Assault Support Services of Midcoast Maine (SASSMM), Spectrum Generations Aging & Disability Resource Counseling, Spectrum Generations Meals on Wheels, Stroke Educator, Inc & Aphasia Nation, Inc., Volunteer Transportation Network, Write on Writers of People Plus.

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

Anything Is Possible by Elizabeth Strout. This book is an exploration of human emotions with a series of intimate dramas of people struggling to understand themselves and their lives.

The Stars Are on Fire by Anita Shreve. This story in set on the Maine coast during the great fire of 1947. Grace Holland is left alone with her young children to face an uncertain future.

Honor by Thrity Umrigar. This is a tale of repercussions after an honor killing in rural India. An American-Indian journalist covers the story — and her own secret story emerges.

Brooklyn by Colm Toibin. An award-winning novel by an Irish author about a young girl who emigrates to America just after WW2. She leaves her loving family for financial reasons and learns how to make a new life in Brooklyn.

NONFICTION

The Radium Girls by Kate Moore. In the

early part of the 20th century, watch dials were painted with radium to make them glow in the dark. Young women who did this work (and enjoyed it) began to fall ill. As the effects became known, employers fought all efforts to stop the process. Governments were slow to react since they also used radium. This book recounts the effort to stop the use of radium.

The Coldest Winter: America and the Korean War by David Halberstam. This very readable history of the Korean War came out in 2008. It vividly depicts the overall story of the war, as well as descriptions of unit and individual actions. The book is worth a second reading for the inclusion of details of the politics of the time and the very interesting account of the ambitions of Douglas MacArthur.

MYSTERIES

A Certain Justice by P D James. A talented criminal lawyer successfully defends a client. The lawyer is murdered. Commander Adam Dalgleish investigates in one of the best of the series featuring the detective.

Bodies from the Library. Lost Tales of Mystery and Suspense from the Golden Age of Detection. This book includes stories by Agatha Christie, Georgette Heyer, and A. A. Milne.

In The Shadow of Agatha Christie. Classic Crime Fiction by *Forgotten Female Writers (1850-1917)*. "Forgotten" may be an overstatement. Pulitzer Prize winner Ellen Glasgow is included, as is Baroness Orczy, the creator of the "Scarlet Pimpernel."



A sweet celebration for our volunteers!



VOLUNTEERS ARE THE HEART AND SOUL of the People Plus Center. Without them, the programs and services offered at the Center would not be possible. To honor and thank them for all they do, People Plus hosted its annual Volunteer Appreciation event in August with an ice cream social. Over 70 members enjoyed a delicious ice cream sundae bar with all the traditional toppings while being entertained by member Claude Bonang playing his spoons and saw.

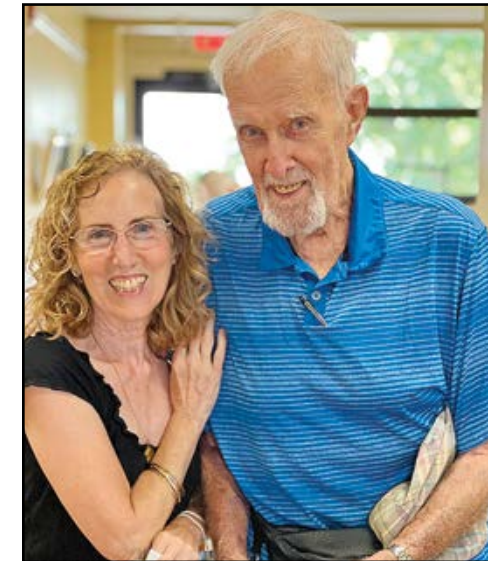
More than 200 people volunteer at the Center every year as receptionists, drivers, cooks, lunch help, instructors, callers, greeters, event help, board and committee members, hair cutter, club coordinators, newspaper delivery, tax filing aides, bulk

mailing helpers, and more, for nearly 8,000 volunteer hours. "There is just no way the People Plus Center we all know and love could exist without the daily contributions of our volunteers," said Executive Director Stacy Frizzle-Edgerton. "They remain and will always be the heart and soul of our organization and we love them!"

Award certificates were given to all our volunteers from last year. Special volunteer contributions were marked with our top 2022 awards:

- People Plus Volunteer of the Year: Chris Baldwin
- Teen Center Volunteer of the Year: Tim Keene
- Board Members of the Year: Cathy Jarratt & Carolyn Bulliner

People Plus 2022 Volunteers: Carol Aderman, Monica Annable, Chuck Annable, Darby Babson, Chris Baldwin, Chris Balestra, Lynn Balint, Wanda Barlag, Betty Bavor, Mike Bernier, Lois Jean Berry, Jonathan Biehler, Roger Bogart, Claude Bonang, Peter Boulais, Richard Brautigam, Carol Briggs, Lou Brown, Mitchell Brown, Carolyn Bulliner, Jim Burbine, Donald Caton, James Cherry, Rose Collins, Karin Congleton, Bonnie Connelly, Jane Connors, Frank Connors, Cathy Cooper, Lisa Copland, Robin Copland, Chris Corriveau, Anne Cunningham, Margarita Day, Richard DeVito, Joyce DeVito, Janet Doehring, Brandon Ellis, Charlie Evans, Daniel Fahey, Tom Farrell, Mike Feldman, David Forkey, Kate Foye, Oscar Freitas, Merle Gott, Hugh Hardcastle, Judy Hardin, Alison Harris, Sally Hartikka, Heidi Hartz, Mary Hepburn, Cecelia Hitte, Jere Hoffert, Valerie Howard, Jill Hutchins, Carol Israel, Cathy Jarratt, Rob Jarratt, Wells Johnson, Paul Karwowski, Tim Keene, Gail and Cy Kendrick, David Knight, Ed Knox, Lorraine LaRoche, Rodie Lloyd, Steve Loeb, Pat Longworth, Karen Madsen, Sandy Maggied, Irene Martin, O. Jeanne d'Arc Mayo, Grace McCarthy, Joanne McDermott, Vince McDermott, Anne McLoughlin, Karen Messick, Judy Michaud, Dave Millar, Jane Millett, Dottie Moody, Carol Mully, Chris Munroe, Joseph Neuhof, Doris Nieman, Lili Ott, Jim Peavey, Joan Peck, Carmella Pellerin, Bill Perry, Rosemarie Perry, Tom Rumpf, Fraser Ruwet, Edith Sadler, Karon Salch, Julie Silverman, Chrissy Six, Cynthia Skolfield, Karin Soderberg, Sonia St. Pierre, Alene Staley, Scott Stewart, Daniel Strauss, Gladys Szabo, Annee Tara, Donna Tompkins, Marielynn Towers, Linda Trapp, Roger Walker, Kim Watson, Kelsie West-Ezzo, Steve Winter, Judith Wylie, and Independence Association volunteers Mary, Dale, Justin, Kate, Lindsey, Kristi, and Dan.



THRU THE YEARS a 45th anniversary feature

Sept. 2021: After 21 exceptional years, Office Manager Betsy White made it official, taking down her shingle and retiring to "What's next?" We love you, Betsy!

Sept. 2021: The latest People Plus News told of another successful ice cream social to honor the Center's volunteers, including Mary Hepburn as Volunteer of the Year, Stephen Loeb as Board Member of the year, and "Betty Crocker" awards to Betty Bavor, Gladys Szabo, Rose Collins, Joan Peck, and Carmella Pellerin. More than a hundred members attended and were told to show up wearing masks ... AGAIN!

Sept. 2020: Chanel Fortin, our neighbor on Union Street, made the Center a gift of his prized gliding swing. Chanel was born in the "old house beside the school" and was a frequent visitor to the Center.

Sept. 2019: Gladys Szabo was Volunteer of the Year at the Center, Annee Tara was Board Member of the Year, Margarita Day received her first Golden Shears award, and Chris Corriveau was named Driver of the Year during the Center's annual Volunteer awards day.

Sept. 2018: Out of Our Minds, the newest literary creation of the Center's Write On Writers is printed and released to the public at the Center's Senior Health Expo on Sept. 18. More than 20 members contributed poetry, short stories, and art to the 200-page book.

Sept. 16, 2018: A dozen members braved rising tides and baking sunlight to complete the first official circumnavigation of Swan Island by members of People Plus. This Frank's Field Trip was one to remember, and hosted by Friends of the Island President Jay Robbins.

Sept. 2017: Artwork by Claude and Anne Bonang covers the walls in the Center's Union Street Gallery. The Bonangs combine line drawing and water colors to create a truly unique show.

Sept. 17, 2017: The Lunch Out gang goes to the Cracker Barrel restaurant in South Portland.

Sept. 2015: Rollande and Rick Fortin won Gold medals in the Maine Senior Games this year, competing in the Cornhole toss doubles. Rick also won Gold again in the singles horseshoe tossing.

Sept 19, 2010: Sig Knudsen dies at the age of 66.

Sept 24 2008: Ride the Maine Eastern Railroad to Rockland, tour the Farnsworth Gallery. Train leaves Brunswick at 10:20 a.m., cost is only \$33

Sept 20, 2008: Weathering Winter, a community forum sponsored jointly by People Plus and Spectrum Generation, opens at Brunswick High School at 9 a.m. Focus on energy efficiency, home safety and community awareness.

Sept 8, 2008: Center Stage Players, formed in 2002 moves meetings, rehearsals and performances to The Theater Project.

Sept 30, 2007: 7th Annual Picnic, canceled by bad weather in July, held at Thomas Point Beach.

Sept 2006: Seth Wilson & Tracy Scott are UNE interns at People Plus.

Sept 6 & 7, 2006: Barbara & Bob Sawyer lead trip to Castle in the Clouds, Kancamangus Highway and New Hampshire Heritage Museum. Cost only \$150 per person, \$145 for double.

Sept, 2004: Brunswick Teen Center opens in the basement of 55 Plus Center.

Sept 1, 2003: Margaret Enright named Volunteer Coordinator at People Plus.

Sept 12 & 19, 2002: Introductory Karate Classes for seniors, offered free at Center by Nelson Vaughn of Topsham's Shotokan Karate Academy.

Sept 26, 2002: "Tryouts" for informal theater group to open at People Plus, under the direction of "theater professional" Frank Wicks.

Sept 23, 2002: Nancy Porter joins staff as a University of New England Social Worker field placement, doing outreach and supporting grandparents raising grandchildren.

Sept 13, 2000: The 55 Plus Walkers are planning a walk up Morse Mountain. The hike takes you through thick woods, across a salt marsh and end on a deserted expanse of beach, facing the sea.

Sept 15, 1999: First meeting of volunteer drivers hope to launch all-volunteer "Driving Miss Daisy" ride program on Oct. 1

Sept 1988: New Policy: ALL persons 55 years and older may participate in all activities at

the Center. All persons except residents of Brunswick, Topsham & Harpswell will be charged an additional 33% to participate in trips, classes and related services, beyond nominal cost to donor-town registrants.

Sept 1, 1986: Coffee at the center is still 15 cents per cup, making it the cheapest cup in town! Remember, we rely on the honor system, if everyone pays their fair share, we won't need to raise the price.

Sept 1, 1986: Join us in welcoming Maynard Carter, our new Bingo manager, and we offer a heartfelt thank you to Don & Shirley Hart, who have done a terrific job these past three years.

Sept 24, 1985: Eldercare will sponsor a once a month Aquatic exercise program at the Sports ETC Club. Cost is 75 cents per person.

Sept 19, 1985: United Way Day at Brunswick's senior center. We help them prepare pins and flyers for the fall campaign. Coffee and refreshments will be served.

Sept 1985: A barber will be available the 2nd Monday of each month in the Main Hall to cut hair for men or women for \$5. The barber must be guaranteed eight people a month, so please register in advance.

Sept 1984: Congratulations, Tape Collectors! Yes, we won \$20 in this quarter's register tape contest at Cottle's Shop 'n Save, collecting over \$86,800 worth of tapes.

Sept 8, 1983: We would like to start a weekly walking group - just short walks around town. Meet at the Center at 9:30 a.m.



THE ART CLASS HAS RESUMED ITS AUGUST TRADITION of "plein air" painting outside at the Brunswick gazebo on the Town Mall. They loved being in the fresh air with nature as their muse. And, as always, this class of folks who have become friends will undertake any adventure in the name of art. Join them on Tuesdays and Thursdays with Ed Higgins as your instructor. No talent required! Because, as Ed says, "Art can be taught!"



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."



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— James Tierney, BHS Class of 1965

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We take your loved ones comfort and health to heart.



BRUNSWICK AREA TEEN CENTER
SUPPORTING YOUTH SINCE 2005
A BIG THANK YOU GOES OUT TO ALL THE VOLUNTEERS who came in to help prepare the annual fund mailing! Thanks ladies! We couldn't do it without you!



Brunswick Area Teen Center

Back to School ALREADY!

Teen Center News

Jordan Cardone



ANOTHER BIG THANK YOU GOES TO BAR HARBOR BANK & TRUST of Brunswick for a huge donation of school supplies to all the kids in the Teen Center! Many of them completely filled their lists of expensive items with this donation!

'Cause' concert in September features Pat Colwell and Soul Sensations

Pat Colwell and the Soul Sensations bring their "Etta-At Last" program to the Unitarian Universalist Church on Sept. 17th at 7:30 pm to raise money for the Brunswick Area Teen Center and Maine Family Planning. The concert will feature a musical tribute to the Rhythm and Blues icon, Etta James, as well as a powerful mix of Motown/Memphis Soul. The Soul Sensations will have you dancing

and singing along to Etta's music and other Soul classics by Wilson Pickett, The Supremes, Sam and Dave, Marvin Gaye, the Temptations, the Staple Singers and, of course, Aretha Franklin. Tickets are \$15 in advance, \$20 at the door. Students/children: \$10. Available at the church office or online at <https://ticket-stripe.com/soulsensations>

We are looking forward to a new school year, our first in years without masks. Our first ever of providing daily transportation from school to the Teen Center, Monday-Thursday. Our first year with our new added assistant Matthew Doehring. That's a lot of firsts! Of course, the kids have been focused on the first day of school... some with trepidation and some looking forward to it.

We wrapped up August with a week of preparing our back-to-school letter, shopping for supplies and cleaning. There is no way to predict the coming school year; a lesson we learned over the years! We will have our regulars, we will have new sixth graders and, well, we shall see...

We started handing out school supplies in August and have plenty left for the kids once they get to school! Thank you to Bar Harbor Bank and Trust employees for the donations of school supplies! The van is gassed up, we have three staff drivers and feel ready for the school year to begin!

This summer, as usual, was much quieter than during the school year which enabled us to spend more time getting to know our summer regulars.

So as sorry as we are to see summer coming to an end, we look forward to what the new school year will bring (and who it will bring). The program was full when the last school year ended, so we do have some idea (we think) of what lies ahead for this year!

It will be a great fall to play outdoor basketball and with our new assistant, indoor dodgeball will begin again, meanwhile we have many kids who are involved in sports at school as well so the kids will be busy and keep us busy too!

Enjoy the end of summer/beginning of fall and the good feeling that a new time is upon us!

Keep your eyes open for our back-to-school letter in your mailbox soon! Your donations keep the program open & running and directly & very positively impact the lives of the youth we serve! Thank you! Jordan and the gang!

Live Music Family Friendly Food Trucks

BRUNSWICK LANDING BLOC PARTY

TO BENEFIT: **THE MARC**
MIDCOAST ATHLETIC & RECREATION COMPLEX

SEPTEMBER 10 5 - 9PM

HOSTED BY: **FLIGHT DECK Brewing** and **WILD OATS café | bakery | deli**

Teen Center Funding
(continued from p. 1)

dozens of volunteers work diligently raising funds and seeking donated items through various events, such as the Scoop-a-Thon held every April at Gelato Fiasco. This year's Scoop-a-Thon brought in nearly \$7,000!

Another major source of income is our annual "Back to School" appeal letter — a campaign that is currently underway. This year's fundraising goal is \$20,000.

"We only send out one appeal letter a year and the money that comes in makes up a big chunk of our budget for the year," said Cardone. "We couldn't run the program without these funds."

Just consider the following numbers from the 2021-22 school year:

- The Teen Center had 41 new youth join the program.
- The Teen Center had 1,455 visits — up from 466 the previous year.
- Attendance at the Teen Center reached 20-plus kids most afternoons by the end of the school year.

Needless to say, the Teen Center plays an important part in the lives of our youth. And the support shown by individuals, organizations, and businesses is invaluable.

"We hope you can help us reach our goal again this year" said People Plus Executive Director Stacy Frizzle-Edgerton. "And we thank you in advance for your donation."

A couple of years ago, one generous individual donated \$22,000 worth of stock that went toward supporting the Teen Center. So, if the gift of stock feels like something you could do, those work just as well as cash.

Many of those coming to the Teen Center have said, "We love it here." The top things they like about the facility are the food, friends, and staff. Increased staff has triggered growth in the activities offered, such as dodgeball, outdoor sports and creative games, as well as more craft projects and much-needed adult mentoring.

"We raised over \$17,000 from the 'Back to School' letter last year and raised more than \$40,000 for a van, which is being used to transport kids from school to the Teen Center," said Cardone. "When school ended last June, we had reached very high attendance and anticipate maximum capacity this coming school year."

"We have hired an additional Teen Center assistant, who started with us the first day of school (Aug. 29th) to accommodate the high attendance expected and to help with the four trips a week to schools to pick up kids enrolled in our ride program," continued the Teen Center coordinator. "Our goal this year is to raise \$20,000 from the 'Back to School' letter! We had 3,527 youth visits to the program in 2019 before the pandemic hit and it looks like we are on the path to seeing numbers like that again — finally!"

In advance, thank you to everyone for supporting the Brunswick Area Teen Center.

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

Monthly Update

September 2022

Meet Britteny
Nutrition Coordinator
Midcoast Regional Center



Soaking Up the Sunshine

My hopes are that everyone is enjoying their summer and making time to get outside when the circumstances permit. Now that we are in the thick of Summer, with temperatures rising reaching the high nineties I wanted to share some exciting changes our Maine Bureau of Parks and Lands made earlier this year to generate a more inclusive environment for people of different physical backgrounds and abilities.

The Maine Bureau of Parks and Lands installed 500 feet of new boardwalk at Popham Beach State Park. Officials said the new boardwalk will help visitors in wheelchairs, families visiting with smaller children, and people who need to carry a lot of gear to the beach. The project came together in response to feedback from park visitors. The mobility mat will now allow wonderful access for many more people who want to enjoy the beautiful beachfront. The path became a reality due to Governor Mills' Maine Jobs and Recovery Plan, which is using funding from the American Rescue Plan to improve state parks for Maine people and visitors.

"Recognizing that Maine state parks are for everyone, and we want to make sure that it's easy access for everyone to get to these areas, and so Popham Beach, we're focusing on this year. I hope to expand that to some other areas, might not be until next year," state park regional manager Gary Best states.

They have provided accessible parking, easily accessible restrooms, accessible picnic area and last but certainly not least, beach accessibility with assistance beach wheelchairs, which are available; first-come, first served.

Popham isn't the only beach making waves with mobility. As WGME-TV points out, Old Orchard Beach rolled out a beach wheelchair program this year.



According to WGME-TV, the town has 10 beach wheelchairs that are free to use on a first-come, first-served basis. Programs like these will continue to show the best side of our wonderful state and the great folks who call it home. I hope that this article inspires folks to enjoy the outdoors, enjoy the sunshine and create new memories.

Come see Andrea!
Medicare Open Enrollment



October isn't too far away, which means Medicare Open Enrollment is fast approaching.

Appointments fill up fast, so please call Andrea to schedule an appointment!

CALL ANDREA AT 1.800.639.1553 FOR MORE INFORMATION

Don't Get Tripped Up This Fall



Falls threaten safety and independence thus creating enormous economic and personal costs. Healthy Living for ME (HL4ME) is committed to helping adults throughout Maine age well, and that includes avoiding falls. Through practical lifestyle adjustments, using evidence-based prevention programs, like Bingocize and Tai Chi, the number of falls among older adults can be reduced.

This September 19 – 23, we are partnering with the National Council on Aging (NCOA) to observe Fall Prevention Awareness Week. We invite you to join this important awareness campaign.

Upcoming Falls Prevention Workshop
 Bingocize®
 Healthy Living for ME
 Merrymeeting Adult Education
 September 14 – November 28
 10 – 11 a.m. - Free

You call it fulfilling your vows for better or worse; we call it caregiving.

Helping to care for your significant other is admirable, but you don't have to do it alone, especially if they have a destructive disease such as Alzheimer's.



Call our Family Caregiver Specialists at 1.800.639.1553 to come up with a plan that will allow you to continue being a supportive and effective partner.

Upcoming Event
10th Annual Celebrity Chef Challenge
 Monday, September 19, 2022 at 5 p.m.
 Newley renovated August Elks Banquet Hall
 Visit spectrumgenerations.org/events for more information or to purchase tickets.

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

THANKS TO ROB AND AMY KERR for their generous donation of a sailboat ride on their new 30 foot Baba-40, Prudence. Chuck and Monica Annable were the grateful and contented winners of this Music in April auction item, and had the good fortune of having both of their sons, Max and Sam, home at the same time for the family to enjoy the sailboat excursion altogether!



EVERY DAY IS A CRAZY DAY WITH FUN AND FRIENDS AT THE CENTER! And you just never know who will show up, including Frank Connors who discovered Béa in all her finery, ready for her Zumba class – Mondays at 10 am. Come join the fun!

Modern Square Dance Open Houses: Scheduled for Tuesdays, Sept. 13 and Sept. 20, from 6:30 to 8:30 pm, at St. Charles Parish House, 132 McKeen St., Brunswick. It's FREE! Try out modern square dancing at these workshops offered by SAGE Square & Round Dance Club. Have great fun, get excellent exercise, dance to all sorts of good music, and make new friends. Casual dress. No partner needed. For more information contact: Maureen Dea at 207-443-5421 or go online at <http://sage.squaredanceme.us>

English Country Dancing Starting at People Plus!
Tuesdays, Sept. 13 & 27, 7-9 pm. (doors open at 6:45 pm), \$5 per person, open to the public
 Please note their group's Covid policy: Vaccinations, boosters and masks required. If possible, email a record of your vaccination to ijnbloom@gmail.com or have it ready to be checked at the door.
 We are excited to welcome the English Country Dance Group to the People Plus Center! They will be renting the Hall on Tuesdays, twice a month.
 Dancing will happen from 7:00 to 9:00. Doors open at 6:45 - try come early enough to sign in and change your shoes and be ready to start at 7:00!
 All dances will be taught and called, with the level of difficulty adjusted to match the attendees experience levels. Prior ECD experience is not required. Prior dance experience will help but is not required.
 FMI visit <https://folkdancers.org/BrunswickECD.html>

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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., 729-8042

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. Bruns., 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.sethlevy.law.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

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

TECHNOLOGY

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

*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. Carol Aderman. Q. The community where you live? A. We live in Freeport. Q. Professional occupation? A. I am now retired after many years in the financial world. I spent more than 20 years at Bank of America, working in Cash Management, as a commercial lender, and Wealth Management. During that time I obtained my MBA and became a Certified Financial Planner. I left Bank of America and went to Smith Barney just before the tremendous downturn in the market. When they were bought out by Morgan Stanley I wanted to go to a smaller institution and joined Atlantic Federal Credit Union, staying there until I retired almost 10 years later. Q. How many years did you serve on the People Plus board and positions that you held? A. I was on the board for five years, serving as chairwoman for my last two years.

Q. Please tell us a little about yourself (i.e., growing up years, things you like to do in your spare time, etc.)? A. I grew up in the town of Bowdoin when the population was only 600 people. My family had been there since the 1700s after my ancestors immigrated from London, England. When it came time to go to high school everyone in our class went to Lisbon Falls, but my mother wanted me to go to Brunswick where she went to high school. This month, we will have our 50-plus two reunion. It has been wonderful to live in the same community where I can see people I went to school with. Q. Your view of People Place and why every community should have such a special place. A. People Plus provides such a wealth of activities. It allows people who just moved here to get to know others and to join in activities that interest them. During COVID they continued to reach out to members and to keep them engaged with others when many were alone.



They have the Teen Center which gives students a place to go where they have friends and "fit in." It is such a viable organization in the community and the support they have been given shows that people care about the Center.

Q. Why you believe it was so important to serve on the board? A. I have many skills developed through years of serving on other boards and wanted to bring those to People Plus. I think it is important to bring fresh ideas that I developed from my service in other places. The staff is amazing here, so the board and committee responsibilities are reasonable and it was a wonderful way to learn about all the organization does for the communities it serves.

Weekly Winners

Senior Intermediate Cribbage

July 27 George Hardin 699 Rollande Fortin 696 Rick Fortin 679 Lois Fournier 679

August 17 Jim Cherry 726 George Hardin 711 Lorraine LaRoche 698

August 24 Harry Parsons 726 Joe Tonely 717 Rick Fortin 702

Senior Duplicate Bridge

(Top ranked teams and win percentages)

Jul. 25: 10 teams 1st Donna Dillman & Joan Smith, 63.9% 2nd Denise Deshaies & Linda McIntosh, 59.7%

Aug 1: 7 teams 1st Donna Dillman & Joan Smith, 63.9% 2nd Jane Roy & Lloyd Jones, 56.9%

Aug. 8: 10 teams 1st Sherry Watson & Don Caton, 60.4% 2nd Cathy Cooper & Richard Totten, 58.3%

Aug. 15: 8 teams 1st Gail & Cy Kendrick, 61.9% 2nd Jane Roy & Jeff Lauder, 57.9% (tie) Sherry Watson & Don Caton, 57.9%

Aug. 22: 9 teams 1st Marcia Good & Woody Townsend, 74.0 % 2nd Sherry Watson & Don Caton, 56.3%

Can YOU Help?

Join our team! Volunteer to drive or shop for a homebound senior! FMI 729-0757 peopleplusmaine.org

New and renewing members for August

- Memberships received as of August 17. * indicates new membership • indicates donation made with membership BATH Cecelia Hitte • Joanna Johnson • Sandra Stenquist • Barbara West WESTPORT Jeff Wheeler FREEPORT Philip Dwinal BOWDOIN Janis Parent • Maybelle Sturgeon BRUNSWICK Elaine Archambault Suzanne Austin Nancy Biggs • Jo Bouchard Laura Broussard • Dorothy Cardali Donna Chale Bonnie Connolly DURHAM Donald Sawyer HARPSWELL Calvin Hooker • Joseph Connolly Jr. Debbie Deveaux • Judy Ginty Reiko Hill • Herman Holbrook Arlene Holzman Theresa Howell Jonathan Hyman Yoshiko Kilgore Thomas Korzen Patricia Kuhl • Diana Lohse Robert Long • Cindy McLaughlin • Margaret Miller Mollie Moore Liz Owen Pamela Perry • Mal Strange • Michael Strange • Nancy Curtis-Strange • Cheryl Tyler • George Walter • Janet Watkinson Sue West LISBON Dennis Sarfoen • Alene Staley LISBON FALLS Pat Jameson • Debbie McManus • PHIPPSBURG Leonard Rainey TOPSHAM Lorraine Briggs • Carlene Hill Byron Jules Cloutier • Marsha Hilton-Kingdon Lois Langbein Adele Robinson Ed Robinson Susan Thompson •

Are you caring for an elderly loved one?

BATH-BRUNSWICK RESPITE CARE ADULT DAY SERVICES FOR THE MIDCOAST AREA 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

Thank you for letting me 'visit' the U.P.

It's no secret — not even to my dear wife — that I would love to live again in the Upper Peninsula of Michigan. Where I was a transplanted Yooper for eight years in the 1970s.

Don't get me wrong, I enjoy and cherish the opportunity of having Maine as my home — even if I'm "from away." The Pine Tree State and the U.P. are very much alike in many ways. So I guess what I'm saying is ... if I can't live there, this is where I want to be.

That being said, any chance I can get to visit my beloved Upper Peninsula, I will gladly take it. And that's what we did for 10 days in July.

Vicky and I, along with my sister Becky from Utah, did the usual touristy things. Visited places like the Soo Locks, the Lower and Upper Tahquamenon Falls, Whitefish Point and its Great Lakes Shipwreck Museum, Point Iroquois Lighthouse, and countless other sites. And the many gift shops lined along Portage Avenue in Sault Ste. Marie.

But the moments we treasured the most were spending time with old friends and just relaxing and walking the beach at our rental cottage, located right on the shore of Lake Superior. Away from all the crowds, who — like us — invade the picturesque region during the warm summer season.

And, yes, I did get a few bicycle rides in. The decision to take my cyclocross/gravel bike was a perfect choice. It was great for all of the different riding surfaces I encountered on the trip.

My daily cycling journeys included miles and miles of hard-packed dirt and gravel roads, mostly through the expansive Hiawatha National Forest, an area in the central and eastern parts of the U.P. covering 894,000 acres. One route, in particular, would take me to the Mission Hill Cemetery Scenic Overlook, offering a spectacular view of the eastern side

of Lake Superior and its entrance to the St. Marys River. Also, a handy spot for observing Great Lakes freighters and other vessels, with Canada looming in the background.

Another favorite pedal involved cruising on Lakeshore Drive, a paved two-lane road that literally — as its name would suggest — followed along the shore of Lake Superior. This course also took me through the Bay Mills Indian Community, a reservation comprised of Ojibwa or Chippewa people who have lived for hundreds of years around Whitefish Bay, the falls of the St. Marys River and the bluffs overlooking Tahquamenon Bay, all on Lake Superior, most of which still encompass their present-day homeland. If one wanted fresh whitefish for dinner, this is where you would go. In fact, one proprietor on the reservation — where we went multiple times — had a sign that said, "The fish you are eating today was swimming yesterday!"

One of my Lakeshore Drive rides presented a nice surprise. While finishing up the last few miles and heading back to our temporary digs, I caught up with another cyclist who was obviously bikepacking. His name was Brent and he was from Chicago.

Leaving the Windy City, he had headed north, going up along the eastern side of Lake Michigan. When he reached Ludington, Michigan, he took the ferry across Lake Michigan to Manitowoc, Wisconsin, a 61-mile journey. From there, he went up the western side of Lake Michigan and — when I met him — was in the process of doing a circle tour of the Upper Peninsula, before returning to Chicago.

At the time of our chance meeting, he was cruising toward Tahquamenon Falls to camp for the evening. I asked him how many miles he had traveled and he said he wasn't sure, as he didn't have a bike computer. "I find them a distraction," he proclaimed in an easy manner. Much like

Simply put

Patrick Gabrion



his cycling style. After we biked together for a couple of miles, I wished him safe travels and then charged back to my dream vacation home.

Reflecting on our trip in my native Michigan, I had a wonderful time. I can hardly wait to go again. But no matter how you slice it, it is different. Years ago, I was a resident; now, I'm a visitor.

And to be totally honest, just like yours truly decades in the past, today there's probably some young man thinking that all these tourists need to get out of here ... so I can have this paradise all to myself.

"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.

People Plus! 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 businesses are:

- Bill Dodge Auto Group 10% off parts/service 118 Pleasant St, Bruns., 729-6653 www.billdodgeautogroup.com Hearts & Hands Reiki 10% off first visit 751-5339, mspruce@live.com Membership has its privileges!

Do you live alone?

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

In partnership with Brunswick PD.

Sign up now!



FMI 729-0757 peopleplusmaine.org

PEOPLE PLUS MEMBERSHIP APPLICATION form with fields for Name, Phone, Birthdate, Email, Address, City, State, ZIP, and checkboxes for dues and volunteer opportunities.

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

Senior Companion and Personal Care Services 1 to 24 hours Yarmouth, Freeport, Cumberland, Falmouth 729-0991 NOW HIRING Brunswick to Portland \$16-\$18/hr Free Yoga, Free Massage!

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New show to feature works of Center’s art instructor

Ed Higgins, the talented art instructor who teaches classes here at People Plus, will be displaying his own works in the Center’s Cafe Gallery during the months of September and October.

In a recent wide-ranging interview, Ed talked about conducting classes at People Plus, the style of art he projects, and his upcoming show at the Center.

“Helping artists grow and develop has become my life’s greatest joy. I have been teaching art at People Plus for over a year now, and also teach classes at Merrymeeting Adult Education in Bath and Topsham. I endeavor to provide my students with a supportive and positive environment that encourages experimentation and exploration.”

“In my entire life, I have never met a single artist that lacked talent. Most of the perceived deficits that students struggle with are simply a matter of confidence. The best way I know to gain confidence in art is to get into the habit of keeping and filling sketchbooks. Taking the focus off of end results and putting it directly onto finding joy in the process of making marks.”

“The best advice I can give to any creative person is never to go anywhere without a sketchbook. Sleep with one on your nightstand. Keep one in your pocket or purse. Let your sketchbooks become your right hand. More so than even your phone. Let them become a repository for your ideas, a visual record of your experiences. Understand their value, but keep them as working documents, a place where you figure things out, try to understand things, and learn to pay attention to beauty. Don’t fall into the trap

of making them too precious and worrying about how they appear to other people. Art is about being observant, paying attention, and finding a way to communicate the beauty around us.”

“I work and teach in a wide range of styles and mediums, and every visual idea I pursue is either hatched or informed by my sketches. In choosing the pieces for this show, I’ve endeavored to include works where I was able to practice what I preach, working loosely and confidently, giving myself permission to be free and receptive to the world around me. Doing my best to capture the life, movement, and feeling of discovery that was characteristic of the original sketch, and maintaining it throughout the creative process.”

“Many of the works are personal, and transport me back to the day, time, and emotional state I experienced while making them. There are also demos associated with particular classes, portraits of students, sketches, plein air oils and watercolors from some of my field classes. Things I used as teaching aids to try and help students battle perfectionism, fussiness, and help them relax and free up the artistic powerhouse that I know dwells in each of them.”

“I’m hoping that the profound enjoyment I experienced working with and alongside my students comes through in the show, and that it will inspire people to embark on their own artistic journeys.”

During the September-October 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.



Ninety Nine 99
RESTAURANT & PUB

Lunch Out!

Sept. 13th, 11:30 am

34 Topsham Fair Mall Rd, Topsham



Do you get the “Peek at the Week”?

Jill sends a weekly email with all the events happening at People Plus, plus a weekly wrap-up from Stacy, Teen Center update from Jordan and, of course, Frank’s Two-Cents. FMI programming@people-plusmaine.org or call 729-0757.

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



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