



People Plus supports an engaged, healthy, and independent life for older adults, while joining others to build community for all ages  
35 Union St. / PO Box 766, Brunswick, ME (207)729-0757 www.peopleplusmaine.org October 2022 Volume 22, No. 10



**A beautiful day for a record-breaking member picnic!**

WE COULD NOT HAVE ASKED FOR BETTER WEATHER or better company for the People Plus annual picnic in September! It was a beautiful day to welcome 164 people to Thomas Point Beach in Brunswick! Thanks to "Off Their Rockers" for providing wonderful music and to all the staff and volunteers for cooking, setting up, feeding everybody, and taking it all down again! We love our staff and volunteers and could not do it without them! We are already starting to plan next year's picnic – only 350 days to go!



## Expo! Extra! Read all about it!

### 11th annual Senior Health Expo slated for Oct. 20 in Brunswick

The 11th annual People Plus Senior Health Expo is back in person for the first time since 2019! So the place to be on Thursday, Oct. 20 is the Brunswick Recreation Center from 9 am to 1 pm. Located on Neptune Drive, on the former Navy base, the event expects to see a crowd of approximately 500 attendees, all learning what services are available in the Midcoast region to live longer, healthier and happier lives. Admission is free and open to the public!

Maine has the highest percentage of older adults in the nation, and the Midcoast is where this population is growing the fastest. The Expo brings together a variety of resources for this increasingly important segment of our community. It provides an excellent opportunity to learn about products and services in the categories of medical services, fitness and health, technology, legal, community services, housing/respite care, and finance. Literally hundreds of people attend each year.

We spoke to seniors who attended the Expo in 2019 and here is a little of what they had to say.

"I came to the Expo once before and it was a very good experience so I came

back again. I was amazed at how full the parking lot was," said Keith Lawrence, of Brunswick.

"I've been coming to these Expos from the start. There's lots of information. I may not use it now, but these are good resources to have and know," said Linda, of Topsham.

"I'm always interested in what resources are available for seniors. As a supporter of People Plus, I always want to back their efforts," said Joan Peck, of Brunswick.

These folks, and countless others, will soon have the opportunity to again gather together for this year's better-than-ever event.

The Expo is made possible by the support of our Lead Partners: Coastal Landing Retirement Community and Mid Coast-Parkview Health; Partners: Bill Dodge Auto Group, Gateway Retirement Solutions, Priority Real Estate Group, Rusty Lantern Market, Spectrum Generations, The Times Record, The Vicarage By the Sea, Inc; Event Sponsors: Aetna Medicare, Avita of Brunswick & Sunnybrook, Beltone Hearing Aid Centers, Brackett Funeral Home, CBD American Shaman, Maine State Credit Union, Preferred Therapy Outpatient and Wellness at Coastal Shores, The Highlands, Town of Brunswick; and Refreshment Sponsors: AAA NNE-Brunswick, Brunswick &

*continued on page 9*



### Chocolate Pumpkin Pie – Oh, My! October raffle offers mouth-watering treat.

This month's member-only raffle features a **Chocolate Pumpkin Pie** made by Kaffeestunde! (German club) member, Heidi Hartz.

Tickets are \$5 each or 3 for \$10 and raffle proceeds go to support our outreach programs such as Volunteer Transportation Network (VTN).

By purchasing raffle tickets, you support

the Center's programs and services, and we appreciate your help!

To buy tickets, please stop by People Plus, Monday-Friday 9 am – 1 pm, or give us a call at 729-0757.

The drawing will be Oct. 31st.

Thank you for supporting People Plus!



### FYI! Scottish Tales with Bill Hinderer!

**Thu, Oct. 13, 1:30 pm.** Please join us for an afternoon of delightful and entertaining stories from Scotland at our monthly FYI event.

Bill Hinderer, traditional Scottish storyteller, has enjoyed telling stories in front of an audience for over 30 years. He grew up in a family where everyone told stories, often the same ones over and over, but the stories were different each time.

Through his Scottish stories you may meet Caileach and Maelbridge, the Mormaer, kelpies, giants, heroes plus the Fairy Fiddler of Col.

We are excited to resume our monthly FYI events and other presentations at People Plus to engage the minds of our members. Free, and open to the public. Registration is appreciated. Wear your plaid!



### Balance & Falls Clinic with Reform PT!

**Mon, Oct 17, 1:30 pm.** Dr. Christina Levesque, PT, DPT of Reform PT is back for her famous quarterly Balance and Falls clinics at the Center. She will teach us what balance means, how to prevent a fall and how to properly handle a fall if one occurs - very important information, especially with winter approaching. Free, open to the public. Registration is appreciated.





## 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](mailto:news@peopleplusmaine.org) snail mail:

The Editor, People Plus News  
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# A full house and full heart

I moved to Maine 20 years ago this month. I had visited many times as my brother Don had settled in Dresden in 1983 and my other brother Gary bought a cabin in Fryeburg in 1989. And since my first husband Scott Frizzle had grown up in Brunswick, we both had family in this area. In many ways, I felt like I was “moving home” to a place I’d never lived before.

We decided after 9/11 to leave Atlanta where we had both been working in broadcast television at highly visible organizations. I was with Coca-Cola and he was with Turner Broadcasting and we both wanted to be somewhere that seemed a little safer and out of the global spotlight.

After looking for houses for about six months, my dream property came on the market in August 2002. It is the Riverview Farm and had been built in Topsham around 1820. Originally a 300-acre parcel in the state of Massachusetts, it was then called the Haley Farm. The Haley cemetery is incidentally still on the River Road in Topsham about half a mile before the water district.

So, we bought it sight unseen and Scott’s father Charlie Frizzle came over and cut the grass for a couple months until we could move up. I was 20 weeks pregnant with my second child when I made the long drive to Maine — stopping often for bathroom breaks — and had no idea at the time that this new home would mark what would be the next and by far the best chapter of my life. I had moved a lot as a kid and after attending three different high schools in three different states, it was amazing to feel like I had finally found a place to settle for good.

Soon our daughter Violet arrived and then our third daughter Juliet was born in 2005. We also had by this time taken in my teenage niece and nephew and were babysitting two neighbor boys after school — so at any given time we had seven kids in the house. It was a busy time with infants, toddlers, and teens in high school — but I loved it and reveled in all the family time and activities.

I became involved early on with the Topsham public library and took the kids

for play group where I met amazing people with whom I’m still working and involved. I also joined the YMCA in Bath after moving here and I’ve been a member for the last 20 years. I raised my kids through the swim classes, the rock climbing wall, gymnastics and swim team and, in fact, my youngest daughter Juliet came full circle at the Y last summer when she was a life-guard in the very pool in which she had learned to swim at six weeks old.

I also started working at People



## From the Executive Director

Stacy Frizzle-Edgerton



Plus 11 years ago this month and I never would have imagined the community and friendships that I’ve been lucky enough to develop through this work. Wonderful people with generous and open hearts took in me and my girls and we have forged an even larger family than we ever could’ve imagined.

And now with Juliet starting her senior year of high school this fall, I have had a teenager in high school for the last 20 years! So, if you see me any time in the next 12 months, I might be just a little weepy that my youngest child is leaving soon, but I’m still really happy and so grateful to have moved to Maine 20 years ago. And as I look forward to the next 20-plus years with much anticipation, I know it will be hard to be an empty-nester ... but I certainly love that my nest is in this community.



## From Anita's Plate

Anita Nugent  
(207) 504-6439



[info@nutritionforeveryday.com](mailto:info@nutritionforeveryday.com)

## Set small goals or “just do it now!”

I work with my clients, all the time, on setting small and realistic goals. I believe that this helps keep them focused to stay the course to achieve their goals.

It is helpful to check in with your goals to see if you are achieving them. Goals can always be modified. For instance, if your goal was to walk once a week for a month and you have been successful doing this, you could continue with the same goal or add another day of walking each week.

However, I don’t think we always have to have a goal to make changes to what we are eating. Sometimes when we find ourselves in certain eating situations we can say to ourselves ... “Just do it now!” The first time I can remember doing this was when I went home to my parents’ house for Christmas. My mother always makes Chex mix and leaves it out on the counter.

For years I would go by the mix and grab a handful the whole time that I was visiting!

About six years ago, I walked into their house and just said to myself that I wasn’t going to eat the Chex mix this year. Well, it worked and I haven’t eaten any since. I can truly say that I don’t miss it!

It happened again this summer when I was in the Adirondacks with my mother. She always puts out snacks in the afternoon. I had just arrived and decided that I wasn’t going to have any snacks that afternoon! I enjoyed my time with my mom and prepared us a wonderful dinner without any snacking.

So, whether we set a goal or just do it now, changing our habits, portions or frequency can help us reach what we are working toward!

### Stuffed sweet potato with hummus dressing

#### Ingredients

- 1 large sweet potato, scrubbed
- 1/2 C. chopped kale
- 1/4 C. canned black beans, rinsed
- 1/4 C. salsa
- 1/4 C. hummus
- 2 Tb. water

#### Directions

1. Prick sweet potato all over with a fork. Microwave on high until cooked through, 7 to 10 minutes.

2. Wash kale and drain, allowing water to cling to the leaves. Place in a medium saucepan; cover and cook over medium-high heat, stirring once or twice, until wilted. Add beans and salsa to the pot. Continue cooking, uncovered, stirring occasionally, until the mixture is steaming hot, 1 to 2 minutes.

3. Split the sweet potato open and top with the kale and bean mixture. Combine hummus and 2 tablespoons water in a small dish. Drizzle the hummus dressing over the potato.



Peter W. Ladner, President, circa 1980

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# FUN was had by all at our annual member picnic!



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### Living Well with Chronic Pain with Healthy Living for ME

**Nov. 7 – Dec. 12, Mondays, 1-3:30 pm.**

**Healthy Living for ME**

This workshop, presented by Healthy Living for ME, is designed for people who are dealing with persistent pain such as back pain, post-surgical pain, headaches, and other ongoing pain. Topics covered include: dealing with frustration, fatigue, isolation, and poor sleep; appropriate exercise for maintaining and improving strength; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; pacing activity and rest; and evaluating new treatments.

Free, open to the public, registration required. FMI or to register call 1-800-620-6036, email [info@healthylivingforme.org](mailto:info@healthylivingforme.org) or visit [www.healthylivingforme.org](http://www.healthylivingforme.org).

### Lunch & Connections

## October features the flavors of fall

**Thu, Oct 27, 12 noon.** Our October lunch will focus on comfort food and friends. We'll serve homemade meatloaf (just like Grandma used to make,) creamy mashed potatoes, roasted root vegetables, and green beans along with salad and bread to round out the meal. And it wouldn't be fall luncheon at the Center without deep dish apple crisp smothered with vanilla ice cream! This lunch will leave you happy and satisfied.

These monthly Lunch & Connections meals are underwritten by our friends at Spectrum Generations, and are intended

to focus on nutrition, useful information, variety, socialization and fun.

Remember, the dining room opens at 11:15 am, we'll start serving our buffet meal at noon. Come claim your favorite seat, chat with your friends, make new ones, and pick up your 50/50 raffle ticket.

The cost is just \$5 for members and \$10 for non-members. It is important that you pre-register to be included. It's really easy; just call 729-0757 to register anytime. Let's celebrate Halloween - come in black and orange or even in costume!

### Good Eats – Good Friends!

#### Women's Breakfast

**Thu, Oct. 6, 8:30 am.** Enjoy breakfast while socializing with the ladies. Members only. Call to register. \$4 suggested donation

#### Men's Breakfast

**Thu, Oct. 13, 8 am.** Enjoy breakfast while socializing with the gents. Members only. Call to register. \$4 suggested donation.

### Apple Tech Device Tutoring

**Thursdays, 9-11 am.** 45-minute one-on-one Apple device tutoring sessions. Bring your iPhone, iPad, Macbook, etc. Members only, by appointment, call 729-0757.

### Calling all game players!

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

## 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**  
Tue, Sept 27, 12:30 pm. Meet at the Center for a bike ride each week.

**Wednesday Walkers**  
Wednesdays, 9:30 am. Meet for a walk or hike (usually an hour), Destinations/ carpool info listed in the People Plus News and "Peek at the Week" email

**Write on Writers**  
Wednesdays, 1 pm. Meet to share stories and writings.

**World Affairs**  
Every other Friday, 11 am. Meet to discuss topics of the week.

**Cantina Espanol**  
1st Tuesday, 2:30 pm. Spanish language club meets to chat in Spanish.

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

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

**Cafe en Francais**  
4th Tuesday, 2:30 pm. French language club meets to chat in French.

### Programming Notes for October:

- Lunch will occur on the 4th Thursday (Oct. 27) this month to accommodate the Senior Health Expo on Oct 20.
- Yoga will occur on Thursday, Oct. 20 and not on Oct. 27

### Art show featuring Ed Higgins continues in October

The art show featuring Ed Higgins, the art instructor here at People Plus, will continue to be on display in the Center's Cafe Gallery during the month of October.

Ed, who took over for longtime instructor Connie Bailey, is also marking his one-year anniversary of leading the classes. He teaches artists of all interests and skill levels, aiming at unleashing creative potential and helping others to learn to work with boldness, passion, and decisiveness.

In a recent interview, Ed said, "Helping artists grow and develop has become my life's greatest joy. I endeavor to provide my students with a supportive and positive environment that encourages experimentation and exploration."

Ed is a local Brunswick artist and graphic designer, educated in art and art history at Skidmore College, and at the Fine Arts Department of the Harvard Graduate School of Arts and Sciences.

As a graduate student and teaching fellow, Ed taught undergraduate classes in art history at Harvard and taught graduate classes at the Harvard Graduate School of Design.

The exhibit is open to the public during regular business hours at People Plus, Monday through Friday, 9 am - 1 pm.

## WEDNESDAY WALKERS

### Wednesday Walkers Club Destinations for October:

Please note the meeting time for each week. Call Sarah at 729-0757 to let her know if you will need or can give a ride.

**Oct. 5** - Planning meeting at Union Street Bakery @9:30.

**Oct. 12** - Bradbury Mountain, carpool: PP @9 (or meet at site by 9:30). Trip leader and sweep will be chosen at the start of the hike.

**Oct. 19** - Swinging Bridge, meet at PP @9:30 to walk Brunswick-Topsham loop.

**Oct. 26** - Chandler Brook, North Yarmouth, carpool: PP @9 (or meet at site by 9:30). Trip leader: Dave Selleck (alternate: Eric Root). Sweep decided at start of hike.

### Can YOU help a Neighbor in NEED?

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

FMI call 729-0757 or email [driver@peopleplusmaine.org](mailto:driver@peopleplusmaine.org)

### Monday, Oct. 31 is Halloween!

Show your spirit by coming in costume!

We'll skip the trick and give you a treat!

### Medicare 101 with Spectrum Generations

**Tue, Oct. 11, 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.

### 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](http://www.peopleplusmaine.org).

### Activity Punch Cards

Safe & convenient. FMI 729-0757 or stop by to purchase a card!



Mon	Tue	Wed	Thu	Fri	Sat
<i>Anyone can try any activity once for free! FMI or to register for activities call 729-0757.</i>					<b>1</b> 9:00 Zumba
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 6:15pm Belly Dancing	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 Spanish Club 6:30pm Toastmasters	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 6:00pm Belly Dance Meditate	<b>8:30 Women's Breakfast</b> 9:00 Table Tennis 9:00 Apple Tutoring 9:30 Art Class 11:00 Yoga	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:00pm Folk Dance Brunswick	9:00 Zumba
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>CENTER CLOSED</b> <b>HAVE A SAFE AND HAPPY HOLIDAY WEEKEND!</b>	9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis <b>11:30 LUNCH OUT</b> 12:30pm Easy Riders Biking Club 12:30pm Medicare 101 2:30pm German Club 4:30pm TCAC Meeting 7:00 English Country Dance	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	<b>8:00 Men's Breakfast</b> 9:00 Table Tennis 9:00 Apple Tutoring 9:30 Art Class 11:00 Yoga <b>1:30pm FYI! Scottish Tales with Bill Hinderer</b>	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga 6:00pm Folk Dance Brunswick	9:00 Zumba
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge <b>1:30pm Balance and Falls Clinic with Reform PT</b> 6:15pm Belly Dancing 7:00pm Civil War Book Club	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 2:00pm Books a la Carte 6:30pm Toastmasters	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	<b>9:00 to 1:00pm Senior Health Expo</b> 9:00 Table Tennis 9:30 Art Class 11:00 Yoga	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:00pm Folk Dance Brunswick	9:00 Zumba
<b>24</b> <b>31</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 6:15pm Belly Dancing	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 Country Dance	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	9:00 Apple Tutoring 9:30 Art Class <b>12:00pm Lunch and Connections</b>	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 Brunswick	9:00 Zumba



**People Plus**  
THE CENTER THAT BUILDS COMMUNITY SINCE 1976

The monthly calendar page is sponsored by



**Mid Coast-Parkview Health**  
MaineHealth

## Weekly Winners

### Senior Intermediate Cribbage

Aug. 31 Lois Fournier 725  
Rollande Fortin 701  
Anne Bouchard 698

Sept. 7 Lorraine LaRoche 717  
Anne Bouchard 705  
Rollande Fortin 688

Sept. 14 Joe Tonely 717  
John Bouchard 703  
Leo Robichaud 693

Sept. 21 Anne Bouchard 711  
Jim Cherry 707  
Lois Fournier 698

### Senior Duplicate Bridge

*(Top ranked teams and win percentages)*

Aug. 29: 8 teams  
1st Gail & Cy Kendrick, 73.0%  
2nd Betsy Mace & Jeff Lauder, 64.3%

Sept. 5: 9 teams  
1st Jane Roy & Lloyd Jones, 67.7%  
2nd Barbara & Don McHarg, 57.3%


Sept. 12: 10 teams  
1st Jane Roy & Lloyd Jones, 71.5%  
2nd Sherry Watson & Don Caton, 62.5%

Sept. 19: 9 teams  
1st Gail & Cy Kendrick, 68.8%  
2nd Donna Dillman & Joan Smith, 62.5%

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



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**National Cat Day**

By Nonie Moody

The tabby sweet cat  
At home sleeping on her chair  
Piercing dinner cries

**Addio** By Virginia Sabin

On a bright summer day returning  
Over a familiar dusty road  
To a quaint grape-laden house  
A peach tree growing from its foundation  
And pansies at the door  
Remembered delights  
Of childhood summers with mia nonna  
Come back to me

Taste of strawberries warmed by the sun  
Walks with a goat named Dolly  
You called me Dolly too  
Squawking chickens chased with a hatchet  
Smell of chamber pot and outhouse  
Water pumped from a clear well  
Bathing in a round tub  
By a wooden vat of brewing beer  
In a kitchen warmed by wood  
Burning in a black stove  
Afternoon naps on softness  
Sheeted with grain sack

The beauty of summer past pains me  
You do not greet me at your door  
You lie old and swollen in your hot bed  
You say, "I want to die, my child  
Voglio morire; figlia mia"  
I bathe your sweating body  
Help you to a chair, comb your hair  
We look at old pictures together

**October Signs, Gems, and Flowers**

By Vince McDermott

Most people born in October know what their Zodiac sign is — Libra (Oct. 1-22) or Scorpio (Oct. 23-31).

I wonder how many know what their birthstone might be — opal or tourmaline? How about their flowers? There is cosmos, the symbol of order, peace and serenity. The blossom is characterized by evenly placed petals. Another choice is the orange marigold, which symbolizes passion and creativity. Which of the above suits you?

**Fire Prevention** By Nonie Moody

Days spent securely  
Check smoke detectors this week  
Fire destroys homes

**Not the Hope Chest this Time**

By Gladys Szabo

Many have read about Sunny my cat, who was missing for a little over three days. I found her in my hope chest in good condition.

Today, I couldn't find Peanut. I had no idea how she could have escaped, but after searching my whole apartment, every nook and cranny, with no sign of her, I decided she had to have gotten out.

After a mile and a half, looking everywhere, I put food out, her blanket, and a piece of my clothing hoping she would find it. I went inside to sit for a little while. I sat in extreme quietness, listening for any sound.

All of a sudden, I hear a noise in the kitchen with a meek meow. Just once. My daughter came over and we opened every single cabinet, pulled things out, looked behind the washer-dryer — absolutely nothing and not another sound.

My granddaughter and her husband were going to come over after work and with my son-in-law, search all the sheds and woods. I was a wreck. Listening for more sounds, but nothing.

Now I go into the scared mode that she is stuck someplace and can't meow because she can't breathe and I'm going to find her in near death and I don't have a vet yet.

Then for some reason, I decided to pull the drawer out under my stove as it was the only place we didn't look, although I actually did earlier but I remembered I put a tray in there this morning.

As I pulled the draw out and moved two things out, she jumps right over me as I jumped back in shock. She took off like nothing happened.

I am so relieved and happy. Just a reminder, cats are like greased lightning.

**Autumn in Maine** By Doris Weinberg

I was in my car, driving around and saw an unusual sight. Some of the leaves had already changed and in my mind it didn't seem quite right.

But I had forgotten that I am now north here in Maine, and autumn comes way too soon! I can't change what Mother Nature does, so now I will wait for a Harvest Moon.

**Poems & Prose**

**Write On Writers publish 10th book!**

**Save the Date –  
Wed, Nov. 9 at 2 pm!**

The Write On Writers of People Plus are proud to announce the upcoming release of their tenth publication titled *We Write*.

Contained amid its 185 pages are poetry, humor, prose (fiction and non-fiction), memoirs, and other delightful wonders. The Write On Writers are especially pleased to have the People Plus Art Class join in this endeavor with their creative illustrations throughout the book.

*We Write* features 17 authors and works by 12 artists. It showcases 77 poems, 76 stories, 11 pictures, and 69 illustrations, as well as the authors' photos and biographies. There also is an introduction by longtime member and former staffer Frank Connors.

An Author's Chat on the new publication has been scheduled at People Plus for Wednesday, Nov. 9 at 2 pm. Since no Author's Chat took place for the group's last book, *Write From the Heart*, because of the COVID pandemic, it also will be included in the presentation.

Inside *We Write* readers will find many wonderful writing examples, such as: — Mysteries that will make you search for an answer in "The Harp" and "The Question."

— One will get an understanding of why the writers write in "Why I Write," "I Write," and "On Writing." — Heart-felt memoirs like "Porch Swing" and "My Favorite Teacher."

— Or "Lunch With A Seagull" may make you recall similar experiences in your own life, or maybe the thrill of a "Wednesday Afternoon Sled Ride" will do the same.

— Find a little state history in "The Year Maine Burned," or learn about volunteering in "Volunteers," or scouting in "Yes, I Am Still A Girl Scout."

— For animal lovers, there is a treasure trove of reading in "Life With Woody," "Calleigh," "My Grady," and "A Dog's Love," or for those into wild animals, there is "Avian and Human Nesting Habits," "Chipmunks," and "Here Come the Crows."

And so much more.

Other publications by the Write On Writers at People Plus include:

— *Poets and Storytellers; Writing for fun*  
— *Poets and Storytellers; Writing for fun, volume II*

— *It's about Time; Poems & Stories read by the authors*

— *Muses and Memories; An Anthology of Prose and Poetry*

— *From Maine and Away; An Anthology of Prose and Poetry*

— *Times and Seasons, Writings from the Heart of Maine*

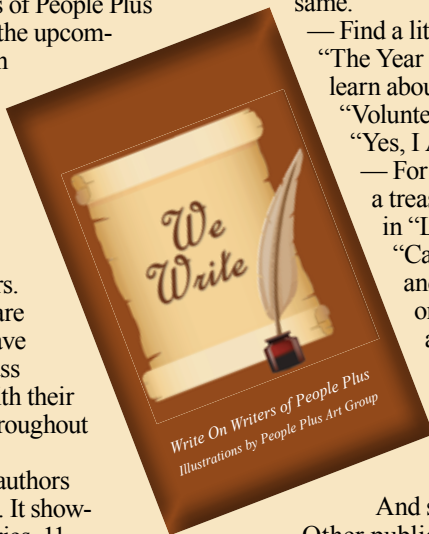
*An Anthology of Prose and Poetry*

— *Journeys and Reflections*

— *Out of Our Minds*

— *Write From the Heart*

*We Write*, along with many other Write On Writers books, can be purchased from amazon.com or at the Center.



**New England in the Fall**

By Sue Linkel

I missed fall when we lived in California. There were no leaves to walk through, no four seasons there — just wet or dry.

Fall was always my favorite. The hot summer was over and it was enjoyable weather. The trees were always a joy to see. The harvest was bountiful and satisfying. School was back in session and the house was peaceful during the day.

**Autumn's Song**

By Laura Lee Perkins

The breathtaking colors of autumn  
Shout from the mountains near by,  
"Don't forget to gaze at us!"  
As we humans heave a sigh.

The beauty is overwhelming  
The painter must be well-pleased,  
As we survey the finished work  
Of Earth's dying grasses and leaves.

Their season's life now seems so short  
But what a glorious way to go!  
A burst of yellow, orange, and red  
Before all is covered with snow.

The pines remain green all year  
To help us remember May  
When new green sprouts start pushing out  
In their slow, methodical way.

Fall slips by so quickly  
Winter days often drag on  
As we wait for spring's soft lullaby  
So different from fall's full burst song.

**Observation integrity**

I do not know your name and am grateful beyond words for you finding my wrist pedometer in the People Plus parking lot. I hope you are reading my message, as I wish to thank you for returning it to Sarah at the reception desk. I discovered it was missing after a stop at Hannaford, where I retraced my steps and checked the service desk for a lost item — without success. I returned to People Plus and there it was. Please accept my sincere thanks and gratitude for your kindness and honesty.

— Betty Bavor

**In Stitches** By W A Mogk

I had a hernia operation.  
They took me to the cutting station.  
The room was very clean and bright.  
The anesthesia put out my lights.  
When I awoke, I was quite a sight!

**Family** By Virginia Sabin

A garden of greens  
Flowers  
Fruit off the vine  
Every Sunday dinners  
Pasta, roasted chicken  
A salad of  
Romaine lettuce  
Plum tomato  
Cucumber  
Dressed with olive oil  
Wine vinegar, garlic salt  
Homemade red wine and beer  
And tira misu for dessert

All seated around a big table  
Telling stories  
Remembering those departed

**National Poetry Day**

By Nonie Moody

Works of narrative  
Appreciating landscapes  
The beast and beauty

**A Bouquet of Flowers** By Betty Bavor

A surprise bouquet of flowers with sweet aroma can chase away the blues and lift the spirit. In a recent phone visit with a cherished friend, I learned a mutual friend had passed. She was grieving and I was feeling sad, and also gratitude for our memorable friendship and fun through our years. My doorbell rang and there stood my daughter with a vase of fresh flowers from her garden. The beauty and fragrance filled the kitchen and my heart with joy. Her thoughtfulness could not have been more timely and appreciated.

Flowers are very significant in our lives and I wonder if they are taken for granted. From the day we are born with a rose given to mom and baby — floral bouquets and arrangements, large and small, become part of our life's celebration on many occasions. I recently looked through a 1950 college scrapbook which included numerous dried corsages and posies from many events. Even

though they are 65-plus years old, lacking color, and fragrance, the accompanying photos bring back the moment!

My husband drove by a greenhouse to and from work every day. Pay day was once a month. I don't know how he decided to stop at this greenhouse, but every so often he did, including pay day! He became friends with the kind owner. On these visits my husband would search his pockets and placed all his change on the counter and request flowers for the value in exchange. There were times this loving gesture was on an especially long difficult day — I never knew when or what flowers would be handed to me. It was an early random act of kindness.

Thanks to our creator for the abundant variety of flowers and the jubilant pleasure and significance they convey in celebrations and the changing seasons of the year.



**YOU'RE NEVER TOO OLD TO BE CREATIVE!** The Write On Writers group loves to celebrate during their meetings. Last month they celebrated all the writers who are in their 90s! (L-R: Russ Kinne, Betty Bavor, Doris Weinberg and Virginia Sabin) Want to join in the fun? Write On Writers meets at the Center on Wednesdays at 1 pm.



# People <sup>Plus!</sup> NEWS! TRAVELS!

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



THANKS TO KAREN MADSEN AND JANE LITTLEFIELD for taking us on their trip to St. John's Newfoundland, and we loved seeing the People Plus News in Milford Sound, New Zealand with Cathy Cooper! It so great when people remember to take our paper with them and take a photo. I wonder how many countries we've seen so far?

## Member Moment

"Member Moment" gives people who participate in programs and activities at People Plus a chance to tell us a little bit about themselves. Don't be surprised if you might be asked a few questions some day, after all, everyone has a story to tell. Thank you.

### Getting to know Chris Baldwin

This gentleman was recently named "Volunteer of the Year" at People Plus. It's only fitting that we take this opportunity with our "Member Moment" feature to get to know him better.

My name is Chris Baldwin, and I was born and raised in Groveland, Massachusetts. My parents were teachers, which allowed us to travel around the country during the summers. This instilled in me a love of travel and exploring new places around the globe.

My wife, Trish, and I moved to Brunswick 25 years ago and immediately fell in love with the town and its people.

Ten years ago, my parents were residing in Florida and wanted to move north to be closer to their kids and grandkids. My wife and I decided to build a house for them in our backyard. They have both since passed, but my mother, Ann Baldwin, was very involved with People Plus and she made some wonderful relationships through various activities at the Center.

I was looking for a way to honor my mother's memory and started



volunteering as a driver for People Plus. This organization should be a template for others, as I see daily how they make our community a better place for everyone.

I was recently awarded "Volunteer of the Year" at People Plus. This was an honor and very humbling, as I see others giving so much of themselves to assist members and make their lives better.

I feel as if I have honored my mother and her memory as she taught me to help people whenever possible through actions and treat people the way you wish to be treated.

Thank you!

## STORM POLICY

When Brunswick schools are closed due to weather, all People Plus activities are canceled for the day. Check [www.peopleplusmaine.org](http://www.peopleplusmaine.org), or local media for closure information.



# Lobster Party!



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### FUN is always on the menu!

There is nothing more fun than an old fashioned Maine lobster party. It takes experience to master cracking a lobster and at The McLellan we have lots of experiences to share. We all have also learned to simply enjoy life and everyone around us. We know life is a celebration and we always look forward to the next day and the next reason to celebrate. Here we are not just acquaintances, we are friends who share connections and fun is certainly always on the menu!

207-725-6200 | [info@themclellan.com](mailto:info@themclellan.com)

[Themclellan.com](http://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

**Leaving Time** by Jodi Picoult. This work is set in an elephant sanctuary in New Hampshire. A tragedy results in the disappearance of the woman owner. Her young daughter's life is consumed with the effort to find her. The reader follows the trail to understand what is real and what is not.

### NONFICTION

**One Long River of Song, Notes on Wonder** by Brian Doyle. This book of essays examines moments in the author's life, looking at them through a spiritual lens. There is humor, sadness, joy, and wonder.

**Damn Lucky** by Kevin Maurer. This new book recounts the story of John Luckadoo, a B-17 pilot who completed 25 missions at the height of the air war during WWII in

1943-44. Very few flyers lasted for 25 missions — many never made it past 8-10. The book is based on Luckadoo's notebooks.

**American Rascal** by Greg Steinmetz. This is the fascinating story of how Jay Gould built Wall Street's biggest fortune in the second half of the 19th century. This is a new book.

### MYSTERIES

**The Mistletoe Murder and Other Stories** by P.D. James. If fans of James and her character Inspector Dalgliesh would prefer to read shorter works, this book is for them. It contains four stories, two of which involve Dalgliesh. It is well written and very entertaining.

**A Charitable Body** by Robert Bernard. This is a mystery/suspense story featuring Bernard's ongoing character Inspector Charlie Peace. Peace's wife becomes caretaker of an estate in Yorkshire in England. The tale shifts back to the days of pacifist activism between the world wars and involves the estate, landed gentry, and political intrigues.

**The Man in the Queue** by Josephine Tey. This tale is a classic from the "Golden Age" of British mystery writing. It is one of the few books penned by Tey. In it, a long line of theatergoers surges forward when the doors open. One man is left behind — he is dead. Inspector Alan Grant investigates. Comments: [news@peopleplusmaine.org](mailto:news@peopleplusmaine.org)

## An Evening of Astronomical Exploration

All are welcome to Southern Maine Astronomers' Monthly Star Party on Saturday, Oct. 8. Come enjoy an evening spent fraternizing with amateur astronomers, hobbyists and beginners alike, and observe the stars. There is no equipment required, as the club will have several telescopes set up for your viewing pleasure, although please feel free to bring your own equipment if you

like. The event will include a laser pointer tour of constellations. The event will occur rain or shine: if inclement, the meeting will occur indoors and include talks, telescope demos, and observing tips.

The event will be from 7 - 9 pm, at 179 Neptune Drive, Brunswick. Call 207-751-4651 or visit our website at [southernmaineastronomers.org](http://southernmaineastronomers.org) for more details.

## Gone but not forgotten –

Ruth Poynton

June 20, 1923 — July 8, 2022

Priscilla Sargent

April 12, 1934 — July 11, 2022

Martha Horn

Aug. 4, 1941 — July 21, 2022

Barbara Lamb

May 16, 1926 — July 29, 2022

Joan Johnson

Feb. 26, 1929 — Aug. 1, 2022

Paul Roberts

April 9, 1936 — Aug. 20, 2022

Sonia Frizzle

Moeller

May 28, 1958 — Aug. 28, 2022



*Plus!*  
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**SENIOR HEALTH**  
**Expo**

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**OCT. 20, 2022** **BRUNSWICK**  
**9AM-1PM** **RECREATION CENTER**  
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### 2022 Partners



### 2022 Sponsors

**EVENT SPONSORS:** Aetna Medicare, Avita of Brunswick & Sunnybrook, Beltone Hearing Aid Centers, Brackett Funeral Home, CBD American Shaman, Maine State Credit Union, Preferred Therapy Outpatient and Wellness at Coastal Shores, The Highlands, Town of Brunswick.

**REFRESHMENT SPONSORS:** AAA NNE-Brunswick, Brunswick & Topsham Housing Authorities, Bridges Home Services, Martin’s Point Health Care, Wicked Joe Coffee.

## 2022 Senior Health Expo Exhibitors

FITNESS & HEALTH | TECHNOLOGY | MEDICAL SERVICES  
HOUSING & RESPITE CARE | LEGAL SERVICES | INSURANCE  
COMMUNITY SERVICES | FINANCE & BANKING | NUTRITION

- AAA NNE-Brunswick
- Aetna Medicare
- Area First Responders
- Avita of Brunswick/Sunnybrook
- Bankers Life
- Bath Area Family YMCA and Landing Y
- Bath Area Senior Citizens Activity Center
- Bath Brunswick Respite Care
- Bath Housing
- Before & After Photo
- Beltone Hearing Aid Centers
- Bespoke Health
- Bill Dodge Auto Group
- Brackett Funeral Home
- Bridges Home Services
- Brunswick & Topsham Housing Authorities
- Brunswick Link (Operated by Western Maine Transportation Services)
- Brunswick Parks & Recreation Department
- CBD American Shaman
- Catholic Charities Maine SEARCH Program
- CenterWell Home Health Care
- CHANS Home Health & Hospice
- Coastal Landing Retirement Community
- Coastal Shores Assisted Living
- Comfortably Home (Program of Bath Housing)
- Connected
- Day by Day, LLC End-of-Life Doula Services
- Dionne Commons
- Gateway Retirement Solutions
- Good Morning Program
- Harpwell Aging at Home
- Healthy Living for ME
- Horizons Living and Rehabilitation Center
- Joyfulhearts Lifestyle Essentials featuring Epicure
- Live Better Health Services, LLC
- Maine Bureau of Insurance
- Maine CITE
- Maine Death with Dignity
- Maine Insurance Group
- Maine State Credit Union
- Martin’s Point Health Care
- Merrymeeting Bay Triad
- Mid Coast Hospital
- Mid Coast Hunger Prevention Program
- Midcoast Maine Community Action (MMCA)
- Midcoast Senior College
- Mid Coast Senior Health
- Neighbors, Inc.
- Nor’easters Barbershop Chorus/Windjammer Quartet
- Northern New England Poison Center
- Penquis Foster Grandparent Program
- People Plus
- Preferred Therapy Outpatient and Wellness at Coastal Shores
- Project Lifesaver Program
- Reform Physical Therapy
- Sexual Assault Support Services of Midcoast Maine (SASSMM)
- Southern Midcoast Communities for Prevention
- Spectrum Generations
- Stroke Educator, Inc. & Aphasia Nation, Inc.
- The Highlands
- The McLellan
- The Times Record
- The Vicarage By the Sea, Inc.
- Topsham Dental Arts
- US Attorney’s Office, District of Maine
- Volunteer Transportation Network (VTN)
- Write On Writers

### FREE EVENTS NOT TO MISS!

- *Swag bags for first 400 attendees*
- *Nor’easters Barbershop Quartet*
- *Chat with local authors*
- *Technology help*
- *Special People Plus membership deal (\$25/year for new members!)*
- *Refreshments and more!*

(This Expo preview is accurate as of the date of printing.)





Senior Health Expo cont. from page 1

Topsham Housing Authorities, Bridges Home Services, Martin’s Point Health Care, and Wicked Joe Coffee.

“This is certainly the premier event of its kind in our community,” said People Plus Programming Coordinator Jill Ellis. “In past years, more than 600 people participated, and our exhibition opportunities were sold out!” She added that the Expo is always a “great meet and greet opportunity” for vendors and for visitors.

“By the year 2025, 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 those residents

with the area service providers and the Expo is the perfect place to do it. We haven’t been together in three years – so we are very excited!”

The Brunswick Recreation Center is located at 220 Neptune Drive on Brunswick Landing (the former Brunswick Naval Air Station). The venue has ample parking, along with easily accessible bathrooms.

In addition to providing a link between consumers and providers, this gathering also encourages networking within the community, thereby strengthening the value of products and service. For more information, visit [www.peopleplus-maine.org](http://www.peopleplus-maine.org) or call 729-0757.



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(207) 725-4379



142 Neptune Dr, Brunswick  
(207) 725-9444



29 Maurice Dr, Brunswick  
(207) 725-7495

*We take your loved ones comfort and health to heart.*



## The door is always open at People Plus!

The 10th Annual Open House was a huge success – with a whopping 46 new members! Thanks for coming!



## THRU THE YEARS a 45th anniversary feature

**Oct 4, 2021:** Local artist and graphic designer Ed Higgins takes the helm of the long-standing art classes at People Plus, led for years by our Connie Bailey. A former teaching fellow at Harvard, Higgins guessed there was "little" he needed to change about the class. He intends to "let the painters paint!"

**Oct, 2021:** "Who needs that booster shot," was the hot topic of conversation at the Center!

**Oct 20, 2020:** The People Plus monthly raffle features two gorgeous rocking chairs, The "Rocktober" raffle was a "hot one!" Page one of the People Plus News was dominated by "building protocols" that members needed to follow if activities were to move inside with the arrival of cold weather. "Write from the Heart," the latest Write On Writers book, is the hot Christmas offering. It has special tributes to Maine, on her 200th birthday.

**Oct 10, 2019:** Who knew the 8th annual Senior Health Expo at the Brunswick Rec Center would be the last "in person" Expo for two years? Spindeworks artists fill the Union Street Gallery with their exceptional work.

**Oct 11, 2018:** Author David Treadwell fills the hall with his lecture, "What a difference the women make," talking about the days when Bowdoin College only enrolled MEN! and Frank Connors filled the van with a trip to apple country at Ricker Hill Orchards! The People Plus sports pages feature Richard "Rick" Fortin, who won gold AGAIN in the

Maine Senior Games horseshoe toss. He's won 29 individual gold medals since his first competition in 1994!

**Oct, 2017:** "Afloat or Afield," the Wednesday Hikers do their leaf peeping from kayaks off Land's End in Harpswell. The Center welcomes Lynne Smith as the new coordinator of the Volunteer Transportation Network. The Lunch Out gang tries the new Cracker Barrel restaurant in South Portland.

**Oct 12, 2016:** "Nick" Buck, the "boisterous brother" of Rinker Buck, who authored the best-selling book, "The Oregon Trail," mesmerizes members at the Author Chat.

**Oct 15, 2016:** Fresh-boiled Maine lobster was on the menu when the Brunswick Lodge Knights of Columbus hosted a "very special supper" at People Plus.

**Oct 27, 2012:** First ever People Plus Antiques Road Show, with auctioneer John Bottero doing appraisals and live auction.

**Oct 17, 2012:** From Maine and Away, the latest collaboration printed and offered for sale by the Center's Write On group offered at Author's Chat.

**Oct 12, 2011:** Excursion to Rockland on the Maine Eastern Railroad. Most enjoyed a free tour of the Farnsworth Museum. Cost is only \$35 for members.

**Oct 11, 2011:** Stacy V. Frizzle begins work as Executive Director.

**Oct 28, 2010:** Susan Cole retires as People Plus executive director.

**Oct 19, 2009:** First of the season flu shots offered at Union Street location.

**Oct 16, 2009:** Apple A Day celebration, serves fresh apples, local cider and a chance to

win an apple pie, baked by our own Jane Connors.

**Oct 14, 2009:** 32 people join excursion to Rockland aboard the Maine Eastern Railroad, cost only \$32.

**Oct, 2009:** Jordan Cardon rehired to lead Teen Center as Coordinator.

**Oct 1, 2005:** Senior Spectrum designates People Plus as the "Community Focal Point." for services to older adults in the Brunswick, Topsham & Harpswell area.

**Oct 08, 2002:** Activities of Veteran's History Project outlined at Center.

**Oct 2002:** "Unprofitable" bingo games suspended at Center.

**Oct, 2001:** Debra Fitts of Lyman hired as Center's part time Director of Development.

**Oct, 2000:** "Anything Goes" craft group earns \$664 for Center with raffle of beautiful Puff quilt.

**Oct, 2000:** Jean Mims leads her last trip for 55 Plus Center, Bob & Barbara Sawyer of Harpswell take over as trip planners.

**Oct 4, 1999:** Center member Walter Cucci named one of "Maine's 100," by Governor's Conference on Volunteerism; members Bill Smith, Trudy Catlin and Catherine Britting were named to "Maine's Roll of Honor."

**Oct 1, 1999:** Trudy Catlin named a paid part-time AARP employee, Center will be open Monday-Thursday pm, 8-4:30 and Saturday mornings, 9 am-noon.

**Oct, 1998:** Florence Call resigns as Bookkeeper for Center after 11 years. Pat Dawson, our custodian will take over as bookkeeper.

**Oct 6 & 20, 1992:** Movies at the Towers, on Water St. feature "Mary Poppins" and "The Out-of-Towners." Free showing starts at 2 pm.

**Oct, 1992:** Did you get your Annual Fund Drive Letter? This year, because of a serious deficit our goal is \$10,000...we will have to limit our services if we cannot afford them.

**Oct 17, 1988:** Oil painting classes with Ruth Thiboutot begin. Join us if you've always wanted to "try it!"

**Oct 2, 1988:** Roaring 20's Fashion & Review: "An overwhelming success...filled our hall to capacity and some had to be excluded." Ticket cost \$1.50.

**Oct 15, 1986:** It's official! Trustees approved "55-Plus Center" as the new name for our multi-purpose center, serving all persons over the age of 55 years, to take effect January 1, 1987.

**Oct, 1985:** During the month of Oct, the Evergreen Senior Citizens Club will be leaving our center for their new clubhouse on Progress Road. We wish them success.

**Oct, 1984:** Senior citizens are admitted free to all Brunswick High School athletic events. Stop by the high school for a season pass and the 1984-85 schedules.

**Oct, 1983:** The Walking Group has become a weekly activity, walking every Thursday, weather permitting, about a mile and a half. We leave the Brunswick Senior Citizen's Activity Center at 9 am, and are usually done by 10:30 am.

**Oct 20, 1983:** Travel with us to Castle in the Clouds, Moultonboro, N.H., and enjoy lunch at the Wolfeboro Inn. Bus & castle admission is \$12, lunches range in price from \$5.50-\$8.50





## Welcome, Matt, to the Teen Center!

The Brunswick Area Teen Center here at People Plus has a new assistant, and his name is Matt Doehring.

Matt is originally from Brunswick and attended Brunswick schools, graduating from Brunswick High School. Now in his mid 20s, Matt has already had quite a bit of experience working with youth at various summer camp programs, as well as spending a school year as an outdoor/environmental education teacher.

Matt recently returned to Brunswick from Colorado, where he was a zip line tour guide.

During the summer, for the past three years, after attending the camp himself for many years as a youth, Matt has worked as a camp counselor at the Horton Center in Gorham, New Hampshire. He will be continuing that work during the summers, while being with us four afternoons a week during the school year. Matt is skilled and interested in outdoor adventure, as well as other activities with youth.

Here are comments by Teen Center Coordinator Jordan Cardone on the hiring of Matt:

“Before we advertised for the position, the kids made it clear what qualifications

they would like in another assistant, and I knew what had been working out best with volunteers and interns. So Simone and I had some wishful qualities as well.”

“The very first resume I got on Indeed.com was Matt’s and I printed it out, and Simone and I looked it over and said to each other ‘no way this can be, the perfect candidate, yes?’ And the result was yes. He met all the kids’ expectations, as well as ours! He knows how to play the video systems they play; he is laid-back and is totally up for playing dodgeball and basketball.”

When asked what drew him to apply for the Teen Center position, Matt said, “It just seemed like a good fit. I spent a lot of time at a similar center and camps growing up, and I want to pass on some of those same wonderful experiences to other kids.”

Matt started at the Teen Center on Aug. 29th, the first day of school. His first impressions? “It is a really fun place. The kids attend school and have other responsibilities, but when they come to the Teen Center they can relax and have fun. Everyone is smiling,” he said.

Welcome, Matt!”

### Brunswick Area Teen Center

## Activities in full swing at Teen Center!

We have made it through the first month of the school year! We welcomed some new tweens and fine-tuned our van pickups at the junior high school. It’s so great to have the ability to pick kids up.

Dreading the upcoming end of month time change, we are savoring the fact that it is still daylight when kids and staff leave for the evening.

Some of our kids are in soccer this year and almost all of them are into basketball at the Teen Center. On their wish list was to get the newly released video game NBA 2K 23, which I was able to pre-order, and it arrived in mid-September.

They were so excited the day it arrived, they were taking pictures of it and sending it to kids who weren’t there to let them know it had arrived and discussing who the best b-ball player was; Michael Jordan topped the list, but there were others. I printed out a small poster of Michael Jordan for our wall and was asked by two other teens to print one out for them to take home. They are definitely b-ball fans!

When COVID-19 arrived, we covered all our furniture in the Teen Center with vinyl, wipeable covers. Lately, we dug out some blankets we used to have in the Teen Center, washed them and brought them in. Some of the kids like to wrap themselves up, all cozy

## Brunswick Teen Center News

Jordan Cardone



and lay on a sofa.

October will be a month of apples, pumpkins, and Halloween decorations and candy. If you are baking anything apple or pumpkin and want to make an extra, we would be thrilled to have any homemade goodies!

September was the first “Concert for a Cause” at the Unitarian Universal Church with Pat Colwell and the Soul Sensations performing. The turnout was good, the audience was very engaged, and it was a fun time! The next concert is Friday, Oct. 28 with the music by Dirty Cello Duo. Part of the proceeds from ticket sales of all the 2022 concerts will benefit the Brunswick Area Teen Center program, as well as Maine Family Planning.

Meanwhile, our Back-to-School letter continues to bring in much-needed funds and by mid-late September we had reached over \$6,700 of our 2022 goal of \$20,000. The letter responses brought in \$17,000 last year and we are hoping you can help us reach \$20,000 this year! The funding pays for essentials, such as food, paper goods and staffing, all essential items needed to run the program and assist as many youths as possible. We couldn’t do what we do without you!

Time to do your last grass cutting and haul out your rakes! We had our first load of wood delivered this weekend. Enjoy the colorful turning of the leaves this month!

Jordan and the gang



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

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

Visit [www.studentaidfund.org](http://www.studentaidfund.org)  
Donations may be sent to:

**BRUNSWICK AREA STUDENT AID FUND**  
P.O. Box 867, Brunswick, ME 04011

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207-729-0475

[www.spectrumgenerations.org](http://www.spectrumgenerations.org)

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

# Monthly Update

October 2022



All Spectrum Generations' locations will be closed on Monday, October 10 in observance of Indigenous Peoples' Day.

## Healthy Lung Month

According to the Maine CDC between 6.3% and 7.6% over the age of 18 have been diagnosed with a form of COPD, placing Maine in the top 15 highest reported cases of COPD by state in the country. A common misconception is that only people who smoke get lung cancer, however, that is false. Actually 20% of the people in the U.S. with lung cancer have never even smoked.



To reduce your risk for lung cancer and other respiratory conditions, here are some of the best ways to keep your lungs healthy.

- Prevent illness
- Be physically active
- Stop smoking
- Minimize your exposure to indoor and outdoor allergens/pollutants
- Schedule regular appointments with your provider

So join us in bringing awareness and education to healthy lungs at one of our upcoming workshops at [www.healthylivingforme.org](http://www.healthylivingforme.org) or call us at 1-800-620-6036 for more information.

### Upcoming ONLINE workshops

**Bingocize®**  
Days: Mondays & Wednesdays  
Dates: 10/03/2022 to 12/12/2022  
Time: 2:00—3:00 p.m.

**Living Well with Chronic Pain**  
Day: Tuesday  
Dates: 10/11/2022 to 11/15/2022  
Time: 1—3:30 p.m.

**Living Well for Better Health**  
Day: Thursday  
Dates: 10/06/2022 to 12/08/2022  
Time: 4—6:30 p.m.

**Better Health Now! Telephonic Toolkit**  
Day: Wednesday  
Dates: 10/12/2022 to 11/16/2022  
Time: 3—4 p.m.



### Living Well with Chronic Pain

People Plus  
35 Union Street  
Brunswick

Monday,  
11/07 to 12/12  
from  
1—3:30 p.m.



Brimming with gifts worth more than \$500 each, beautiful holiday trees are donated by businesses and organizations in the vibrant Midcoast Maine area. These incredible trees are raffled off to the public, who buy tickets for chances to win! Join our Spectrum Generations' team at St. John's Community Center, 43 Pleasant Street, Brunswick for the Midcoast Tree Festival this year on:

- November 18, 4:00 p.m. – 8:00 p.m.
- November 19 & 20, 10:00 a.m. – 6:00 p.m.
- November 25 & 26, 10:00 a.m. – 6:00 p.m.
- November 27, 10:00 a.m. – 2:00 p.m.

Proceeds from the Midcoast Tree Festival support: Spectrum Generations' programs and services including Meals on Wheels, St. John's Parish and the Bath-Brunswick Regional Chamber. The three partner organizations utilize this unique and special fundraiser to help the community in diverse ways throughout midcoast and central Maine.

**Volunteer at the Midcoast Tree Festival or sponsor the event**  
Holiday spirit, good will and lots of laughter echo through the Midcoast Tree Festival for good reason. From the businesses who make donations, to employees who buy, create and carefully wrap presents for each tree, all is fueled by good will and love for our community! Become part of our event as a volunteer or sponsor! Learn more here: [www.midcoastreefestival.com](http://www.midcoastreefestival.com)

## A Friendly Caller Volunteer Opportunity



Spectrum Generations is looking for volunteers to take on the role of a friendly caller.

As a friendly caller you will have the opportunity to build companionship and be a resource for unmet needs of older adults with an elevated risk of loneliness and social isolation. In this role you will provide a valuable social connection through regular phone conversations between participants and trained volunteers.

Not only will you build a new relationship, but your phone calls can help the participant spend more years at home, improve their psychological well-being and provide referrals for additional community services.

If this is an opportunity you would like to pursue, please contact Stacey Forkey, Volunteer Coordinator, at 207-620-1684 or email [volunteer@spectrumgenerations.org](mailto:volunteer@spectrumgenerations.org).



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

Proud to partner with People Plus





LOTS going on this fall at the Center!



*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)  
37 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

**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
- 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

**BEING on BOARD**

*Editor's note: There are countless factors that play into the success of People Plus. There are the volunteers, the instructors, the generosity of individuals, groups, communities, and businesses, and there are the members themselves. Another key component of the Center is our board of trustees, who devote a great deal of time and attention to help make all this possible. "Being on Board" is a question-and-answer opportunity to get to know these wonderful people a little bit more and we thank them for participating.*



**Q. Your name, please?**

A. My name is Gail Kendrick.

**Q. The community where you live?**

A. I live in Topsham with my husband, Cy, and our 11-pound rescue dog Sasha. We have lived in Topsham going on 16 years, but just moved into a new house in a former apple orchard. It has been, and is, an adventure learning how to care for our 20 trees. I have also been learning a lot about raising vegetables. It has been fun growing things after many years of being too busy to garden.

**Q. Your professional occupation?**

A. I am a retired United Church of Christ minister, having served churches in Massachusetts and, in retirement, serving a little church in Damariscotta and working for the pension boards of the UCC as an annuitant visitor. An annuitant visitor is someone who visits retired clergy to check on their well-being. In retirement, I have also volunteered with various local nonprofits, and presently have found great joy tutoring English-language learners.

**Q. How did you become familiar with People Plus?**

A. I discovered People Plus right after we moved to Topsham. I became a member for a year, being attracted by the many opportunities to participate in fun activities, such as bridge and ping pong, but then my life got busy again and I stopped

coming.

When the pandemic hit, my life became very unbusy. After two years of isolation, I hungered for people connections, so, as I became more willing to be with other people I naturally turned to People Plus. My husband and I started a duplicate bridge group, we both tried ping pong, I went to art classes and on Wednesday walks, and I started playing mah-jongg. It has been and is a joy to meet so many wonderful people.

People Plus is a godsend to the seniors and teens of the greater Brunswick area. It is a safe and welcoming place to meet others, learn skills, and just have fun. All of us, no matter our age, need people connections for good mental health and People Plus helps those connections come to be.

**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 love to read and I love games. My husband and I play a daily game of Scrabble, keeping score for the whole year. We also love traveling. Our greatest adventure was a tour around the world on a cruise ship that took us to legendary places, such as Borneo, and to places we did not know even existed, such as Kota Kinabalu.

Growing up, I had the opportunity to live in many places: Whitestone, New York; Jacksonville, Florida; and

Lancaster, Massachusetts. That said, my roots go way back in Maine as my mother grew up in Penobscot, as did generations of her family going back to colonial times. Also, for all my growing up years, my family vacationed in Machias, which is where my Dad chose to live in his retirement years. Machias gets way too much snow, so when it became time for me to retire, Midcoast Maine held more appeal.

**Q. Your view of People Plus and its role in the community? Why you believe it's so important to serve on the board?**

A. I was grateful and humbled when I was asked to be on the board of directors of this great organization. People Plus is staffed by some of the finest people I have met. They truly care about people and provide a welcoming environment. They also have the skills and commitment to help make this organization thrive. I am hopeful that my skills and commitment can also add to the strength of People Plus.

**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:

**Darling's Ford**

10% off up to \$50, parts/service  
262 Bath Road, Bruns., 725-1228  
www.darlingsbrunswickford.com

**Eveningstar Cinema**

Discount bag of popcorn at evening shows (\$1 sm, \$1.50 med)  
149 Maine St, Bruns., 729-5486  
www.eveningstarcinema.com

**People Plus! PEOPLE PLUS MEMBERSHIP APPLICATION** Date \_\_\_\_\_

PO Box 766 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757 • www.peopleplusmaine.org

Name (1) \_\_\_\_\_ Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  Female  Male  
 Email \_\_\_\_\_ Emergency Contact \_\_\_\_\_  
(name) (phone) (relationship)

Name (2) \_\_\_\_\_ Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  Female  Male  
 Email \_\_\_\_\_ Emergency Contact \_\_\_\_\_  
(name) (phone) (relationship)

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

<p><b>Yearly Dues (Scholarships Available)</b></p> <p><input type="checkbox"/> Brunswick ( __New__ Renew): \$30</p> <p><input type="checkbox"/> Other towns ( __New__ Renew): \$35</p> <p><input type="checkbox"/> <b>Lifetime Member</b> (65 or over) : \$300</p>	<p><b>Cash/Check (Payable to People Plus)</b></p> <p>Membership Dues: \$ _____</p> <p>Additional Donation*: \$ _____  <small>(*donations above membership dues are tax deductible)</small></p> <p>Total: \$ _____</p>	<p><b>Volunteer Opportunities at People Plus</b></p> <p>I'd like more information about:</p> <p><input type="checkbox"/> Lunch Crew: <input type="checkbox"/> Volunteer driving:  <small>cook/setup/cleanup rides to appts/shopping</small></p> <p><input type="checkbox"/> Reception: <input type="checkbox"/> Meals on Wheels  <small>check-in/phone <input type="checkbox"/> Teen Center</small></p>
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**Are you a local business?**

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

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729-0991

**AGING EXCELLENCE**

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

SeniorsOnTheGo.com



# Did I achieve glory at the Maine Senior Games?

When I missed the 2021 Maine Senior Games — because of my skin-ripping crash in the Northwoods Gravel Grind in Rangeley — I was hugely disappointed. So, I was really looking forward for the opportunity to compete this year.

Once again, I registered for the 20-kilometer (12.4-mile) road race. Despite my riding a bicycle thousands of miles each cycling season — having nearly 5,000 as the 2022 Games approached — I had no inkling of how I would stack up against the other participants. After all, this would be my first time partaking in such an event.

Even though my endurance level, I believed, was quite high, I knew I needed to work on the speed aspect. I also wanted to be familiar with how it felt physically to pedal hard for the required distance. Mapping out a route near my home, over a period of a few weeks I increased the intensity of my workouts, clocking in during that training time frame from a high of 47 minutes and gradually getting down to 36 minutes.

Besides the physical part of the equation, there also were the mind games I was playing with myself. Initially, I was wondering if I could even do it. Once I bridged that mental gap, then I was thinking it really didn't matter where I placed — just

have fun and enjoy the moment. However, I ended up ditching that notion, basically concluding that if I'm putting in all this effort — darn it — I wanted to finish in the top three in my age group. I wanted a medal.

Finally, the big day arrived.

With the contest commencing at 9 a.m., and the drive to Brunswick taking 45 minutes, I set my alarm for 5:15 a.m. I awoke at 4 a.m., with no hope of obtaining any more sleep. The next three hours were spent eating breakfast, going to the bathroom, packing gear, going to the bathroom, checking for weather updates, going to the bathroom ... yes, as you can tell, I was a little anxious.

Upon arrival, which was at the former Naval Air Station, there was the matter of registering, warming up with a few back-and-forth spins on the bicycle, and chatting with family and friends. The course, which I had ridden three days prior to the race, was 2.1 miles long, flat as a pancake, and involved all right-hand turns. So, a total of six laps. I went to the starting line with the thought of completing each loop in six-and-a-half minutes.

And suddenly we were off, men and a few women, ranging in age from 51 to 83. A peloton made up of nearly 30 competitors.

Right away, a group of seven or eight bolted into the lead. I was next in line. Looking around, I was on my own; no one to form a paceline with — to conserve energy. I decided to just settle in; develop a consistent pedal stroke. There was no way I was going to bridge across to the hard chargers in front of me.

I finished off the first lap in around five minutes and 21 seconds. I was thinking, I'm going way too fast. If I keep up this rate, I'm going to be "finished" before I get to the end.

On the third lap, still on my own, I had two stragglers from the lead group in my sights. Getting nearer, I pondered dropping in behind them, but they were too slow for my liking. So, I zoomed past them. But my hastiness turned out to be to their benefit — and learning later — my detriment.

You see, these two gentlemen — and I'm tempted to use the term loosely — elected to latch onto my coattails, or should I say jersey-tails, for the rest of the race. Never once "taking a pull" as we say in cycling. Essentially, I did all the work, while they enjoyed the fruits of my labor — well rested for the final push. There are two ways one can view such a predicament. Firstly, using this kind of strategy was quite smart on their part. Secondly, and more to the point I'm attempting to make, it is a tactic usually not well-received by fellow cyclists.

Anyway, at the finish line, one of them did manage to overtake me by a few seconds. Such is racing.

So, how did I do? When officials first posted the results, I was listed with the 65-to-69 age group and came in third place. I was thinking, that's cool ... I achieved my goal, earning a bronze medal. But at the time of signing up for the Maine Senior Games — and giving my birth year as 1952 — I was put in the 70-to-74 bracket, which was the correct placement. In a short period of time, the error was fixed and ...

I captured first place and the gold medal. I completed the race in 34 minutes and 20 seconds, almost two

## Simply put

Patrick Gabrion



minutes faster than any of my practice attempts. The second-place rider was more than six minutes behind me. I cannot supply any information on third place, because there were only two of us in this particular age group. My colleagues at the bike shop got a kick out of that minor detail.

A small ceremony occurred, with the distribution of medals, and plenty of applause and photos. It was great having my wife, Vicky, my daughter, Sophie, and her partner, Tom, there to cheer me on. That made the occasion very special.

I will conclude by saying that — because of my victory — I have qualified for the 2023 National Senior Games in Pittsburgh, Pennsylvania. Personally, I am more than content keeping my glory confined within the state of Maine.



## New and renewing members for September

Memberships received as of September 17.

\* indicates new membership

• indicates donation made with membership

### BATH

Muriel Hendrix  
Kathy Sprague

### BRUNSWICK

Kathryn Baribeau  
Donald Barnett  
Lillian Bates  
Sharon Belanger  
Jerry Bigelow  
Nan Bigelow  
Irene Bouchard  
Sheryl Cameron \*  
Kathy Carter  
Anne Cox \*  
Ivory De Vil \*  
Charles Flynn  
Marilyn Flynn  
Lisa Galli \*  
Irene Gamache  
Lynn Hathway  
Marian Haughwort \*  
Dana Hirth

David Hirth  
Greg Hudak  
Audrey Keating  
Walter Kellam  
Charlie Leduc  
Claire Leduc  
Richard Libengood  
Elizabeth Cotheal Linnell \*  
Patricia Livesay •  
Jane Longerbeam  
Ethel McDonough (Lifetime member)  
Bruce McGlaufflin \*  
Helene McGlaufflin \*  
Marguerite Miller  
Marcia Musto  
Joan Peck  
John Peck  
Barbara Pinder •  
Gary Pinder •  
Jerry Reese  
Leo Robichaud  
Maxine Robichaud  
Beverly Roet \*  
Beth Schuller  
Jean Siciliano \*  
Rick Simonds \*  
Sherry Simonds \*  
Martha Spruce

Jan Stephens  
Mark Stephens  
Judy Strano  
Denise Swyers  
William Swyers  
Pauline Thorpe  
Jackie Tondreau  
Linda Trapp  
Arthur Treffry  
Doris Weinberg  
Carolyn Welch \*

### GREENE

Susanna Coady \*

### HARPSWELL

Virginia Sabin

### TOPSHAM

Linda Allen \*  
Marcia Hahn  
Kattie Joyfulheart \*  
Charlotte Loveless \*  
Susan Morris  
Karen Nadeau ••  
Nancy Simmons \*  
Jeanne Tuttle \*

### WOOLWICH

Daphne Comaskey \*

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## Are you caring for an elderly loved one?

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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](http://www.respite-care.org)



# Thanks for the memories!

Music in April auction item delivered 20 years of memories, and income!



**WE CANNOT SAY THANK YOU ENOUGH** to Dick and Anne Brautigam for donating the use of their beautiful camp at Moosehead Lake to the winners of our People Plus Music in April auction every year for nearly 20 years!

Their incredible generosity and warm welcoming manner has made everyone who won this auction item feel like they were coming home for the weekend. With canoeing, swimming, hiking the island and more, this veritable heaven in northern Maine has been a rare treasure and we are immeasurably grateful for the gift. Thanks to Dick and Anne for sharing their beautiful home with us and thanks to everyone who won this item in the People Plus auction!

This year's lucky winners, Frank & Jane Connors and Chuck & Monica Annable, had a wonderful time helping to close camp for the year.



## Lunch Out!

October 11th at 11:30 a.m.



112 Pleasant St, Brunswick

### Genealogical group to meet

The Pejepscot Genealogical Society will hold its October meeting in the Morrell Meeting Room of the Curtis Memorial Library in Brunswick on Sunday, Oct. 9 at 2 pm. John Goff, a local resident and author, will present "Mishoonash in Maine: Remnants of old Native Canoe Travels in the Pejepscot (Brunswick, Topsham and Harpswell) Region."

Using select images and locally-found Native stone tools, Goff will describe old Native American activities in the greater Pejepscot region. He will also explore how early activities placed names upon, and left traces upon, the land.

Goff is a recently retired restoration architect, preservation consultant, and architectural historian from Bath and Salem, Massachusetts.

FMI: Contact Steve Gilchrist at (603) 454-4094.



### Brunswick School Department Substitute Pay Rate Increase

**SHORT TERM SUBS** (1-10 days per assignment)  
Teachers \$150/day  
Ed Tech/RA \$120/day\*

**LONG TERM SUBS** (11+ days per assignment)\*\*  
Teachers \$218.58/day  
Ed Tech/RA \$150/day\*

**SUBSTITUTE NURSE**  
\$218.58/day

FMI [www.brunswicksd.org/page/substitute-placement-frontline](http://www.brunswicksd.org/page/substitute-placement-frontline)

\*Those who choose to work with high-needs students will earn a \$1/hour pay differential.

\*\*If a position is advertised as a long-term substitute, the long-term rate will be used as of day one (1) of assignment.

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



### Hear from our Families:

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

Call our helpful advisors:

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**Avita** of Brunswick  
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Two Northbridge communities conveniently located in Brunswick, ME

Sunnybrook: 340 Bath Road | [sunnybrookvillage.com](http://sunnybrookvillage.com)

Avita: 89 Admiral Fitch Avenue | [avitaofbrunswick.com](http://avitaofbrunswick.com)

