

2022

Plus!

People SENIOR HEALTH Expo

CONNECTING COMMUNITIES

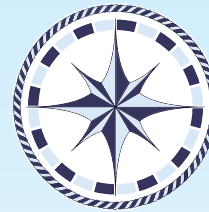
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LANDING
RETIREMENT COMMUNITY



Mid Coast-Parkview Health
MaineHealth

FREE admission and info! • Thursday, October 20, 9am - 1 pm
Brunswick Recreation Center, 220 Neptune Dr, Brunswick Landing



www.peopleplusmaine.org

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

Welcome to the 11th annual SENIOR HEALTH EXPO "Connecting Communities"

Presented by People Plus and Spectrum Generations

Finally together again!

We are SO happy to see you back in person!! It has been THREE long years since the last in-person Expo and we couldn't be more honored and excited to host dozens of vendors, organizations and businesses who service the ever-increasing senior population of the Mid Coast! Thank you for joining us today!

You'll find that this is the place for you to learn everything you need to know to live the healthiest, happiest and best years of your life!

The exhibitor tables include healthcare, housing options, transportation solutions, healthy eating, first responders, hospice/end-of-life, exercise opportunities, hearing aid options and telephone audio solutions, insurance options, aging longer in your home and answers to all your questions on where to live, what to eat, technology and more!

Don't miss the many FREE activities at the Expo including Yellow Dot, Good Morning, and Volunteer Transportation Network program registrations,

computerized balance checks, technology advice and more! Since we are at the Brunswick Recreation Center, bring your sneakers for a lap on the indoor track!

The leaves are turning colors, there's a nip in the air, and we can't wait to see you at the Senior Health Expo; with People Plus, the Center that Builds Community. Thanks for joining us!

Stacy Frizzle-Edgerton
Executive Director, People Plus



Don't miss this beautiful walk after the Expo!

Healthy Walk, Brunswick!



Thu, Oct. 20, 1:30 pm – right after the Expo! Join us at Brunswick's Kate Furbish East Trail. The trailhead is located on Ordinance Road, at Bunker 288, on Brunswick Landing. This wide and flat trail is two miles long; then two miles back to the trailhead. Parking is along the road or off the street at each bunker. Walk organizer, Cathy Cooper, is a recent graduate of AARP's *America Walks* program. Check the People Plus table for a map of the trail. FMI call Cathy at 508-450-9924.

70 TABLES & FREE EVENTS!

Swag bags for the first 400 attendees!

Technology Help Desk
Bring your device and questions!

Computerized Balance Screenings
with Healthy Living for ME

Registration for Yellow Dot, Volunteer
Transportation Network
& Good Morning programs

Book signings, sales and author
chats with Write On Writers

Bring baby diapers
for United Way Diaper Drive!

Performances by the Nor'easters
Barbershop Quartet

Special People Plus membership deal:
\$25/year for new members!

Free Wicked Joe Coffee & Snacks

Walk the indoor track and more!

Coastal Landing Retirement Community

Coastal Landing Retirement Community has 82 independent-living apartments. They offer a selection of apartments ranging from studio, 1 bedroom, and 2 bedroom options. Coastal Landing is a residence for those who do not require assistance with most daily activities, but may benefit from senior-friendly surroundings, convenient services, and increased social opportunities. Coastal Landing Retirement Community enables those who wish to maintain an independent lifestyle to do so. Further assistance from Rousseau Management's home care agency, Neighbors Inc., is available as well if necessary.

Coastal Shores Residential Care, which has 40 assisted living based apartments is conveniently located in a separate wing of the same building. This residence consists of furnished private rooms and is designed for those who require assistance with personal care support, home making chores, and most daily activities such as meals, medication management, bathing, dressing and transportation. Coastal Shores offers individualized care and encouragement for each resident to live life to their fullest.

As providers of healthcare in the mid-coast Maine region since 1982, Rousseau Management's hope and vision aims at providing amenities and the comforts of home to their residents who will truly embrace and enjoy them throughout the years. Life at Coastal Landing Retirement Community and Coastal Shores Residential Care will consist of a plethora of wonderful amenities and comforts to those who live there. These include delicious home cooked meals, various exercise programs, beauty parlor, spa, a cozy café bistro, a



state-of-the-art movie theater, an ice cream parlor, an outdoor patio area, community-based events, transportation, housekeeping, and a variety of other services. The front porch lends itself as the ideal spot to spend an afternoon or evening catching up with family or making new friends. All residents are encouraged to take part in a full activity program that promotes socialization, volunteerism, and community spirit.

Brunswick Landing offers an idyllic setting for Coastal Landing Retirement Community and Coastal Shores Residential Care. The surrounding area is rich with history and offers an abundance of recreational based activities such as walking trails, picnic areas, bird watching, wildlife viewing, golfing, and the area altogether promotes a great sense of community. For those living at the facility who wish to stay active, there are all the advantages to do so just waiting, literally at

the front door.

For more information or to schedule a tour, please contact Coastal Landings admissions director Susan Cary at 207-837-6560 or the admission's director for Coastal Shores, Jenny Khuong at 207-522-1438.

We invite you to learn more about Rousseau Management and what we have to offer by visiting our website at rmimaine.com.

When contemplating a move...

to a Retirement Community, please visit us at **Coastal Landing**. (Assisted Living available on the same campus.)

Included in your monthly rent:

- * Choice of two meals daily
- * Activities and Social Events
- * Light Housekeeping
- * Private Bathroom and Kitchenette
- * Cable TV
- * Scheduled Local Transportation
- * Heat and Electricity
- * Maintenance Service
- * Free Laundry Room

Other services available for a reasonable fee.



COASTAL
LANDING
RETIREMENT COMMUNITY

www.coastallanding.com

142 Neptune Drive, Brunswick, ME
837-6560

EXERCISE ROOM



DINING HALL



MOVIE THEATER



CHAPEL





A People Plus membership is priceless!

Are you looking for a good deal? The best deal in town is becoming a member at People Plus! If you are a resident of Brunswick the cost is \$30 per year, which works out to just \$2.50 per month. And if you live anywhere else, it's only \$35 for the year. But if you sign up during the Expo, the fee for new members is only \$25, regardless of where you live!

A membership provides you with so much, for so little. The activities at People Plus are endless; from lectures on countless subjects to

classes on everything under the sun. Want to join a French, German or Spanish club? We've got it. Want to exercise and work on your balance? We've got that too. There are classes and clubs involving art, playing bridge, riding bikes, writing, table tennis, and so much more.

And what a great way to meet up with your friends and make new ones. It is just a very friendly place to gather and spend part of your day. The companionship alone is worth the price of membership.

Remember, People Plus is one of the reasons the Brunswick area is one of the very best places for seniors to live in our great state of Maine.

Other benefits include receiving our monthly newspaper and when you show your membership card proudly at area participating businesses, you'll have the opportunity to save money every day. So join People Plus today, then tell your friends about the good deal you got at a very cool and happening place.

People ^{Plus!} **LOW YEARLY MEMBERSHIP RATES**

Brunswick residents: \$30

All other residents: \$35

THE CENTER THAT BUILDS COMMUNITY SINCE 1976

Special EXPO Membership Deal!

ONE DAY ONLY!

October 20th new members get one year for just \$25!

People Plus Membership Benefits

The following businesses offer discounts for seniors and/or People Plus members. Benefits subject to change.

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

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

Autometrics, 10% off labor
21 Bath Road, Bruns., 729-0842

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

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

Bill Dodge Auto Group, 10% off parts/service
118 Pleasant St, Bruns., 729-6653
www.billdodgeautogroup.com

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

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

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

Flip, 20% off Tuesdays
212 Maine St, Bruns., 406-2122
www.flipbrunchbar.com

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

J&J Cleaners, 10% off pickups on Wednesdays (for 55+); must pay cash or check at drop-off
69 Maine Street, Bruns., 729-0176, jicleaners.net

Lee's Tire & Service, 10% off parts (not tires)
35 Gurnet Road, Bruns., 729-4131
27 Monument Pl., Topsh., 729-1676

Maine Optometry, \$30 off complete glasses
242 Bath Rd, Bruns., 729-8474, maineoptometry.com

Maine State Music Theatre, senior discount (60+) on matinee tickets
22 Elm Street, Bruns., 725-8769, www.msmt.org

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

Reflections (Salon), 10% off, Mon & Fri
12 Center St, Bruns., 729-8028, reflectionsbylucie.com

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

Thomas Point Beach, \$1 weekdays admission, 725-6009
29 Meadow Road, Bruns., thomaspointbeach.com

Tire Warehouse, 20% off labor
Topsham Fair Mall, 725-7020, tirewarehouse.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

Union Street Bakery, Wednesdays: free large coffee with muffin purchase
40 Union St, Bruns., 373-1345, unionstreetbakeryme.com

Wilbur's of Maine, 10% off, anytime
43 Maine St, Bruns., 729-4462

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

PEOPLE PLUS MEMBERSHIP APPLICATION

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

Date _____

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 _____

Yearly Dues (Scholarships Available)

Brunswick (__New__ Renew): \$30

Other towns (__New__ Renew): \$35

Lifetime Member (65 or over): \$300

Cash/Check (Payable to People Plus)

Membership Dues: \$ _____

Additional Donation*: \$ _____

(*donations above membership dues are tax deductible)

Volunteer Opportunities at People Plus

I'd like more information about:

Lunch Crew: Volunteer driving:

cook/setup/cleanup rides to appts/shopping

Reception: Meals on Wheels

check-in/phone Teen Center

OFFICE USE: Account Data Card Sent

Total: \$ _____

Are you a local business?

Call 729-0757 to discuss advertising with us!

CBD American Shaman™

Come Visit Us at our NEW LOCATION

117 Maine Street, Brunswick

(downtown Brunswick between Richard's Restaurant and Joshua's Tavern)

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Brunswick Topsham Housing Authority

The mission of the Brunswick Topsham Housing Authority is to provide safe, quality, and affordable housing for eligible persons in need of assistance, regardless of race, color, sex, religion, national or ethnic origin, age, handicap, marital status, sexual orientation, familial status, or disability, and to promote opportunities for the growth and development of residents as well as our community.

PO Box A
Brunswick, ME 04011
207-725-8711
brunswickhousing.org

Office Hours
Monday – Thursday
8:00 am to 4:30 pm

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**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. Free, open to the public. 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

Write On Writers publish 10th book!

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*

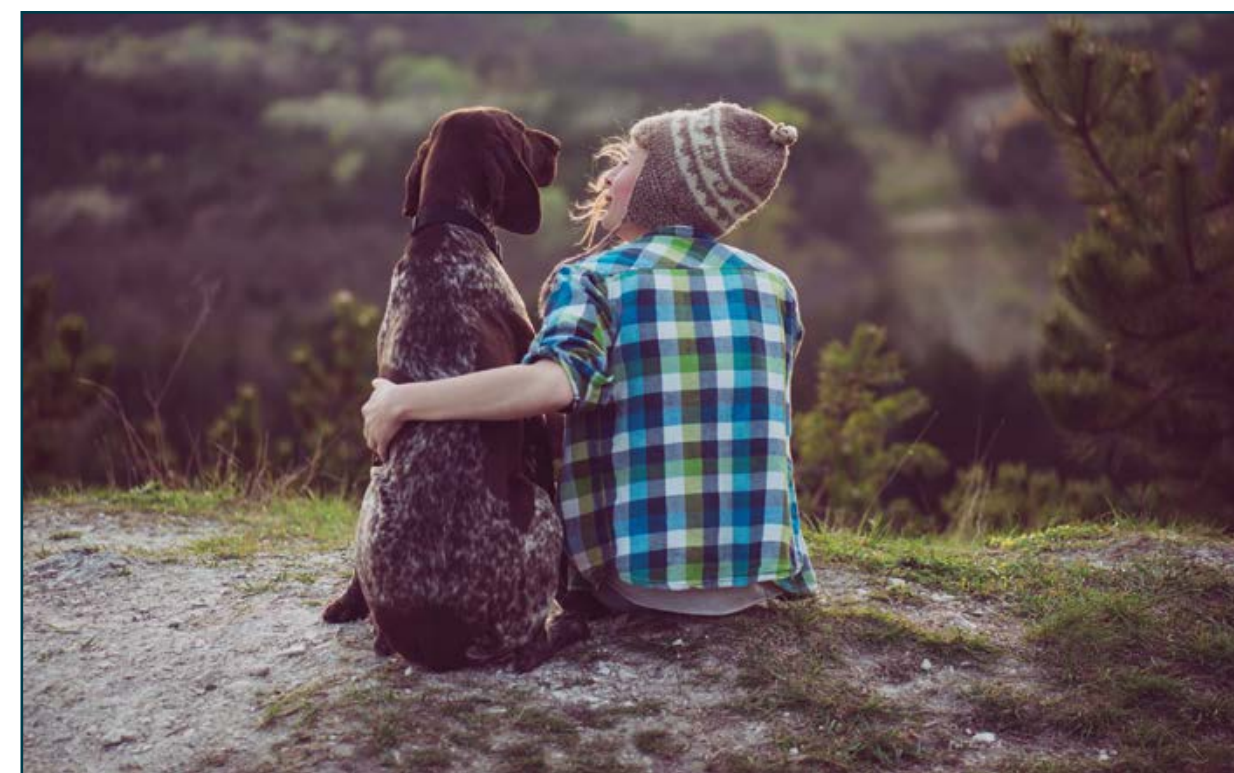
An Anthology of Prose and Poetry

— *Journeys and Reflections*

— *Out of Our Minds*

— *Write From the Heart*

Many of the Write On Writers' books can be purchased at the Expo!



**Members are
our bottom line.
Belong with us.**

Learn more at
MaineStateCU.org



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www.rmimaine.com



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29 Maurice Dr, Brunswick
(207) 725-7495



142 Neptune Dr, Brunswick
(207) 725-9444

We take your loved ones comfort and health to heart.



Travel with us at People Plus

Join us for a Collette Trip Talk

Tuesday, Nov. 15, 1:30 pm. Free, open to the public
Learn about our trips planned for next year with Collette including:

Canadian Rockies featuring Rocky Mountaineer

September 17-24, 2023, 8 days, 13 meals. Highlights include Vancouver, Staley Park, 2 days aboard Rocky Mountaineer, Kamlocke, Fairmont Chateau Lake Louise, Banff, Ice Fields Parkway, Calgary, and optional glacier adventure



London and Paris

October 4-12, 2023. Highlights include Big Ben, Buckingham Palace, Covent Garden, Eurostar Train, Arc de Triomphe, Eiffel Tower dinner, and Seine River Cruise.

SAVE THE DATE for **Discover Canyon Country** featuring Arizona and Utah, April 24 - May 1, 2024.

People TRAVELS!

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

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



co-located at People Plus | 35 Union Street, Suite 1, Brunswick, ME | 207-729-0475

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 or call us at 1-800-620-6036 for more information.



Living Well with Chronic Pain

People Plus
35 Union Street
Brunswick

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



Join us

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 – 8:00 p.m.
- November 19 & 20, 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



It's time to fill up red wheelbarrow!



For many members, coming to the People Plus Center triggers a sense of familiar surroundings that often leads to comfort and joy. And about this time every year you can always count on one thing — the return of the little red wheelbarrow!

Yes, the annual campaign to collect non-perishable food for the Mid Coast Hunger Prevention Program will launch in November, and it's such a worthy cause.

It's really easy to do! Just place your donations in the red wheelbarrow located near the lobby inside the Center. People Plus, with awesome assistance from longtime member

Frank Connors, collects the items for MCHPP and delivers them in bulk every week.

Brunswick's nonprofit community food bank lists canned soups, fruits and vegetables, peanut butter, and baked beans as items that are in constant need. Also, people wanting to donate money directly to MCHPP may do so as well.

"There is certainly a need to help others, and we greatly appreciate the donated items from everyone," said Sarah Deck, office coordinator at People Plus and one of the key organizers of the food drive. "The issue of hunger never really goes away, so anything

we can do to help others greatly welcomed."

The upcoming holiday seasons occurring in November and December also increase the need for items like boxed instant potatoes, cranberry sauces, and canned gravy. Boxed "helper" mixes, both hamburger and tuna, are also useful to help fill anticipated holiday wishes.

So please help us fill up the little red wheelbarrow over and over again. The more trips to MCHPP we make, the better. And in advance, thank you very much for your donations!

Enroll by December 7



All the benefits of Original Medicare and more

Get the right coverage, local resources and the care you need to live the life you want.

\$0

MONTHLY PLAN PREMIUMS WITH DENTAL, VISION AND HEARING

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Cindy Cogswell
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A licensed agent will answer your call.
cogswellc@aetna.com



aetna[™]
medicare solutions

*These providers and/or pharmacies will be a provider in our Medicare advantage network in 2023. They may also contract with other plans. Aetna Medicare is a HMO, PPO plan with a Medicare contract. Our SNPs also have contracts with State Medicaid programs. Enrollment in our plans depends on contract renewal. Plan features and availability may vary by service area. We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

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Bring baby diapers to the EXPO!

In partnership with the United Way, we are hosting a diaper drive at the Expo!

Studies show that diapers cost approximately \$1,000 a year per child for a family. And children can often be in diapers until age 5. So with that in mind we ask participants to bring baby diapers the Expo or the People Plus Center! We will get them where they need to go to be distributed to families in our area who could use a little help.



Did you know we loan out medical equipment?



YOU CAN HAVE IT, I DON'T NEED IT! A Topsham resident offers an unneeded wheelchair to the medical equipment loan program. The aim is to connect used equipment with new users.

Do you have a temporary need of a little support? A wheelchair, crutches, a walker, shower and toileting devices? The People Plus Center maintains a "lending inventory" and it's ready when you are.

"It started almost by accident," explained Frank Connors, the retired Center staffer who in the past usually hauled the surplus equipment up and down the stairs to a basement storage area. "We had members who'd used this equipment and no longer needed it, they offered it to us, we saw the need and the opportunity, and away it went!"

Now, on a regular basis, members needing equipment to keep them safe and secure at home have a new source of access.

"Everyone wins," Connors said. "We ask people to bring it in clean and in working condition," he added, "we take care of the rest."

If you have a specific need, or equipment to loan to the program, call or come by the Center. You do not need to be a member to borrow equipment.



Helpful to the MAX!



Need help with outdoor chores?

Call Max!

Assisting seniors with yard clean-up and snow removal in Brunswick/Topsham. Low rates, senior discount. Max Hamilton (207) 232-9401



Carpe Diem Tech Support
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Supporting:

MACs * Chromebooks * Smart Phones * PCs
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John Fischer
207.522.1238

john@carpediem-me.net



Brackett Funeral Home

Our History tells you who we are.

The firm began as Robert's Funeral Home in 1862, later becoming Gordon Funeral Home, then Law's Funeral Home, and finally established as Brackett Funeral Home in 1956. Located on historic Federal Street in downtown Brunswick, it has faithfully served our community for over 150 years.

With the purchase of the Brackett Funeral Home in 1973, Peter W. Ladner began with a promise "to provide the highest quality of customer service, to serve each family's individual needs in a compassionate, courteous, dignified and meaningful manner, within the means of all."

Hoping to improve the quality of lives in our community, Mr. Ladner's promise remains our mission now and for the next 150 years.

Honoring Loss.

BRACKETT FUNERAL HOME

A Ladner Family Service

Celebrating Life.



Enrich your life through caring for others...

Innovative & Caring New Career at Vicarage by the Sea

The Vicarage by the Sea – Dementia Care Home has been offering an innovative, person-centered atmosphere of care in a real home on the coast of Maine for 20 years. If you are seeking meaningful work caring for individuals in an inspiring, non-institutional setting, let's talk!

Our employees are fulfilled in ways they never dreamed. By offering a holistic environment which encompasses elders, their families, the community and the natural world around us, The Vicarage by the Sea provides a greater quality of life than traditional nursing homes and institutions. In addition to daily care, employees help residents enjoy activities such as cooking, crafts and walking the beautiful seaside trails.

Our philosophy believes that every human being deserves the opportunity to grow, regardless of age or ailment. The Vicarage provides genuine dementia and Alzheimer's care emphasizing each resident's abilities and the well-being of their mind, body and soul.

Positions are available NOW at our Harpswell home, whether you are an experienced professional caregiver or a compassionate person seeking a change of career. Part-time and overnight positions also available. We are an EOE, and people of all ages and abilities are encouraged to apply. *(experience not necessary!)* For more information, please contact: Johanna Wigg, jwigg40@gmail.com.

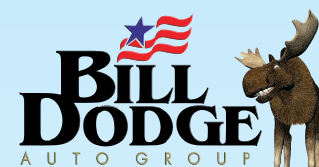
9 Vicarage Lane, Harpswell, ME • 207-833-5480 • www.thevicaragebythesea.com

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MaineHealth



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— Event Sponsors —



— Refreshment Sponsors —



211 Maine

211 Maine is a free, confidential resource that helps people find local resources like food pantries, recovery services, and more. People can access information by calling 211 (or 1-866-811-5695) or visiting www.211maine.org. 211 Maine is an initiative of the United Ways of Maine in collaboration with the State of Maine.

PO Box 807, Waterville, ME 873-0686

www.211maine.org

AAA NNE-Brunswick*

AAA provides Roadside Assistance, yes, but AAA also provides other benefits to our members. AAA provides personalized car and home insurance and travel services to our members. The agents in the AAA Brunswick office are the best at their jobs and are ready to help! Come by and see for yourself!

147 Bath Rd., Brunswick, ME 729-3300

aaa.com

Aetna Medicare*

“Aetna Medicare Solutions” We offer a portfolio of Medicare Advantage plans with \$0 premium. Rich dental reimbursement rates, open access and national network offerings. Rewards programs, Over The Counter items, eyewear reimbursement, etc. Local office and Maine field representative to assist you with all your medicare needs and questions.

191 Marginal Way, Portland, ME 274-0901

aetna.com

Area First Responders

Members of our local emergency services will be at the event to answer any questions you may have and will be highlighting programs such as Project Lifesaver.

Avita of Brunswick/Sunnybrook*

Two Northbridge communities in Brunswick offer area seniors an array of senior living choices. Sunnybrook offers Assisted Living while Avita of Brunswick caters to those living with Alzheimer's disease and dementia. At both communities, our goal is to ensure each resident lives well and loves life, every day!

Avita: 89 Admiral Fitch Ave, Brunswick, ME 729-6222 avitaofbrunswick.com

Sunnybrook: 340 Bath Rd., Brunswick, ME 443-9100 northbridgecos.com/sunnybrook

Bankers Life

With a history dating back to 1879, Bankers Life focuses on the insurance needs of the middle-income retirement market through nationwide subsidiaries

of CNO Financial Group, Inc. These companies offer a broad portfolio of life and health insurance designed especially for those near and in retirement.

360 US Route 1, Suite 202, Scarborough, ME 536-2742 www.bankerslife.com

Bath Area Family YMCA and Landing Y

We embrace the active older adult. From aquatics programs through our yoga, tai chi, silver strong and wellness classes, we encourage strengthening spirit, mind and body for all ages and abilities. We always strive to provide our services without regard for one's ability to pay for such services.

303 Centre Street, Bath, ME

443-4112 / 844-2801 www.bathymca.org

Bath Area Senior Citizens Activity Center

For people 55 years plus, a place of meeting for mutual benefit, pleasure and amusement, affording them a means of contact with others, to keep alive old friendships and make new. Includes: luncheons, bocce, exercise classes, cribbage, line dancing, knitting, cards, day trips, commercial bus tours, shopping, casinos, and more.

45 Floral St., Bath, ME 443-4937

bathseniors@comcast.net

Bath-Brunswick Respite Care

Bath-Brunswick Respite Care, known as the “Club”, is a non-profit agency licensed by the State of Maine Department of Health and Human Services to provide adult day care to families who live with Alzheimer's or other neurological diseases. We have been providing services for 32 plus years.

PO Box 668, Bath, ME 729-8571

www.respite-care.org

Bath Housing

Bath Housing is a nonprofit organization that works to enhance housing stability for seniors, those with disabilities, and families in the greater Bath area in order to have a safe, vibrant and prosperous community. *video available.

80 Congress Ave, Bath, ME 443-3116

www.bathhousing.org

Before & After Photo

Services include scanning, digital enhancement, copy work from original color or black & white photographs, negatives, slides, glass plate negatives. Digital removal of dirt, scratches, dust, repair creases, fades, rips, water stains; correction

of image color, contrast and exposure. Prices include scanning, restoration and finished print(s) on professional photographic paper. *video available.

136 Maine St. #3, Brunswick, ME 725-9499

www.beforeafterphoto.com

Beltone Hearing Aid Centers*

At Beltone, we strive to be your trusted hearing care partner—someone who speaks your language and understands your unique needs. Our goal is not to sell you hearing aids; it is to provide hearing care whenever, wherever, and however you need it.

275 Bath Road, Brunswick, ME 560-9455

www.beltone.com

Bespoke Health

Bespoke Health helps people maintain or improve their health by utilizing DNA testing to guide medication and nutrition recommendations. As a licensed pharmacist, Eileen Levesque can counsel people on medication therapy and give insights from an innovative, genetic perspective as to why your medication/diet response may not be typical. *video available.

1 Farwell Ave, #21, Cumberland, ME 401-741-6312

www.bespokehealthpartners.com

Brackett Funeral Home*

Locally owned and operated over 150 years. Celebrating lives and honoring your loss by offering options including cremation services, traditional funerals, home services, and green burials. We promise “to provide the highest quality of service, to serve needs in a compassionate, courteous, dignified and meaningful manner, within the means of all.”

29 Federal St, Brunswick, ME 725-5511

www.brackettfh.com

Bridges Home Services*

For over 20 years, this division of Spectrum Generations has provided expert, knowledgeable care, enabling loved ones to stay home where they want to be. Professional, certified, trained staff are devoted to providing individualized solutions for families caring for loved ones and for older adults who need extra help with daily activities.

1 Weston Ct, Augusta, ME 623-0791

bridgeshomeservices.org

Brunswick Fire Department “Stay Safe - Remembering When...”

Free program to assist seniors aging in place safely in their homes. Videos available on demand on Brunswick TV3 website and

on Brunswick Fire Department's YouTube Channel. Produced by Brunswick FF David Jester and Brunswick Videographer Pete Compagna. Supported by numerous agencies. Received award from the Maine Fire Protection Services Commission. *video available.

21 Town Hall Place, Brunswick, ME

725-5541 www.brunswickme.org

Brunswick & Topsham Housing Authorities*

The Brunswick & Topsham Housing Authorities develop, own and manage housing programs and properties for low and moderate income households in the surrounding area. Our senior and disabled housing provides 24 hour maintenance, resident services, on the Brunswick Link bus route in safe and secured buildings. Learn more at: brunswickhousing.org

12 Stone St., Brunswick, ME 725-8711

brunswickhousing.org

Brunswick Link (Operated by Western Maine Transportation Services)

Fixed route and ADA Complementary Paratransit public transit services in Brunswick, Monday through Friday, 6 AM to 7:20 PM.

16 Station Ave., Ste 107, Brunswick, ME 721-9600/800-393-9335 brunswicklink.org

Brunswick Parks & Recreation Department*

Maintains and manages 42 parks and facilities including walking/bike paths, athletic fields, boat launches and natural areas. The department administers approx. 100 recreation programs and events for all ages. The Brunswick Recreation Center offers an indoor track, 2 basketball courts, 4 pickleball courts, Fitness Center, Welcome Center, and Daycare.

220 Neptune Drive, Brunswick, ME

725-6656

www.brunswickme.org/parks-recreation

Brunswick Recycling & Sustainability Committee

A citizen committee created by the Brunswick Town Council to investigate and recommend ways in which we can sustainably recycle household products and organics, while reducing the overall quantity of waste we generate. Contact us through the town sustainability page or by email at brunrecycleinfo@gmail.com.

85 Union Street, Brunswick, ME

brunswickme.org/648/sustainability

Carpe Diem Tech Support

Help with MAC, PC, Chromebook, iPhone, Android, audio-visual equipment, Internet, email, most software issues, hardware/software installation and troubleshooting. Can rescue data from a computer that no longer works. Website updates. Tutoring services. Meet in your home or office, at People Plus, by phone or by remote connection to your computer.

104 Merrymeeting Rd, Brunswick, ME

522-1238 www.carpediem-me.net

CBD American Shaman*

CBD American Shaman is a high end franchise for CBD products. All products are third party lab tested, results of those third party tests can be found at www.cbd-southernmaine.com, and is one of very few CBD companies who have the U.S. Hemp Authority Seal of Certification. *video available.

117 Maine Street, Ste 1, Brunswick, ME

406-2875 www.cbd-southernmaine.com

Catholic Charities Maine SEARCH Program

SEARCH is a Program of Catholic Charities Maine. Our mission is to enable vulnerable seniors to remain independent and create a long-term support system to meet their needs. We provide FREE in-home volunteer support services to seniors living in Sagadahoc, parts of Lincoln County, Brunswick & Harpswell. FMI call 837-8810. *video available.

P.O. Box 155, Bath, ME 837-8810

www.ccmaine.org

CenterWell Home Health Care

CenterWell brings personalized care directly to you. Our clinicians are ready to serve you with warmth and empathy, and provide the skill and expertise to help you regain your strength and maintain your independence. From our hearts to your home, we're grateful to walk alongside you towards your best health.

51 Baxter Boulevard, Portland, ME 775-4705

centerwellhomehealth.com

CHANS Home Health & Hospice

CHANS Home Health & Hospice is a full service, non-profit, Joint Commission Accredited agency providing nursing, rehabilitation, palliative, hospice, and private duty care services, and an array of community-based wellness clinics in the Midcoast Area.

45 Baribeau Drive, Brunswick, ME 729-6782

www.chanshomehealth.com

Coastal Landing Retirement Community*

A retirement community serving the Mid-coast area. Come and see our warm and friendly environment where friends and family gather. Please call 837-6560 to schedule your visit and see for yourself why so many people are calling Coastal Landing their home!*video available.

142 Neptune Drive, Brunswick, ME

837-6560 <http://coastallanding.com/>

Coastal Shores Assisted Living

Coastal Shores Assisted Living is a 40 bed assisted living facility for older adults, which offers furnished private rooms. Our home is designed for those who require assistance with personal care, homemaking chores, and daily activities such as meals, medication management, dressing, bathing, and transportation.

142 Neptune Drive, Brunswick, ME

725-5801

www.coastalshoresresidentialcare.com

College Guild

Provides free correspondence courses to incarcerated people that connects them with people outside prison walls around a shared passion for learning and mutual respect. Our volunteer readers provide written feedback and encouragement. Volunteer from home on your own schedule with just a computer and access to the internet!

30 Pleasant Street, #696, Brunswick, ME

729-0043 www.collegeguild.org

Comfortably Home (Program of Bath Housing)

Comfortably Home offers safety checks, accessibility modifications, and minor repairs at no cost to homeowners who are 55+ or have a disability, live within a 15-mile radius of Bath and meet income guidelines. We have assisted more than 250 Midcoast households in making home a safer place to stay. *video available.

80 Congress Ave, Bath, ME 295-3317

www.bathhousing.org/comfortablyhome

Connected

A free, nondenominational group for widowers, widows, divorced and singles 55 and over. We are not a dating group. Meet first Monday of the month from 7-9 pm at St Charles Borromeo Church hall at 132 McKeen St in Brunswick. Guest speaker at each meeting and light refreshments.

725-1266/725-8386

Day by Day, LLC End-of-Life Doula Services

Non-medical professional business that provides physical, emotional, and spiritual support to the patient, family, loved ones, friends and their support network. Goal is to collaborate with hospice, palliative team and other health care professionals to create a dynamic support system ensuring highest quality of life for end of life care. *video available.

405 Bath Road, Brunswick, ME 295-7103

www.facebook.com/daybydaydoula

Dionne Commons

Sixty-bed assisted living facility. Rooms consist of furnished private and semi-private apartments. Dionne is designed for those who require assistance with personal care and home making chores, but wish to maintain an independent lifestyle. We look to provide the comforts of home for our residents to truly embrace and enjoy. *video available.

24 Maurice Dr., Brunswick, ME 725-4379

dionnecommons.com

Gateway Retirement Solutions*

Gateway Retirement Solutions is committed to helping our clients navigate successfully into and throughout their retirement years. Your financial picture deserves unbiased and qualified advice. As a full-service insurance and financial solutions provider, we tackle your most complex concerns by simplifying them for both you and your loved ones.

6 E. Chestnut St., Ste 204, Augusta, ME

221-6229 gatewayretirementsolutions.com

Good Morning Program

A program of People Plus and the Brunswick Police Department. Providing a simple, FREE, and confidential daily telephone call-in system; ensuring the safety and well-being of older or disabled adults. For residents of Brunswick, Harpswell, Freeport. Visit people-plusmaine.org for application or call 729-0757.

35 Union St, Brunswick, ME 729-0757

www.peopleplusmaine.org

Harpswell Aging at Home

Grassroots community organization created, supported, and led by volunteers from Harpswell. Provide free or nominal cost initiatives that help older adults thrive while aging in their homes. Goal is connecting those that could use a hand with the various services that

are available through HAH or by other community based organizations. *video available.

PO Box 25, Harpswell, ME 833-5771

www.hah.community

Healthy Living for ME

HL4ME is a statewide network of local organizations, health systems, and volunteers that work together to empower individuals to take control of their health. Through tailored services, we provide free and low-cost options that are personalized to focus on the entire individual to improve overall quality of life. info@healthylivingforme.org.

One Weston Court Ste 104, Augusta, ME

1-800-620-6036 healthylivingforme.org

Horizons Living and Rehabilitation Center

Horizons Living & Rehabilitation Center is a skilled nursing and rehab facility in Brunswick, Maine. Life at Horizons involves a plethora of wonderful amenities and comforts to those who live here. Residents partake in our full activity program that is designed to promote physical function, socialization, and community spirit. *video available.

29 Maurice Drive, Brunswick, ME 725-7495

www.horizonslivingandrehab.com

Joyfulhearts Lifestyle Essentials featuring Epicure

Joyfulhearts Lifestyle Essentials features Epicure. Good food, real fast; whole, real food. Triple tested ensuring 100% gluten free; peanut-free facility. Our good food mission: sugar & sodium conscious; 85% Non-GMO Project Verified; non-irradiated; free from HFCS; preservatives, artificial colors. A New Ever list. Solving what's for dinner. *video available.

36 Williams Drive, Topsham, ME

841-0787

joyfulheartsle.com

Live Better Health Services, LLC

NEW Senior Focused Home Health Care Agency. Wellness & nursing support at home that protects finances, enhances sense of well-being and gives you choices to remain independent and spirited in your home. Exceptional consistent care-givers supported by a team who cares deeply for them and you! Choose to Love Better Today!*video available.

10 Cumberland St., Brunswick, ME

604-4144



Plus! Come join the **FUN**
People at **People Plus!**
 THE CENTER THAT BUILDS COMMUNITY SINCE 1976



Maine Bureau of Insurance

The Maine Bureau of Insurance is a state agency that regulates the insurance industry and protects consumers. The Bureau's consumer division is available by phone (800-300-5000) Mon.-Fri., 8am - 5pm to discuss insurance-related concerns. Bureau staff also investigate insurance-related complaints that are submitted in writing. 34 State House Station, Augusta, ME 800-300-5000 www.maine.gov/insurance

Maine CITE

Helps Mainers of all ages with disabilities increase access to Assistive Technology (AT) when needed to take part in Education, Community Living, and Employment. AT is available for demonstration or loan, includes devices for: Vision & Hearing, Communications, Learning & Organizing, Mobility & Daily Living, Smart Home Devices. 46 University Drive, Augusta, ME 621-3195 mainecite.org

Maine Death with Dignity

Overall mission as a 501(c)(3) non-profit is providing services, education, and end-of-life advocacy to people who wish to actively explore the meaning of life through embracing the certainty of death. A primary program is connecting people to the information they need to learn more about The Maine Death with Dignity Act. PO Box 801, Wiscasset, ME 240-3186 www.mainedeathwithdignity.org

Maine Insurance Group

Our focus is on Medicare insurance coverage by helping individuals understand and navigate through the complexities of Medicare. We realize that not all plans fit each person's needs. We take the time helping you to find the right coverage at the right price. We provide FREE Quotes with No obligation. 1 Brookside Ave., Augusta, ME 629-3861 www.maineinsurancegroup.com

Maine State Credit Union*

Employs over 100 Mainers and has been on the Best Places to Work in Maine list for ten years. Founded in 1935 at the Maine State House for state employees to bank; now, it has over 33,000 members and serves Androscoggin, Cumberland, Kennebec, Knox, Lincoln, Somerset, Sagadahoc, and Waldo county residents. 200 Capitol Street, Augusta, ME 1-800-540-8787 www.maineatecu.org

Maxsip (The Solar Company)

Service provider MAXSIP is sponsoring the government affordable connectivity program to help lower cost and provide a more affordable and effective way to have internet available for those on assistance. Must meeting FCC guidelines to qualify. Partnership with FCC, DHHS, and USPS. 890-5328 maxsip.com affordableconnectivity.gov

Midcoast Athletic & Recreation Complex (MARC)

The Midcoast Athletic & Recreation Complex (MARC) is an expansion of the Brunswick Recreation Center available free to everyone on the Midcoast. It will provide new outdoor sports facilities like turf fields, pickleball & tennis courts, skatepark, future aquatics facility, playgrounds, family areas, ice rink, and more! 220 Neptune Drive, Brunswick, ME 725-6656 www.marproject.org

Martin's Point Health Care*

Progressive, not-for-profit organization providing primary health care and health insurance plans. Our six health care centers in ME and NH accept most major insurance plans. Offer Generations Advantage Medicare plans in ME and NH, and the US Family Health Plan (TRICARE Prime®) in northern New England, New York, and Pennsylvania. 331 Veranda Street, Portland, ME 253-6140 martinspoint.org

Merrymeeting Bay Triad

An organization dedicated to the promotion of programs, education and materials that enhance the well-being of Merrymeeting Bay's citizens. This is accomplished through an all-volunteer organization that merges cooperative efforts between seniors, police, and senior service agencies. 443-5563 x2215 merrymeetingbaytriad@gmail.com

Mid Coast Hospital

Full-service, 93-bed hospital with active medical staff of more than 200 providers in over 30 primary care and specialty areas. Part of MaineHealth, a not-for-profit integrated health system consisting of eight local hospital systems, comprehensive behavioral healthcare network, diagnostic services, home health agencies, and more than 1,600 employed and independent physicians working together through an

Accountable Care Organization. 123 Medical Center Drive, Brunswick, ME 373-6000 www.midcoasthealth.com

Mid Coast Hunger Prevention Program

MCHPP offers dignity and empowerment by providing all members of our community with access to healthy food. We provide free groceries and meals to anyone who wants or needs them and we offer a wide variety of volunteer opportunities to anyone looking to stay busy and give back to the community. 12 Tenney Way, Brunswick, ME 725-2716 www.mchpp.org

Midcoast Maine Community Action (MMCA)

Connects the community with resources that promote health and quality of life, education and economic independence. MMCA supports regional activities which encourage economic sustainability and social equity. Programs include heating and utility assistance, rental assistance, WIC, education and enrichment programs for families, Head Start, health insurance and community advocacy. 142 Neptune Drive, Brunswick, ME 725-9444 www.neighborsinc.com

Midcoast Senior College

Since 2000 Midcoast Senior College has provided exceptional educational opportunities to seniors. MSC offers dozens of classes on many subjects taught by experienced instructors to hundreds of students. Presently classes are on-line as well as in-person. Contact: Donna Marshall, mscoffice@midcoastseniorcollege.org, 207-725-4900. 18 Middle St., Ste 2, Brunswick, ME 725-4900 midcoastseniorcollege.org

Mid Coast Senior Health

Mid Coast Senior Health offers a full continuum of senior healthcare and living options in Brunswick. Services include assisted living, memory care, long-term care, skilled nursing, and rehabilitation. 58 Baribeau Drive, Brunswick, ME 373-3646 <https://www.midcoastseniorhealth.com>

Mid Coast-Parkview Health*

Part of MaineHealth, a dynamic healthcare system addressing a full continuum of community health, wellness, and prevention needs with a full-service 93-bed hospital (Mid Coast Hospital), a diverse medical group (Mid Coast Medical Group), senior

health care (Mid Coast Senior Health), and home healthcare services (CHANS Home Health & Hospice). 123 Medical Center Drive, Brunswick, ME 373-6000 www.midcoastparkviewhealth.com

Neighbors, Inc.

Neighbors, Inc is a non-medical organization specializing in supporting mostly elderly individuals to remain independent and stay in their own homes as long as possible. We provide transportation, meal preparation, help with chores, medication reminders, shopping and companion/safety care. Services are available from 2 hours to 24 hours daily. 142 Neptune Drive, Brunswick, ME 725-9444 www.neighborsinc.com

Nor'easters Barbershop Chorus/Windjammer Quartet

Event performers are the Windjammers Barbershop Quartet, members of the Nor'easters Chorus of Bath/Brunswick. The Chorus/QT celebrates acappella music and provides entertainment to the midcoast area audiences. If you are interested in trying out barbershop music at one of our Tuesday night Chorus rehearsals in Bath, contact Kathy 542-7699. c/o Kathy Robitaille 739 Head Tide Hill Rd, Alna, ME 542-7699 noreasterschorus.org

Northern New England Poison Center

At Maine Medical Center in Portland serving ME, NH, VT. Staffed with nurses and pharmacists 24/7 who can help with possible poisonings, pill identifications, medication errors, drug interactions, food poisoning and general poison prevention questions and more. Contact at 1-800-222-1222, chat at nnepc@mmc.org, or text POISON to 85511. Calls are free and confidential. 22 Bramhall St., Portland, ME 1-800-222-1222 www.nnepc.org

Penquis Foster Grandparent Program

Penquis Foster Grandparent Program provides tutors/mentors to children. Foster Grandparents serve in public/non-profit locations. They are also a role model and mentor. Volunteers must be 55 or older and meet income guidelines. They receive a tax-free stipend and mileage reimbursement. FMI call Maria Staples, 1-800-215-4942. 262 Harlow St, Bangor, ME 1-800-215-4942 www.penquis.org

People Plus

People Plus, located in Brunswick, supports an engaged, healthy, and independent life for older adults, while joining others to build community for all ages. We offer numerous choices for fitness and wellness services, recreation and learning opportunities, education and outreach. 35 Union St, Brunswick, ME 729-0757 www.peopleplusmaine.org

Preferred Therapy Outpatient and Wellness at Coastal Shores*

Preferred Therapy Outpatient & Wellness at Coastal Shores offers comprehensive personalized therapy programs designed for the older adult to assist you in reaching your goals. Specializing in rehabilitative therapies to help you remain in your home and safely participate in your preferred activities. Contact us at: P: 207-406-4345, E: PTOWCoastal@preftherapy.com*video available. 142 Neptune Drive, Brunswick, ME 406-4345 preftherapy.com/services/partnership-solutions/

Project Lifesaver Program

Public safety program designed to protect and locate missing persons due to wandering. Uses state of the art technology in assisting those who care for victims of Alzheimer's, dementia, Autism, Down syndrome and other cognitive conditions. Brunswick PD, Freeport PD, Bath PD, Topsham PD, Richmond PD and Sagadahoc County Sheriff's Office. *video available. Contact participating police department. projectlifesaver.org

Reform Physical Therapy

A Maine, female, and independently-owned outpatient practice that focuses on treating the individual as a whole, not just the injury. Offering one-on-one, evidence backed services to patients of all ages and backgrounds. Treatments include but are not limited to dry needling, cupping, therapeutic massage, post-concussion care, and progressive strength training. *video available. 190 Pleasant Street, Brunswick, ME 550-2070 www.reform-pt.com

Sexual Assault Support Services of Midcoast Maine (SASSMM)

SASSMM's mission is to support and advocate for people affected by sexual violence, while working to prevent it in our communities. We provide prevention and response services to all ages and

identities. Please call 1-800-871-7741 to speak to an advocate now. *video available. PO Box 990, Brunswick, ME 725-2181 www.sassmm.org

Southern Midcoast Communities for Prevention

A community coalition serving Sagadahoc County, Brunswick and Harpswell, promoting healthy choices and supporting our youth to be safe and substance free. 66 Baribeau Drive, Ste 7, Brunswick, ME 373-6970 www.smcpcme.org

Spectrum Generations - Aging and Disability Resource Center*

As an Aging and Disability Resource Center (ADRC), Spectrum Generations promotes the well-being and independence of older and disabled adults, with support of their care partners, to live in their community of choice. We provide resources, information, referrals, case management, nutrition, social dining through community centers, wellness programs and more. One Weston Ct, Augusta, ME 1-800-639-1553 spectrumgenerations.org

Spectrum Generations - Meals on Wheels

Spectrum Generations' Meals on Wheels program provides delicious, nutritionally balanced meals for homebound older adults and disabled persons. Meals are produced by Spectrum Generations and delivered by volunteers who also provide a personal check-in to persons receiving the service. Spectrum Generations supports residents of Brunswick, Harpswell and communities in central Maine. One Weston Ct, Augusta, ME 1-800-639-1553 spectrumgenerations.org

Stroke Educator, Inc. & Aphasia Nation, Inc.

A 501c3 non-profit, conducting an international "Aphasia Awareness" campaign, educating people about stroke and aphasia, a serious language disorder that is typically the result of a stroke. It is the seventh year, with over 600 presentations, 34 states, and over 15,000 people so far learning about stroke, aphasia, and plasticity. *video available. 4 Aspen Drive, Brunswick, ME 798-1449 www.strokeeducator.com www.aphasianation.org

The Highlands*

If you're looking for a retirement community that understands and honors you as a unique individual, you've come to the right place. In choosing The Highlands, you can rest easy knowing that your lifestyle and your interests will be catered to and your expectations exceeded. *video available. 30 Governors Way, Topsham, ME 725-2650 highlandsrc.com

The McLellan

Active senior living community based on book "Being Mortal." Mission is not just to provide housing, services & amenities, it is about total well-being: with organic menus, holistic fitness activities and personal hopes and dreams. It is about feeling vital, feeling purposeful, feeling alive. It is about "Living better" right now!*video available. 26 Cumberland St., Brunswick, ME 725-6200 www.themclellan.com

The Times Record*

The Times Record is Midcoast Maine's only daily newspaper and your best source for local news and information. Local. Legitimate. Journalism. 3 Business Parkway, Ste 1, Brunswick, ME 504-8270 www.timesrecord.com

The Vicarage By the Sea, Inc.*

Celebrating over 25 years, since 1998 we have provided long-term, specialized dementia care in safe, homelike setting overlooking beautiful Casco Bay! Staff to resident ratio of one to four provides personalized care for loved ones. We believe that every human being deserves the opportunity to grow regardless of age or ailment. 9 Vicarage Lane, Harpswell, ME 832-5480 www.thevicaragebythesea.com

Topsham Dental Arts

Our cheerful staff will be happy to make an appointment that fits your schedule. You may also want to stop by for an office tour. Whatever your dental needs are - from routine care to emergencies to sleep apnea oral devices or dental implants - we look forward to meeting you! 37 Foreside Road, Topsham, ME 798-6700 www.topshamdentalarts.com

Topsham Public Library

Connects resources, programs and services to the community to stimulate personal growth and enrichment. The access point for traditional and innovative resources to

meet the informational, social and cultural needs of an evolving community. 25 Foreside Road, Topsham, ME 725-1727 www.topshamlibrary.org

United Way of Mid Coast Maine

United Way brings people together to change the world around us & advance the common good by giving, advocating, and volunteering. We support effective programs achieving the best results in the most important issues facing local people. We lead initiatives to create long-lasting change by identifying challenges and designing solutions. 34 Wing Farm Parkway #201, Bath, ME 443-9752 www.uwmcm.org

US Attorney's Office, District of Maine

The U.S. Attorney's Office is committed to protecting Maine's senior generation. Our goal is to raise awareness of scams, to reduce the number of victims in Maine and to assure those who are victimized that they are not alone. The victimization only stops when perpetrators are reported and prosecuted. *video available. 100 Middle St, 6th Floor, East Tower, Portland, ME 780-3257 <https://www.justice.gov/usao-me>

Volunteer Transportation Network (VTN)

A program of People Plus. Providing FREE rides for medical appointments and grocery shopping, as well as personal needs such as trips to the bank, post office, and hair salon. Expanded services include grocery and prescription pick-up/delivery. Visit peopleplusmaine.org for application or call 729-0757. 35 Union St, Brunswick, ME 729-0757 www.peopleplusmaine.org

Write On Writers

The Write On Writers group meets every Wednesday at People Plus to read and share their works of poetry and prose, and to improve their writing skills. They have published ten books and recorded one CD. New members are welcome at any time. Experience is not necessary. Don't miss the Author's Chat on Nov 9th for the Write On Writers' 10th book, *We Write*. See page 7 for details. 35 Union St, Brunswick, ME 729-0757 www.peopleplusmaine.org



People Plus Art & Exercise Classes
(\$5/members, \$10/non-members) - punch cards available

Art Class
Tue & Thu, 9:30-11:30 am. Instructor Ed Higgins will explore different mediums. All skill levels welcome. Topics will include tools and materials, importance of keeping a sketchbook, and planning and composing your drawing.

Chair Yoga
Tue, 9 am & Fri, 11:45 am. Instructor Bea Blakemore. A wonderful blend of breathing and stretching to improve balance, stability and peace-of-mind. Offers poses and helpful techniques to be your most comfortable self. Activities occur seated in a chair.

Gentle Barre
Wed, 12 noon. Instructor Bea Blakemore. Combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Uses the back of chairs instead of a bar.

Loosen Up!
Mon/Wed/Fri, 9 am. Instructors Bea Blakemore (M) and Suzanne Neveux (W, F). A typical session (standing and seated) includes resistance training, core strengthening, and exercises intended to improve balance and posture. Take it once, twice or three times each week.

Qigong
Fri, 10:15 am. Instructor Suzanne Neveux. Related to Tai Chi but with simpler movements. Will help improve your balance and enhance personal energy. Involves meditation and coordinating slow-flowing movement. Performed standing (can be modified for chair).

Tai Chi
Wed, 10:15 am. Instructor Suzanne Neveux. Exercises your mind and body. Series of slow, gentle motions performed while standing (can be modified for chair). The body is challenged with moving slowly to keep your feet underneath you to enhance the power of your movements.

Yoga
Tue, 10 am & Thu, 11 am. Instructors Ann Kimmage (T) and Maya Rook (Th). Stretch, flex, breathe and relax for optimum well-being. Utilizes blocks and straps. Please bring your own mat.

Zumba
Mon, 10 am (Zumba Lite) and Sat, 9 am. Instructor Bea Blakemore. Aerobic and dance moves set to popular music. Low-impact for seniors.



Activity Punch Cards: Safe & convenient. FMI call 729-0757 or stop by to purchase your card! \$25 for 5 classes, \$50 for 11 classes (that's 1 free!).

People Plus Clubs (FREE, members only)



Apple Club
Date and time varies. Bring Apple device and questions. Check calendar for dates.

Books a la Carte
3rd Tuesday, 2 pm. Share what you've been reading in this unique book club.

Bridge
Mon, 1pm. Duplicate Bridge. *Tues, 9:30 am.* Casual Bridge, all levels welcome.

Cafe en Francais, French Club
4th Tuesday, 2:30 pm. Spend a lively hour once a month speaking French with good company.

Cantina Espanol, Spanish Club
1st Tuesday, 2:30 pm. Spend a lively hour once a month speaking Spanish with good company.

Civil War Book Club
2nd Monday, 7 pm. Meet to discuss books about the Civil War.

Cribbage
Wed, 8:45 am. Play cribbage with different partners.

Easy Riders Biking Club
Tue, 12:30 pm. Meet at the Center for a bike ride each week. *Does not meet during the winter months.

Fiber Arts Club
Mon, 10 am. Bring your current project and enjoy friendly conversation while you work.

Kaffeestunde! German Club
2nd Tuesday, 2:30 pm. Spend a lively hour once a month speaking German with good company.

Mah-Jongg Club
Mon/Wed/Fri, 9 am. Chinese multi-player tile game. All skill levels welcome. We'll teach you!

Table Tennis
Meet to play ping pong multiple times per week - check calendar for days and times.

Walking Club
Visit the Brunswick Parks & Rec. indoor track and log your walks in the logbook.

Wednesday Walkers
Wed, 9:30 am. Meet for a hike each week at a local or offsite location.

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

Write on Writers
Wed, 1 pm. Meet to read and share your works of poetry and prose, and to improve writing skills.



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Got errands to run? Room for one more?

People Plus volunteer drivers take folks where they need go

A woman in line at the grocery store recently overheard an older woman telling the cashier that she needed to call for a taxi. Offering assistance, the bystander struck up a conversation with her about her transportation needs.

She was 76 years old and still lived in the home she had shared with her husband and children for over 50 years. Her children now lived out of state and her husband had passed away. Yet she had decided to stay in the house as long as she was able.

"It's paid off," she explained, "and I know where everything is. I'm comfortable there. But I haven't driven in years, and with my husband's passing I feel trapped."

This is a common occurrence as hundreds of older adults enjoy their later years in life, still living in their homes. "Aging in place," defines the many older adults who live at home, make their own meals, do laundry, manage their finances, and live very well despite their inability to drive.

Fortunately, the People Plus Volunteer Transportation Network provides help and rides for people like woman in the grocery

store, and other homebound community residents.

With over 700 registered riders, the VTN program is completely free and provides rides, grocery shopping/delivery service, as well as, prescription and food pantry pickups in the Brunswick area. The VTN is the most successful and well-managed volunteer transportation programs in the state of Maine.

On track to provide more than 30,000 miles this year alone, the VTN has fulfilled over 15,000 free rides in the last five years. VTN is a lifeline for people in their homes with no access to transportation.

"I am a weekly rider with the VTN program, and I very enthusiastically affirm this service at People Plus," said Art Treffry. "The coordination in my experience has been both very earnest and superb. I would hope that this undertaking will be retained for years to come. It is serving a critical need in this area very well."

Registered riders can call with a few days' notice and ask for a ride to medical appointments, the grocery store, the library, hair salon, food pantry, etc., as well as requesting prescription or grocery pickup and delivery.

"It's those last few miles from their home that proves to be the most challenging for many people," said People Plus Executive



Director Stacy Frizzle-Edgerton. "Getting around in town or even getting down to Portland now with the Breeze is not tremendously difficult, but how do you get home from the downtown bus stop? That's really the big challenge for many of our homebound elders who can no longer drive for either monetary or medical reasons."

"Due to the nature of health and aging, close to 75 percent of our registered riders are female. Their spouses have passed away and they choose to remain living independently in their homes," continued Frizzle. "Many of these ladies have social networks outside the house, and find that the biggest hurdle to living alone is access to transportation."

Lynne Smith, the VTN coordinator, said, "Hundreds of people in our community depend on this program to get to their necessary appointments. And I love working with all of them! I know them, their families and their stories. Many of our drivers have formed bonds with the riders, picking up the same people week after week."

VTN would not be possible without the help of our community. Thanks go to generous sponsors: *Rusty Lantern Market, Suzan Wilson & Daniel McLaughlin Family, Maine*

Community Foundation, United Way of Mid Coast Maine and Spectrum Generations, who help keep the program growing!

All drivers in the program are volunteers who have clean background/license checks and we are always looking for more drivers. So, if you are interested in helping your community by becoming a driver, please contact People Plus.

Ride requests must be at least three to five business days in advance and can be scheduled for weekdays (Monday-Friday) during normal business hours (mostly 9 am to 5 pm, but can be slightly earlier or later as needed). Both riders and drivers must register to participate. Registration forms are available from People Plus and partner organizations in the network. For more information, call 729-0757 and ask for Lynne!



Join our team - Volunteer to drive TODAY!

"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.

Don't Miss!

Living Well with Chronic Pain with Healthy Living for ME

Nov. 7 – Dec. 12, Mondays, 1-3:30 pm. 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 or visit www.healthylivingforme.org.

Call 729-0757 to register for activities. FMI www.peopleplusmaine.org.

Medicare 101 with Spectrum Generations

2nd Tuesday of the month, 12:30 pm. Choosing a Medicare drug and/or health plan can be difficult and confusing. In this Medicare 101 class, held at People Plus, 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. Open to the public and free (\$15 suggested donation is appreciated). Registration is required. Call 729-0757.

Author's Chat: We Write with the Write On Writers

Wed, Nov. 9, 2 pm. Join us at the Center as the Write On Writers club debuts its 10th book, *We Write*. Their newest compilation features poetry, humor, prose and memoirs along with illustrations. See page 7 for details. Registration appreciated.

FYI! Scams: What you Need to Know

Thu, Dec. 8, 1:30 pm. Learn about the latest scams and what to do if you are a target with this AARP presentation with presenter Grace McCarthy. Free open to the public. Registration appreciated.

Apple Device Tech Tutoring

Thursdays, 9-12 noon. 45 minute one-on-one appointment for help with your Apple device! Call 729-0757 to register.



CALENDAR OF ONGOING ACTIVITIES & EVENTS AT PEOPLE PLUS

	Mon	Tue	Wed	Thu	Fri	Sat
week 1	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 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	8:30 Women's Breakfast 9:00 Table Tennis 9:00 Apple Tutoring 9:30 Art Class 11:00 Yoga	9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:00pm Folk Dance Brunswick	9:00 Zumba
week 2	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm 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 11:30 LUNCH OUT 12:30pm Easy Riders Biking 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	9:00 Table Tennis 9:00 Apple Tutoring 9:30 Art Class 11:00 Yoga	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
week 3	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 2:00pm Books a la Carte 6:30pm Toastmasters	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 11:00 Outing Club 12:00pm Gentle Barre 1:00pm Write on Writers 2:00pm Table Tennis	9:00 Apple Tutoring 9:30 Art Class 12:00pm Lunch and Connections	9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:00pm Folk Dance Brunswick	9:00 Zumba
week 4	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 6:00pm 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	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	8:00 Men's Breakfast 9:00 Table Tennis 9:00 Apple Tutoring 9:30 Art Class 11:00 Yoga	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

Meals and Presentations at the Center

MEALS:

Women's Breakfast

First Thursday at 8:30 am. Start your day with a healthy meal and good company. \$4 suggested donation.

Lunch Out

Organized get-together at local restaurants on the second Tuesday of each month. Pay on your own.

Men's Breakfast

One Thursday each month (check calendar) at 8 am. Start your day with a healthy meal and good company. \$4 suggested donation.

Lunch/Connections

Third Thursday at noon. Sign up early for this always sold-out meal with good company! \$5 members/\$10 non-members.



Meals at the Center are always popular. Come to our Lunch & Connections luncheon or Men's & Women's Breakfast to discover what all the good times are about!



Bowdoin International Music Festival Fellows wowed the audience at our summer concert.



Members listened with interest to a presentation given at the Center. They enjoyed refreshments and had a great time!

PRESENTATIONS:

Author's Chats

Maine authors tell us about their books and experiences.

Medicare 101 Session: Spectrum Generations
2nd Tuesday of every month, 12:30-2 pm. Designed to provide you with knowledge about Medicare and its many "Parts."

FYI! (For your Information) Lecture Series
Monthly programs to tantalize the mind with interesting and stimulating presentations and light refreshments.

'Aging Well' Lunch and Learn

The 4th Monday of every month at noon with programs focusing on healthy minds and healthy bodies. Bring your lunch, we provide drinks, chips and dessert.

Balance and Falls Clinics

These clinics with Reform Physical Therapy occur quarterly. Watch for dates in our monthly paper!

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A cut above at People Plus!



Call the Center (729-0757) for an appointment for a haircut with Margarita Day, former owner of Margarita's Hair Styles in Brunswick. Now retired, Margarita offers her services to People Plus and donates all proceeds to the Center! Appointment times are Fridays, 9-12 pm at the Center. Open to the public! Registration required.



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Health and happiness abounds at the Center



The smart watches and phones of today do just about everything. You can pay your bills with them, keep up with the latest news, answer emails, and so much more. And if you sit or stay stationary for too long, they alert you to MOVE.

At People Plus, we are here to help you do just that. With a long list of exercise class options to choose from every week, there is no shortage of activities to help you become and stay active throughout the entire year. Especially during the upcoming winter months.


The classes at the Center are varied and designed specifically for the bodies of a senior adult. Someone who is getting a little older may not be as loose and limber or trim and fit as they used to

be, and certainly may not have the same range of motion or strength at this stage of their lives. But none of those are reasons to not exercise. They are actually why anyone should undertake exercise, and starting a program is super easy at People Plus.

- Here are some of your options at People Plus:
- Gentle Chair Yoga, flexibility and breathing while in a chair, twice a week
 - Yoga, gentle Vinyasa flow for seniors, twice a week
 - Loosen Up, strength and flexibility training three times a week
 - Gentle Barre, stretching and strengthening once a week
 - Zumba, dance your way to fitness twice a week

(including Saturday!)
— Tai Chi, gentle flowing class meets twice a week
— Qigong, channel your energy once a week
— Wednesday Walkers, easy walking club once a week

— “Easy Riders” Biking Club, easy ride once a week
— Table Tennis, a.k.a. ping-pong, plays regularly at the Center four or five days a week
All of these options are fun and accessible to all fitness levels with the goal of improving your health and happiness!
Of course, all of these options are available to try once for free. So there’s no excuse not to come on down to People Plus and give it a go! It’s FUN!

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Who you gonna call??

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

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

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



GOOD MORNING PROGRAM VOLUNTEER Jack Rhode listens to messages at the Brunswick Police Department.



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Understanding The Value of Assisted Living

Our journey through our golden years can be tarnished with worry, and if not planned well, one challenge after another may arise. Everything from mobility to mental health can become a concern as we age, and having a plan and a support network in place are critical.

Everyone's senior living journey is unique, and needs can vary. That's why living in a setting with comprehensive services can be so helpful, and that is just what the residents of Mid Coast Senior Health's Assisted Living at Thornton Hall have to support them.

The benefits of a well-run assisted living community are several, and they start with peace of mind. Families can rest assured that their loved one will always have assistance available and have a vibrant, enjoyable experience. Licensed staff is on hand 24 hours a day to meet your needs. Importantly, couples or siblings can be at different levels of care, but still spend time together (e.g. meals, activities, quality time without the need for transportation between buildings).

Our assisted living community is just that, a community, and as such it affords social opportunities so vital to maintaining a positive and healthy outlook. We like to say that, our residents love their apartments but don't spend much time in them. Activities and events designed specifically for seniors provide each resident with opportunities to make friends every day.

The support we provide gives our residents the ability to live their lives as they would like, providing independence and choice free of many of the chores of daily living. There are no worries about housekeeping, yard maintenance, shoveling snow or any of the other tasks that can take up your valuable time.

Some of what sets our programs apart is that we can provide in-house providers for all levels of care. At Thornton Hall assisted living, our residents can receive outstanding medical care as we are part of the Mid Coast-Parkview Health and MaineHealth family. This care can help residents age in place and potentially delay the need for higher levels of care.

In addition, here are some of the services available to residents at Thornton Hall:

- Medical supervision managed by an on-site provider team
- Integrated mental health services
- Routine weight and blood pressure monitoring
- Medication and chronic disease management
- In-home therapy, podiatry, dental, audiology, optical, and laboratory services
- Coordination and transportation to medical appointments



**“With everything taken care of,
we can just relax and enjoy life.”**

Mid Coast Senior Health's Assisted Living at Thornton Hall

offers a home environment with caring services that encourage each resident to live life to the fullest.

We offer an opportunity to live as independently and comfortably as possible in a carefree and peaceful home, with a breadth of healthcare services and social activities readily available.

For more information on services and amenities, call **(207) 373-3646** or visit **www.midcoastseniorhealth.com**.



Mid Coast Senior Health
MaineHealth

- Weekly housekeeping and laundry
 - Facility, grounds, and utility maintenance
 - Three daily meals and healthy snack options
 - Assistance with activities of daily living
- Our goal at Mid Coast Senior Health's Assisted Living at Thornton Hall is to expand

the horizons of our residents rather than restrict them. We aim to provide support that will allow the pursuit of what they enjoy most.

You can learn more about our facility and programming here or you can call (207) 373-3646.