



Plus!
People NEWS!
 THE CENTER THAT BUILDS COMMUNITY SINCE 1976

People Plus
 P. O. Box 766
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People Plus supports an engaged, healthy, and independent life for older adults, while joining others to build community for all ages

35 Union St. / PO Box 766, Brunswick, ME (207)729-0757 www.peopleplusmaine.org November 2022 Volume 22, No. 11

Health Expo draws huge crowd!

11th edition earns high praise for bringing services together



The People Plus Senior Health Expo just keeps getting better and better. The just-held 11th edition, which took place at the Brunswick Recreation Center, had an amazing turnout and a record number of sponsors, which is incredible for our first in-person Expo since 2019!

The annual event, which was free and open to the public, gave attendees the opportunity to learn what services are available in the Midcoast region to help them live a longer, healthier life.

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.

"We distributed 400 swag bags, had 600 attendees, 80 businesses, services & programs, and signed up 46 new People Plus members! It was amazing," said People Plus Executive Director Stacy Frizzle-Edgerton. "The feedback from all sponsors, vendors, and attendees was that it was an amazing day and they were all so surprised

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"THE SENIOR HEALTH EXPO was such a wonderful and lovely success. Coming together after three years felt incredible and I think all of the participants and attendees were so thrilled to be there. Thanks to Brunswick Police Chief Scott Stewart for shooting this selfie with several members of the board of People Plus!" - Executive Director Stacy Frizzle-Edgerton

Look for your letter!

People Plus annual fund provides vital services

Just consider the following:

- Thousands of miles of FREE transportation to hundreds of riders.
- The delivery of thousands of grocery, medical, and pharmacy orders.
- Thousands of meals provided to older adults.
- The loaning of medical equipment to homebound elders.
- Countless visits to the Center for games, clubs, presentations, and classes.

As the information listed above shows, People Plus is an invaluable resource for our community. People of all ages are able to receive the type of support that goes a long way toward making their lives better and safe.

The programs and services that are facilitated by staff and volunteers at the Center have a tremendous impact on literally

thousands of people. Over 1,500 members can take exercise classes, learn languages, enjoy a snack or meal, take art lessons, play cards and games, attend presentations; the list is almost endless. It's a place to meet and make new friends.

"In the last 45 years, we've grown from a tiny social group with cards and bingo to a real community center with more than 1,500 members. We have gotten through the best of times and the worst. We've grown stronger, and today need each other more than ever," said Executive Director Stacy Frizzle-Edgerton.

With that in mind, People Plus is launching its annual fundraising campaign in November. And we would appreciate your support!

People Plus receives no money from the state or federal level. A portion of our funding comes from the towns of Brunswick and Harpswell, United Way, and Spectrum Generations, but the Center must

continued on page 3

Get in the holiday spirit at Gardens Aglow



Start the holiday season early and join us on Thursday, Dec. 1, for Frank's Field Trip as we take "the big bus" to the Gardens Aglow Festival of Lights at Boothbay's Coastal Maine Botanical Gardens.

The bus will leave People Plus promptly at 3 pm, with participants required to be at the Center by 2:30. You can leave your car at People Plus. The bus will arrive at the Gardens about an hour later.

According to Frank, the plan

is to stay at the light show about an hour, then reboard the bus back to the Center for an optional pizza party!

Please note that walking is required and no rollators/walkers are permitted. It will be dark and you should dress warmly. This trip is for members only, and is open to the first 40 who sign up and pay. The cost, including transportation and admission to the event, is TBD.

If the weather is bad, the trip will be canceled and money refunded. Call to register and pay.



Don't miss this Author's Chat!

Write On Writers group launch 10th book on Nov. 9

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

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.

Contained amid its 185 pages are poetry, humor, prose (fiction and non-fiction),

continued on page 6



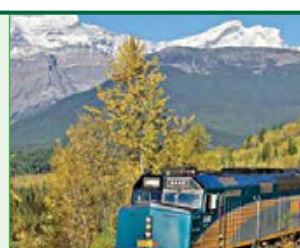
Come travel with your friends!

Join us for a Collette Travel Trip Talk!

Tue, Nov. 15, 1:30 pm. Learn about our Collette Travel trips planned for next year! Trips are open to the public.



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



Canadian Rockies featuring Glass-Dome Train

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

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



People Plus News

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

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Still grateful after all these years!

As we head into the holidays, I was thinking how the month of November seems to traditionally focus on gratitude, and wondered why that only happens one month a year? Here at the People Plus Center, I find that people actually express their gratitude all the time. (They don't save it up for just one month a year!)

I get cards, emails, and notes weekly from members saying how thankful they are for an event or class they attended, or for a free ride, a free meal or a prescription delivery. It's really lovely and I'm grateful for the notes and for the people!

It got me thinking how thankful I was when I was hired for this job and how I had no idea that it would be so incredibly rewarding to work here. I didn't realize

that all we do here is make other people's lives happier and healthier and better. And who wouldn't be grateful for that?

I realized how little I knew when I started, so I asked Jenn, our newspaper designer, to pull my column from this time 10 years ago. I wondered what I talked about way back when for my one-year column. I couldn't believe how similar my feelings were then to how they are now!

Reading the words I wrote a decade ago was lovely and uplifting because I think it speaks volumes in that not only was I incredibly grateful back then, I'm still just as grateful and amazed now — a decade later!

At that time I had no idea how long I would work here, what my life would

From the Executive Director

Stacy Frizzle-Edgerton



THE PEOPLE PLUS CIVIL WAR BOOK CLUB COMES TOGETHER TO DISCUSS THE CIVIL WAR, writings on the topic and more! This group typically meets at the Center one Monday each month at 7 pm - check the calendar for dates. They love having new members!

Red wheelbarrow awaits your food donations!

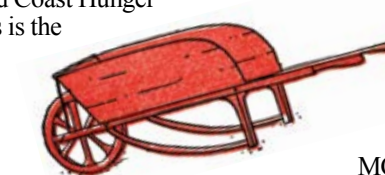
The holiday season is fast approaching, which means it is time to start filling up the little red wheelbarrow with food donations at People Plus.

Every nonperishable food item brought to the Center goes to the Mid Coast Hunger Prevention Program. This is the 14th edition of such a worthy cause.

"Every year, for as long as I can remember, People Plus has done an annual food drive around the holidays with their little red wheelbarrow," said Karen Parker, Executive Director at MCHPP. "We are so grateful for the partnership and for keeping the mission of MCHPP in front of the People Plus community. It's in the spirit of collaboration and partnership that together, we can help our community have access to healthy food."

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.



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

"Every year, people have been bringing in food items and we can't thank them enough," said Sarah Deck, Office Coordinator at People Plus. "The issue of hunger really never goes away, so anything we can do to help others is greatly appreciated... especially during the holidays."

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!

Annual Fund launch continued from page 1

raise over \$300,000 a year to meet the total budget demands.

To that end, the People Plus board of trustees will be personalizing the letters that get sent to potential donors, signaling their support for what goes on at the Union Street facility. The letters are often followed up with personal contacts from the board, staff, or development committee members.

This year's goal is \$70,000. The funding is specifically slated for Senior Center programming: Supporting homebound elders, as well

as the Volunteer Transportation Network, keeping all the classes in the Center at low cost, free lectures, free gaming and language clubs, and free events and more.

"We are hopeful our members and community partners will continue to send their contributions to keep this Center going," said Frizzle. "We welcome the challenge to provide these services and your support is invaluable."

In advance, we thank you for supporting People Plus!

Carrot and Ginger Soup

- | | |
|---|---|
| <p>Ingredients</p> <ul style="list-style-type: none"> • 1 Tb. extra-virgin olive oil • 1 C. chopped yellow onions • 3 garlic cloves, smashed • 2 heaping cups chopped carrots • 1½ t. grated fresh ginger • 1 Tb. apple cider vinegar • 3 to 4 cups vegetable broth • Fresh black pepper • 1 t. maple syrup | <p>Instructions</p> <ol style="list-style-type: none"> 1. Heat the olive oil in a large pot over medium heat. Add the onions and black pepper. Cook until softened, stirring occasionally. Add the smashed garlic cloves and carrots to the pot and cook about 8 minutes more, stirring occasionally. 2. Stir in the ginger, then add the apple cider vinegar, and then add 3 to 4 cups of broth. Reduce to a simmer and cook until the carrots are soft, about 30 minutes. 3. Let cool slightly and transfer to a blender. Blend until smooth. Taste and adjust seasonings. Add maple syrup. |
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PEOPLE PLUS NEWS NOVEMBER 2012

'I had no idea ...'

So it's been a year. I had my one-year anniversary board meeting today! At this time last year I'd been on the job here at People Plus for about 10 days, and my head was swimming! I was overwhelmed by the learning process that takes place anytime you start a big new job. But it was so exciting and I was thrilled to be doing it.

We were about to launch the annual fund campaign at that time last year, (just as we are now) and at the time I had no idea how much work several of the board members like Alison Harris and Ann Frey had put into pulling all of that together. But boy I sure do now!

This time last year I didn't really have a grasp on the amount of programming that takes place at the Center, or how much work it would be for Rebecca to pack the place with programs, events, brownbag lunches, classes and educational opportunities like she does so well. But boy I sure do now! Although I still don't know how she juggles it all!

I had no idea at this time last year how much effort Betsy puts into keeping the Center organized. Getting the bills paid on time, dealing with that darned fire

alarm, sending out membership cards and thank you letters, maintaining the banking/checking account, managing the bookkeeper, finding the best deal on everything from paper to cheese platters to doughnuts, and generally keeping us all on track. But boy I sure do now!

When I started last year I wasn't really sure what Frank did. I thought that he sort of "does" the newspaper, sort of helps with events, kind of manages the membership, and pretty much juggles four or five jobs. But boy I know for sure now. He maintains the smallest little details from happy birthday phone calls, to membership info or the history of the organization, while keeping the facility in shape.

And then there was Jordan. When she left us, I was just starting to understand what she did with those teens. Since then, Pete Coffin has taken over and we are finding our way together. He has them cleaning up at night, has a new teen star every month, organized after-school movies and mentors the teens like nobody's business. Attendance is up, behavior is improved, and we've all gotten over the rocky road of "change"

From the Executive Director

Stacy V. Frizzle



from Jordan leaving.

I had no idea a year ago what Gladys did, but I sure do now. Managing the volunteer desks, the lunch crew, and generally helping out about the place — she's a godsend and I don't know what we would do without her. Along with Dottie, Nancy, Shelley and the ABLE gang, we have a great crew!

And I definitely had no idea when I started here a year ago how many lives were touched or changed by the work that happens at the Center every day. But boy I sure do now. I see it every day. I hear it from members all the time. And I feel it in the warm smiles of the people that we see every day.

And I truly had no idea how very many people volunteer their time to ensure the success of this Center. I have no idea what the next year will hold here at the People Plus Center. But boy I sure can't wait to find out!

All things carrot!

We still have some carrots in the ground after harvesting nearly 20 pounds last weekend. The carrots are in all kinds of

shapes and sizes. For the past week, I have been busy trying to come up with some creative ways to use the carrots!

Here are some of the ways that we have used the carrots so far:

- Roasted carrots, squash, onion and pepper that was added to our homemade spaghetti sauce.
- Shredded carrots added to a cole slaw.
- Eight mason jars of canned carrots.
- Roasted carrot, squash, parsnip, and onion soup.
- A stir-fry.
- Roasted carrots with black pepper and honey.

From Anita's Plate

Anita Nugent (207) 504-6439



- Mashed carrots and turnips.
 - Carrot and ginger soup.
- Other ideas that I haven't made yet but are on the to-do list are carrot hummus, and carrot and zucchini fritters. I hope that you like some of the suggestions and try a different way to enjoy your carrots! See recipe on page 3.



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We take your loved ones comfort and health to heart.



Welcome Home



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

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

Mid Coast Senior Health
MaineHealth



IT TAKES LOTS OF VOLUNTEERS to feed the masses at People Plus. It was so awesome to have both a fully attended Men's Breakfast and fully attended Women's Breakfast in October at the Center! Two of the women who volunteered were Debbie Brooks and Beth Ring, seen here serving French toast casserole and sausages to a couple dozen of the ladies. While George Hardin, Frank Connors, Rick Hensby and Moe St. Pierre dished out eggs, home fries, sausages and homemade apple strudel muffins to the men a week later. If you aren't coming to these monthly breakfasts at the Center, you are missing a lot! Thanks to our volunteers for doing the heavy lifting!

Giving thanks in November!

November Member Only Raffle

Win a "Members only" Thanksgiving feast. November's big holiday is about giving thanks and celebrating family. Our raffle for November celebrates YOU, our People Plus family, by offering a chance to win Thanksgiving dinner for up to four people! By participating, you will also be "giving" to our homebound seniors. So please buy a ticket for a chance to win a homemade Thanksgiving dinner with all the fixings prepared by Stacy and the People Plus staff—including a tasty pie from Jane Connors! Food will be delivered right to your door on Tuesday, Nov. 22! \$10/ticket (3 for \$20) supports homebound elders. The drawing for this lucky winner will be Thursday, Nov. 17th! To purchase tickets, stop by the People Plus Center, M-F from 9 am – 1 pm or give us a call at 729-0757.



Lunch & Connections

It wouldn't be Thanksgiving without turkey!

Headlining the menu will be, you guessed it, turkey (brined and roasted by Stacy). Accompanying dishes include stuffing, mashed potatoes and gravy, cranberry sauce, green bean casserole, pickled beets, salad and rolls. And don't worry, we haven't forgotten about dessert! It will be homemade pumpkin pudding over cookie crumble with whipped cream, plus ginger-snap cookies. As always, don't miss this one. Bring along your friends and appetite for good food and conversation.

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 \$0/\$0 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.

Center Clubs

Free: Members Only *FMI 729-0757

- Apple Club**
Tue, Nov. 29, 1:30 pm. Bring your Apple device and questions.
- Table Tennis**
Mondays & Tuesdays, 11 am; Wednesdays, 1 pm; Thursdays, 9 am.
- Fiber Arts Club**
Mondays, 10 am. Bring your current project and enjoy friendly conversation while you work.

- Wednesday Walkers**
Wednesdays, 9:30 am. Meet for a walk or hike (usually an hour). Details listed in the People Plus News and weekly 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.

Good Eats – Good Friends!

- Women's Breakfast**
Thu, Nov. 3, 8:30 am. Enjoy breakfast while socializing with the ladies. Members only. Call to register. \$4 suggested donation
- Men's Breakfast - new time!**
Thu, Nov. 10, 8:30 am. Enjoy breakfast while socializing with the gents. Members only. Call to register. \$4 suggested donation.

WEDNESDAY WALKERS

Wednesday Walkers Club Destinations for November:

- 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.
- Nov. 2 - Planning meeting at People Plus Cafe @9:30 am
- Nov. 9 - Bowdoin Trails, carpool: PP @9 am to carpool (or meet at Bowdoin College Watson Arena by 9:30).
- Nov. 16 - Swinging Bridge, meet at PP @9:30 am to walk Brunswick-Topsham loop.
- Nov. 23 - Brunswick Bike Path, carpool: PP @9 or meet at the Bike Path (Water Street side) by 9:30. Note: the Center will be closed.
- Nov. 30 - Pineland Farms, New Gloucester, carpool: PP @9 am or meet at Pineland Farms by 9:30. Walk will begin once carpool group gets to Pineland.

Programming Notes for November:

- Men's Breakfast time changed to 8:30 am
- Easy Riders Biking Club will not meet in the colder months beginning in November. See you in the spring!
- People Plus will be closed Friday, Nov. 11, as well as Wednesday, Nov. 23 – Friday, Nov. 25.

Low Cost Hair Cuts!

Fridays, 9-12 pm. Appointments with Margarita Day (no drop-ins). \$10 donation benefits People Plus. Open to the public! Registration required.

Apple Device Tutoring

Thursdays, 9:30-12 noon. One-on-one Apple device tutoring sessions. Bring your iPhone, iPad, MacBook, etc. Members only, by appointment, 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.peopleplussmaine.org.

Activity Punch Cards

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

Medicare 101

with Spectrum Generations
Tue, Nov. 8, 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.

Calling all game players!

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

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.

Do you get our weekly email?

Jill sends a weekly email with all the events happening the following week at People Plus. The email also includes a weekly wrap-up article written by Stacy, a Teen Center update from Jordan and of course, Frank's weekly Two-Cents article. Email programming@peopleplussmaine.org or call 729-0757 to be added to the list!

Mon	Tue	Wed	Thu	Fri	Sat
Remember in November... Nov. 6: Daylight Savings time ends at 2 am. Nov. 8: Election day! Nov. 11: Center closed for Veterans Day Nov. 23-25: Center closed for Thanksgiving break. Have a safe and happy holiday!	9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 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 9:30 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
9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Living Well with Chronic Pain with Healthy Living for ME 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 11:30 LUNCH OUT 12:30pm Medicare 101 2:30pm German Club 4:30pm TCAC Meeting	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 2:00pm Author's Chat: Write on Writers	8:30 Men's Breakfast 9:00 Table Tennis 9:30 Apple Tutoring 9:30 Art Class 11:00 Yoga	Center Closed 	9:00 Zumba
9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Living Well with Chronic Pain with Healthy Living for ME 1:00pm Bridge 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 1:30pm Collette Trip Talk 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	9:30 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
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9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Living Well with Chronic Pain with Healthy Living for ME 1:00pm Bridge	9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 1:30pm Apple Club	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			People Plus Business Hours Monday-Friday 9 am to 4 pm THE CENTER THAT BUILDS COMMUNITY SINCE 1976 Call 729-0757 to register

People Plus THE CENTER THAT BUILDS COMMUNITY SINCE 1976

The monthly calendar page is sponsored by

Mid Coast–Parkview Health
MaineHealth

CLYNK

A solid fundraiser, one nickel at a time

Perhaps you didn't know you can save your returnable bottles and cans to benefit the People Plus Center. The "CLYNK" returnable program, sponsored by Hannaford Supermarkets and endorsed by the Center, is one of those "under the radar things we do," that benefits both the Center and our community. Green "CLYNK" bags, pre-barcode with the Center's unit numbers, are always available at our information desk. You need only to fill the bag with your returnables, scan and drop it at the store when you next shop, and the Center receives credit for the accumulated deposits – \$911 for this year alone! Thank you for recycling, and thank you for supporting your Center.

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A Milestone *By Doris Weinberg*

Today is the last day of my 89th year. Yes, tomorrow is my birthday. I will turn the big 9-0, but I don't want any big display!

I would rather keep it quiet, and only my family would know. But where I live, will announce it at dinner, while I really want to lay low.

There will be a balloon and a basket, filled up to the top. I will find candy and nuts and stuff, depending on who shopped.

I really am happy to celebrate this day. The alternative isn't so nice. If I had a big cake, I would pass it around, and all would get a big slice.

My mom lived to be 96 and was happy and healthy to the end. I haven't given my age a thought, but that long would be a dividend!

My body now has lots of aches and I have slowed down quite a bit. Thanks goodness, one thing I like to do, is sit on my couch and knit.

My window plants are really thriving. The leaves are green and shiny. And my tuxedo cat, Toby, is black and white, and certainly not very tiny!

So at this age, my life is good and there's nothing to complain about. Where I live, everyone has white hair, so at least I don't stand out!

Being 90 will come and go, life goes by so fast. And before I know it, I'll be 91. Some things never last!

My Song *By Bonnie Wheeler*

Hear my voice. I lift it up to you. I cannot waste it. You fill me with music. Every need I desire. And I sing.



Valuable Volunteers

By Betty Bavor

Organizations and people appreciate volunteers who give of themselves and benefit physically, mentally, and emotionally.

The recent People Plus picnic at Thomas Point Beach was proof of happiness for volunteers who served 164 smiling guests the delicious lunch they prepared for this glorious party. Volunteers do not expect rewards or recognition as they meet, make new friends, discover new skills, and accomplish a needed task.

There is something for all ages, interests, skills, and talents. Volunteer with sincerity, dignity, pride, grace, and joy — making our world a more productive, happier, caring, and peaceful universe for mankind.

Today *By Bonnie Wheeler*

Do something kind today. Bring joy before it's too late. Make a difference to someone in pain. Hold their hand, rub their feet, comb their hair. Bring them something good to eat. Show your love to the lonely today. One day it will be your turn. Gifts of kindness will be repaid.

Poems & Prose



Author's Chat continued from page 1

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 is also an introduction by longtime member and former staffer Frank Connors.

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 for \$14.95.

How We Celebrate Veterans Day

By Nonie Moody

Houston, Texas

As a large city, Houston puts together a massive parade honored by many visiting veterans. The city takes advantage of this occasion by setting up job opportunities with more than 30 corporations on hand. Also, a health fair for free screenings or talk to a doctor for active and inactive veterans. A formal ceremony with a 21-gun salute ends the day.

Auburn, Washington

Auburn is a small town on the West Coast. Auburn hosts one of the country's biggest parades. Walking through a typical American Main Street town, the parade includes high school marching bands, veterans' units, honor guards and military vehicles, including some 200 units with 6,000 participants.

Chicago, Illinois

Chicago offers a special exhibition each November in the National Veterans Art Museum. The museum features 2,500 artifacts of combat-inspired works made by vets. The museum is open all year long, but stays open late on Veterans Day.



Thanksgiving Dinner Table

By Vince McDermott

As I look back

Over my time

I think of things

And make a rhyme

The holiday table

Laden with food

Where oldsters sat

In a good mood

The youngest sat

At tables small

One crowded meal

Even in the hall

All sorts of people

Shared our plight

Distant cousins

A priest one night

Year in, year out

We waited our turn

To move on up

Doing a slow burn

At last, at last

My time did come

And to think

I was but twenty-one



Thank you, Sarah

By Bonnie Wheeler

At 81, my legs are damaged and weak, Walking is quite an unsettling feat. Wobbled on a cane, Sarah noticed my pain. She had the answer to my sorrow, She got a walker, for me to borrow, Waiting for me on Wednesday at noon To help me go to the Write On room. Thank you for your compassion and kindness.

My Accordion

By Lucy Derbyshire

A writing prompt in September was a musical experience. My ex-husband's two older sisters, Carolyn and Judy, played accordions as I did. They played in a women's group of 10 for their Lutheran church.

At eight or nine, I loved to watch Lawrence Welk's accordion player. And I loved the black man who tap danced. They both made it look so fun and easy.

I bought some tap dancing shoes that fit and read a few books on how tap dancing works. I could never get my feet to go the right way. So I finally gave up.

My weekly allowance was a dime. I would not be able to afford an accordion. So I did some serious begging. My Dad, John Frederick, was sick of hearing about my upcoming birthday at age 15 and how I really

"needed" an accordion. My father being the kind of man who got sick of hearing someone whine, produced my piano accordion on my birthday. I knew he had bought it from the pawn shop around the corner. It was gorgeous and the only gift I ever got that I remember getting. I could not have been happier. An Italian man had owned it and all the sheet music was still in the velvet-lined case. I could not wait to learn to play it.

Brother Anderson, the minister of music, at the Open Bible Pentecostal Church was going to teach me. In one hour, he told me all I had to do was play the treble with the right hand and the bass with the left. I had it down to a T. However, I

never knew any pokas and never learned to play any on my accordion at all. I did know every hymn in the hymnal.

At age 17, I had arrived at Menonite School of Nursing and the student nurses were going to demonstrate some musical talent. I was selected to play my accordion since no one else could play such an instrument, I guess. My favorite song was "When They Ring Those Golden Bells." And I had played it perfectly when demonstrating my skills.

As I looked over the two or three hundred people who were waiting to hear my music, a bad thing happened. I got stage fright. I could not talk, move, or remember anything. All I



New art show to feature works of Daphne Frizzle



THE NOVEMBER AND DECEMBER CAFÉ ART SHOW features Daphne Frizzle showcasing her landscapes and other works. With nearly 1,000,000 followers on TikTok, (an online video channel similar to YouTube), Daphne teaches hundreds of thousands of people how to paint.

The new "Bob Ross" of painting videos hails from Brunswick, Maine.

We have a special treat for the upcoming art show. Going on display in the Center's Café Gallery for the months of November and December will be the wonderful works of Daphne Frizzle, the daughter of our Executive Director Stacy Frizzle-Edgerton.

Taking time out of her extremely busy life, we put three questions to Daphne and she was kind enough to respond:

A few comments on your art education/background, please? "In grade school, art class was always my favorite — but the person who really changed my life regarding art was a local watercolor artist named Tricia Smith. She taught private after-school art classes for older kids/teenagers that absolutely skyrocketed my skills and gave me the boost that I needed to feel capable of a career in art. She's the reason why I've been able to study at the Florence Academy of Art, Maine College of Art, and the Academy of Realist Art in Boston in adulthood."

What art mediums do you prefer? "All of these educational experiences have pointed me toward my favorite medium, oil paint. It costs a pretty penny and requires a lot of patience to use, but at the same time provides a depth and glow that cannot be achieved with any other medium."

A few comments on the artwork you will be presenting in the People Plus show?

"My favorite way to use oil paint is for landscape painting. The body of work I'll be showing at People Plus is a compilation of captivating landscapes — some of which are personal projects that are dear to my heart, and some are paintings I've created as tutorials on TikTok (an online video channel similar to YouTube). Several of these tutorial paintings have had as many as 20 million views, and have been recreated by hundreds of other artists who followed the step-by-step process in the videos. The original 'TikTok Paintings' will be on display, alongside a loop of their matching tutorials playing on a monitor."

Thank you, Daphne, and we are looking forward to your art show. The exhibit is open to the public during regular business hours at People Plus, Monday through Friday, 9 am - 1 pm.

You are also invited to "Meet the Artist" and share refreshments on December 6th at 11 am.



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

Lucy by the Sea by Elizabeth Strout. This novel features a long-divorced couple from New York City, who return to Maine during the COVID lockdown. There is some intertwining with the author's earlier books. Olive Kitteridge anyone? This is a very worthwhile and engrossing book — and it is not too long.

The Summer I Dared by Barbara Delinsky. This is the story of two survivors of a terrible accident which occurred during a lobster fishing grounds war. It is set on an island off Rockland, Maine.

The Pull of the Stars by Emma Donoghue. This book is set in 1918 in Dublin, Ireland. A flu-like illness spreads through a hospital maternity ward. Very good writing.

NONFICTION

Tunnels by Greg Mitchell. This is a very interesting account of the tunnels dug by

people trying to escape East Germany prior to the fall of the Berlin wall.

The Genius of Jesus by Erwin Raphael McManis. The author examines the person of Jesus, who was divine, but was also a man who radically changed the possibilities of what it meant to be human.

Grandma Gatewood's Walk by Ben Montgomery. The true story of one woman's effort to save the Appalachian Trail in 1935.

Finding Freedom by Erin French. The story of the founding chef of the famous restaurant The Lost Kitchen in Freedom, Maine. The author tells of her early very difficult life and how she became the successful chef.

MYSTERIES

The Rising Tide by Ann Cleeves. In this new Vera Stanhope mystery, a murder occurs during a school reunion on the holy island of Lindsfarne off the coast of Scotland. An earlier death had happened at a reunion decades earlier. Is there a connection?

The Clairvoyant Countess and Kaleidoscope by Dorothy Gilman. Here are two books about Madam Karitska, a psychic who works with the police to solve mysteries. In doing so, she helps people reach their potential. Very entertaining. Marple: Twelve New Mysteries. This is a new book containing tales written by different authors in the manner of Agatha Christie.

Comments: news@peopleplusmaine.org

Gone but not forgotten –
Sally Butcher June 22, 1935 – Oct. 15, 2022
Beverly LaPointe Oct. 22, 1931 – Oct 17, 1922

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MARTIN'S POINT
HEALTH CARE



WICKED JOE



Health Expo continued from page 1

and impressed by the turnout.”
 Let’s hear what folks had to say about this year’s gathering:
 — Judy McRae of Brunswick said, “This is my first time coming to an Expo. I just thought it would be a great way to obtain some valuable information. What a great turnout!”
 — Alice Franklin of Brunswick said, “I’ve never been to one of these Expos. Having all these programs and services at one location is great.”
 — Susan of Brunswick said, “This is phenomenal. Look at all the people here. To be able to provide all these services is wonderful.”
 — Priscilla Lee of Brunswick, a People Plus member, said, “This is the first one I’ve been to. I’m impressed by what I’ve seen here today. There’s so much information.”
 — Hope of Harpswell said, “Isn’t this amazing! All this in one place.”
 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, Big Top Deli, Brunswick & Topsham Housing Authorities, Bridges Home Services, Martin’s Point Health Care, and Wicked Joe Coffee.
 Many sponsors and vendors were certainly glad they attended the Expo. Here’s what they had to say.
 — Katie Joyfulheart of Lifestyle Essentials said, “Healthy aging starts with eating wholesome and nutritious foods. By being here, I am able to show people how

to go about doing that.”
 — A member of the Spectrum Generations team said, “While many of those here are from for-profit businesses, the services we provide are free and we wanted people to know what we offer.”
 — Amy McLellan of The McLellan said, “Running my own business, I’m very busy. So this is a great way to network with so many other people, and to find out what’s going on.”
 — Amy Berube of The Highlands said, “It’s nice to be able to offer information. What’s great is if I don’t have what someone needs, I can point out others who might be here to help them. Plus it’s great meeting all these people.”
 — Stacie Luxton of Northbridge Companies said, “We believe it is important for folks to be aware of the facilities we offer. We just want to let them know we’re here if they need us.”
 — Jay McCreight of Harpswell Aging at Home said, “Maine is the oldest state population-wise and Harpswell has a large elderly population. We’re here to help provide services for those individuals.”
 — Val Lovelace of Maine Death with Dignity said, “People need information so they can make informed decisions and this is a great opportunity to provide such important information.”
 In addition to providing a link between consumers and providers, the gathering also encouraged networking within the community, thereby strengthening the value of products and services.
 “We were so happy with the turnout for our first Expo back in-person,” said Jill Ellis, People Plus Program and Events Coordinator. “We had a continuous flow of traffic from beginning to end and glowing reviews from vendors and guests. We are happy to be able to bring this event to the Midcoast community to highlight all of the wonderful services that are available.”
 Thank you to all for attending and supporting the People Plus Senior Health Expo. See you next year!

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 Cindy Sullivan.

Q. The community where you live?

A. I live in West Gardiner with my husband and Border Collie/Golden Retriever mix, a part-Coon cat named Cohen, and an African Grey parrot named Digger. Yes, my house is like a comedy show when the animals all interact.

Q. Professional occupation?

A. I am the Executive Director at Thornton Oaks Retirement Community. I love working in an environment where it feels like home. Many of our residents take advantage of the People Plus programs.

Q. How did you become familiar with People Plus?

A. I have been involved with People Plus for the past five years through my previous employer Spectrum Generations. Our programs were located at People Plus, so I frequently came to the People Plus Center. I also took part in several programs and fundraisers, like the Music in April event and the Senior Health Expo throughout the years.

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

A. People Plus is truly a community center that brings together all age groups. I think it is important to acknowledge that it takes many people with diverse backgrounds to help keep People Plus growing and serving the community. I’m looking forward to being part of People Plus in another capacity.

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

A. I grew up in New Jersey, went to college in Boston, and slowly made my way north. I have been living in Maine since 1990. In my spare time, I like to hike, especially in the fall, love curling



up with a good book, playing in my garden, and I’m addicted to working with essential oils and herbs.

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

A. People Plus is truly a community center that brings together all age groups. I think it is important to acknowledge that it takes many people with diverse backgrounds to help keep People Plus growing and serving the community. I’m looking forward to being part of People Plus in another capacity.



Brunswick Area Teen Center

Giving thanks for so many things!

Help give teens a wonderful holiday

November has a lot going on! We vote, we observe Veterans Day to thank those who served, Daylight Savings Time ends, Thanksgiving comes, then Black Friday shopping madness — and at the end of the month the Advent calendar begins!
 For our youth members, they have teacher conferences this month and, depending on what sport they have been playing, the season has ended.
 It’s a month to be thankful for what and who we have in our lives. It’s a month to reach out to those who don’t have others to celebrate with or the means to have a Thanksgiving feast.

The teen program tends to get busier in November with sports ending for some of our members.

It gets colder in November, and we are anticipating that some of our walkers will be joining our van pick-ups! It has been so great to be able to pick kids up who really want to come to the program but had no way to get here! We are thankful for many things and the van is one of them

for sure!

We are thankful that the Teen Center program has been able to serve the community for 17 years now and for the ever-growing community support that keeps us going.

Because I am there and with the kids who come in, I want to emphasize how thankful they are for the program. It really feels like extended family (both for staff and the kids), especially as some of the kids attend for years and years. The kids come in, check to see who is or isn’t there, ask us where they are (especially if a staff member is off that day), then ask, “what’s for dinner “and others ask, “what’s for lunch?” Whichever meal it is for them it is an important part of their time with us!

We continue to come in each afternoon to find treats someone(s) has either gathered for us or made, which we love and appreciate greatly.

We will put together a Thanksgiving

Brunswick Teen Center News

Jordan Cardone



food basket for one or two of our teens’ families that we know could really use it this year.

Then we start gathering items so that we can give all our youth members a December holiday gift and do our annual Yankee Swap with them, definitely something they look forward to each year, and a few of them have already asked if we are going to do that again. Yes!

This year our goal is to collect enough gift certificates to give each member two tickets to Regal Cinema again and Amazon gift cards, as those were the top-rated gift certificates over the years! We are very thankful we have been able to make their holiday merrier over the years!

Until then, we can enjoy November’s beautiful colors and later in the month, the wonderful smells of holiday meals! Every day we are thankful for YOU!

Happy Thanksgiving!
Jordan and the gang

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People Plus! TRAVELS!

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



NEVER TRAVELING WITHOUT THEIR TRUSTY PAPER, Bruce and Doris Neiman took theirs to Washington DC for Bruce’s USS Bang submarine crew reunion. And Stacy’s husband Jonathan took his all the way to Italy and perused it during breakfast!



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Monthly Update

November 2022



Are you ready for a Win-Tree Wonderland?

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

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If you have questions, please call your local agency on aging at 207-622-9212.

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



FANCY MEETING YOU HERE! That's probably what Jonathan Edgerton said to Steve Winter when he introduced himself at the airport. They were both at Logan going on trips when Steve approached Jonathan and asked if he was Stacy's husband. He had seen Jonathan's picture in the People Plus News often enough to pick him out in a crowd! What a small world it is!



FYI! PRESENTATIONS (FOR YOUR INFORMATION) ARE BACK in person at People Plus! Dozens of members enjoyed a delightful afternoon of storytelling last month as Bill Hinderer, a storyteller for over 30 years, entertained the audience with tales of Scotland while dressed in traditional apparel. Scottish snacks were served (excepting Haggis), as well as strong dark tea. The Center is excited to resume its monthly FYI series and other presentations at the Center to engage the minds of our members and the community.



THE PEOPLE PLUS WEDNESDAY WALKERS recently enjoyed a nice day at Beaver Park, which is located off the Cotton Road in Lisbon. The family day-use park has two picnic areas, a seven-acre field with two regulation softball diamonds, seven miles of hiking/cross-country ski trails, and a fitness course with exercise stations at three different locations along the one-mile course. The Wednesday Walkers explore many areas of the Midcoast Maine region and they gather at the Center on Wednesdays at 9:30 am. All are welcome! Photo courtesy of David Selleck.

Pejepscot Genealogical Society November presentation features Ronda Randall

The Pejepscot Genealogical Society will hold its next meeting in the Morrell Meeting Room of the Curtis Memorial Library in Brunswick on Sunday, Nov. 13 at 2 pm. PGS member Ronda Randall will be presenting "Our Road to Shiloh: How a Holiness Sect in Durham, Maine Planted the Roots of Our Family Tree." Randall will discuss how the paths of all of her great-grandparents intersected with the Shiloh community and the subsequent impact this had on her interest in genealogy and family lore. FMI: Contact Steve Gilchrist at (603) 454-4094.

Lunch Out! November 8th, 11:30 am

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86 Maine St, Bruns., 725-5111
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14 Maine St, Bruns., 319-4431
www.sethlevy.com

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9 Pleasant St, Bruns., 725-7177

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

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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
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212 Maine St, Bruns., 406-2122
www.flipbrunchbar.com

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Each month we highlight a few of the businesses that give People Plus members a special deal or discount.

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35 Gurnet Road, Bruns., 729-4131
27 Monument Pl., Topsh., 729-1676

Maine State Music Theatre

Senior discount (60+) on matinee tickets
22 Elm Street, Bruns., 725-8769, www.msmt.org

PEOPLE PLUS MEMBERSHIP APPLICATION form with fields for Name, Phone, Birthdate, Email, Address, and dues information.

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

Senior Companion and Personal Care Services advertisement for Seniors On The Go, now hiring in Brunswick to Portland.

Topping off my 26th "century ride" with a wonderful view

Editor's note: My column topics center around life stories. As many of you know, riding a bicycle is a big part of my life.



Simply put

Patrick Gabrion



One definition of the word challenge, according to Chambers, the dictionary of choice in our household, is as follows: A task, undertaking, etc. to test one's powers and capabilities to the full.

The 100-mile ride, bicycling the roads of Bar Harbor, Mount Desert Island, and Acadia National Park, is an all-consuming endeavor — both physically and mentally.

In professional cycling, a time trial is often referred to as a "race of truth." I believe engaging in a century holds similar characteristics.

By no means, is it easy. At least for those of us nearing 70 years of age. And the fact that

the Cadillac Challenge is, by far, the hardest century I've ever done. The 6,500-foot, elevation-gain profile looks like one you'd see for a stage in the Tour de France.

For some reason, I had a ton of anxiety leading up to this annual event; almost to the point of bailing out. Worried about ... flat tires, a broken cable or chain, even getting lost.

Staying in a motel in Bar Harbor, I didn't sleep very well the night before. In bed at 10:45 p.m., awake at 3:45 a.m. Suffice to say, just like the Maine Senior Games two weeks earlier, there were several trips to the

bathroom as I got ready to ride.

As the 100 participants gathered for the 8 a.m. start, it was a bit chilly at 48 degrees, with a "feels like" reading of 43. There was a steady breeze of 14 miles per hour, coming out of the north, off Frenchman Bay.

It was a day filled with countless thoughts and memories — many good and some not so pleasant — and I'd like to share a few of the highlights:

Everyone was super friendly, especially the volunteers. The rest stops were well stocked, with the right foods. The last point is quite important when involved in a long ride.

There is usually a phase in a century — at least for me — that interrupts the good vibes. On this particular day, it was at around mile 45. Suddenly, I felt cold and shivery.

My feet didn't go numb, like they often do late in a century ride.

The real Challenge part started with the ascent up Cadillac Mountain at the 90-mile

mark. I was tired and seriously thought about skipping that portion. Then I decided I'd go to at least above the tree line.

Going up the mountain, you are locked into the same body-posture position for so long you easily stiffen up.

Cruising along the national park's Loop Road is a good way to finish up the ride, with the beautiful scenery, perfect pavement, and one-way traffic for a sizable portion.

Everyone was super friendly, especially the volunteers. The rest stops were well stocked, with the right foods.

In my previous Cadillac Challenges, for various reasons, I'd only completed 82 and 83 miles.

No matter how you slice it, riding a bicycle that far is hard. Many people have told me that I'm crazy for putting my mind and body through such pain.

Two by the way, I did my 26th century ride in six hours and 58 minutes.

New and renewing members for October

- Memberships received as of October 17. * indicates new membership. ** indicates donation made with membership. Lists names of members from Brunswick, Topsham, Durham, Richmond, and Cumberland Foreside.

Chicks Do Chores advertisement featuring a cartoon chicken and text: 'We'll tackle your to do list! ATTICS-BASEMENTS-DECKS GARAGES-OFFICES etc.'

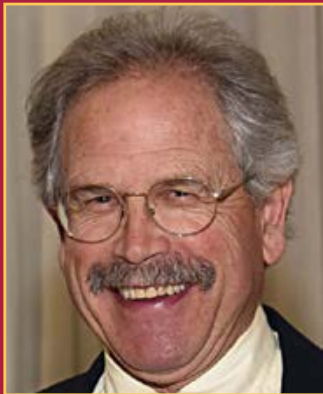
Celebrating a decade of community service. Changing times – changing services. Chicks Do Chores, LLC is downsizing to smaller, single person chores.

Stetson's Funeral Home advertisement: Reception Room, Personalized Catering, Spacious Chapel, Private Family Room, "Help Yourself" Kitchen. 207.725.4341

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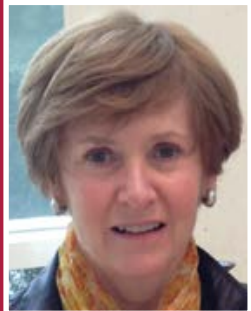
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