



Plus! People NEWS!

THE CENTER THAT BUILDS COMMUNITY SINCE 1976

People Plus
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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

March 2023 Volume 23, No. 3



FIFTY MEMBERS OF PEOPLE PLUS enjoyed a *Frank's Field Trip* to the Regal Cinema last month! Going to the movies for the first time in years, our members loved getting together, munching on popcorn with a drink, and watching the movie *80 for Brady* on the big screen! When is the last time you went to the movies? This event was so popular that we think we will do one every few months! There's nothing better on a hot sweltering day in the summer than to go into a cool, air-conditioned movie theater for some entertainment. So stay tuned for our next *Frank's Field Trip* to the movies!



Live Auction Gala Event! Friday, April 28, 5-8 pm

Live music, food & beverage and live auction at St. John's Community Center.

TICKETS ON SALE NOW!

\$50 each or 2 for \$90.

Call 729-0757 to reserve your seat!

Online Auction Opens April 1!

New items added weekly through April 28.

Seeking Auction Item Donations!

Art, antiques, services, handcrafted items, experiences, gift certificates, and more.

SAVE THE DATE!

GELATO FIASCO
15TH ANNUAL BRUNSWICK AREA TEEN CENTER
SCOOP-A-THON

WEDNESDAY, APRIL 26TH
All Day Long: 11 am-11 pm!

GELATO FIASCO
74 Maine St, Brunswick



Music in April is back!

Live auction Gala on April 28 is part of month-long event

The 21st annual Music in April fundraiser is almost here!

This year it includes two great happenings! We are excited to announce that our in-person Gala and live auction event is back this year (the first time in three years!) Tickets are on sale now (\$50 each or two for \$90) to our event on Friday, April 28 from 5-8 pm at St. John's Community Center in Brunswick. This not-to-be-missed gathering will feature delicious food, live music, amazing raffle items, and our always popular live auction with our favorite auctioneer John Bottero.

In addition to the Gala, our successful online auction is returning and will run April 1 - 28, with new items added every week during the month. Last year's event had more than 200 bidders, over 300 items, and raised over \$50,000 for the People Plus Center.

We are collecting fabulous auction items

for this event from businesses and community members. Can you ... donate an item you make or from your business or that you purchase? Donate your professional services? Do you ... have a contact for a business near or far? Have season tickets you won't be using? Have an antique or wonderful used item you no longer need? You never know what an item will bring!

"It's always so fun when the auction items start to come into the Center! You will often hear Jill giggle with glee or whoop and holler over a donation," said Executive Director Stacy Frizzle-Edgerton. "People have been exceptionally generous, and we are so lucky to have such an amazing membership foundation!" They've brought things like an original Dahlov Ipcar hand-signed lithograph, lovely hand-made quilts, tickets to Story Land, dinners for eight, vintage caned rocking chair, granite Lazy Susan, vintage clothing, gift cards to local businesses and restaurants, prints, toys, and so much more!

To register as a Music in April sponsor or donate items for the auction, please call the Center at 729-0757. Thank you!



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The Times Record
Thornton Oaks
Thornton Oaks

*Sponsor list as of print date.

Members Only March Raffle: Luck of the Irish to you!



This is no blarney! We're excited to cook a traditional Irish corned beef and cabbage dinner for up to four people for you to take home for St. Patrick's Day.

So please give up a little bit of green in our Members Only March raffle, to support services for our homebound elders. To purchase tickets, stop by the People Plus Center. Cost is \$10 each or three for \$20. The drawing will be March 16, and thank you for supporting People Plus!

Lunch and Learn: Don't Break a Leg!

Mon, Mar. 27, 12 noon. Please join us for a discussion about osteoporosis and what we CAN do about it with Jeanette Burney, PT, MSPT, RYT.

If you or a loved one has been diagnosed with osteoporosis, you have probably been told you have low-bone density, you are at risk for fractures, so "don't fall," and do weight-bearing exercise or work on your balance. You may be overwhelmed with all the information thrown at you.

During Lunch and

Learn we will talk about osteoporosis, what it is and what we

can do about it. We will review things you can do in your everyday life to avoid fractures. You will have the opportunity to practice a few at-home movements to begin to address osteoporosis and we will discuss different types of exercise and the benefits of each.

Burney is the owner and operator of Body in Tune, LLC, a yoga-based physical therapy practice based in Topsham. She has a BS in psychology from Bates College and



MSPT from Boston University. Jeanette is a men's and women's health physical therapist, is a certified manual physical therapist, is a 500-hour registered yoga teacher, and is certified to teach the Fishman method of yoga for osteoporosis.

Jeanette believes that quality of life matters, that balance both physical and in life matters. Her mission is to prevent falls and fractures in those with osteoporosis through guided learning experiences and yoga.

Outside her career, she enjoys spending time with family and cycling, hiking, skiing, and birding with her husband.

Lunch and Learn is free, open to the public. Please bring a lunch and we will provide chips, drink and dessert. Registration required, call 729-0757.



Monthly publication serving the Brunswick-Topsham-Harpswell area. For comments, suggestions or news submissions, please email news@peopleplusmaine.org.

ADVERTISE WITH US! Showcase your business with an ad in the People Plus News! With ads starting at just \$30 per month, advertising with People Plus is affordable for organizations large and small. This wide-reaching publication is direct mailed to People Plus members and available at multiple community locations, reaching approximately 10,000 readers each month. For advertising or sponsorship queries, please contact Barbara at 729-0757 or office@peopleplusmaine.org. Submissions must be received by the 15th to be included in the next month's edition.

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Check an item off the bucket list

Once in a while, I get to do something really fun and different because of this job. Something a little outside the norm that gives me a new life experience and maybe even checks an item off my bucket list.

And this month I was flattered and honored to be invited to join Brunswick School Superintendent Phil Potenziano for his podcast! I've never done a podcast before, despite having years in the radio and television industry, so it was definitely new and different! I met with Phil over at his office space in the former Hawthorne School on Federal Street. It's a really cool old building, and I've always loved

exploring it.

Phil's technician had everything all set up and we sat across from each other at a large conference table.

Speaking directly into large, professional microphones, Phil asked me questions about the Teen Center program, and we chatted. It was relaxed, and easy, and he made me feel very comfortable. He's really a natural with public speaking and so I stopped thinking about being on a podcast and just relaxed into our conversation.

Looking to highlight the Teen Center program as one of our community's vital services, Phil and I discussed the kids

From the Executive Director

Stacy Frizzle-Edgerton



who come to the Center, the services and things we do for them and the relationships that we built there.

And, of course, we talked about Jordan Cardone-Ruwet, our Teen Center coordinator, who has been working at the Center for almost 15 years. She is the leader, backbone, and foundation of that program and the kids absolutely adore her. Phil also writes a companion article every month to go with his podcast, so we have shared that below. I hope that you will find Phil's podcast through clicking on the link on our website (www.peopleplusmaine.org). Enjoy!

Brunswick Superintendent's Notebook: Brunswick Teen Center a municipal resource, community treasure

By Phil Potenziano



Phillip Potenziano is superintendent of Brunswick schools.

For kids in the Brunswick School Department and in the greater Brunswick community, having a place to go outside of school where they can have fun, feel safe and, most importantly, feel seen can make the difference between being happy and healthy or not. Whether it's after school or during the summer, the Brunswick Area Teen Center is a safe haven for young people and I've seen the effects it has on our students.

Stacy Frizzle-Edgerton – executive director of People Plus, which runs the Teen Center – tells me, “When kids come here, they just blossom. They often come in quiet and shy, but it never takes longer than two weeks for them to relax, let down their guard and become part of the group.”

Research shows that youth who participate in after-school programs and community centers gain crucial skills and opportunities they might not otherwise have. According to the Harvard Graduate School of Education, kids in these programs “can reap a host of positive benefits in a number of interrelated outcome areas – academic, social-emotional, prevention, and health and wellness. These are the skills that many suggest are necessary for youth to succeed in the 21st-century global economy and world.”

Stacy says the program levels the playing field, adding, “cliques that exist at school dissolve here; they make new friends and there's a sense of acceptance and support. Plus our program coordinator Jordan Cardone-Ruwet is an expert at reading the room ... recognizing who's comfortable and who's not and then pulling people in or giving them space.”

Currently, there are up to 25 students per day visiting the Teen Center, with approximately 80% from our school district and 20% from SAD 75 (Topsham). I've noticed that kids who go to the center gain confidence. They also treat each other well at school regardless of their friend groups, and that brightens my day.

There's something for every student in grades 6-12 who want to participate. Options include card games, board games and art supplies. Stacy says that chess is a big draw this year and everyone loves a rousing game of dodgeball. There's also an outdoor basketball hoop, a pool table and acoustic guitars, as well as an array of tech-based gaming systems such as PS3, Wii and Xbox. And lots of food.

Kids in the program rank food as the No. 1 thing they love about the center. We know how being hungry can negatively impact students' success (my column last month) and at the center, they have access to a full meal each day. Just so you know, they ranked the staff and friends as No. 2, and the games were No. 3.

This year, the Teen Center program is, for the first time, picking up kids from school and bringing them to the program on Union Street. Parents were having trouble with transportation, so the center raised more than \$50,000 through private donations, grants, foundation funding and business sponsorships to buy a van. Now the kids who need a ride get one.

Also this year, our school board and the Teen Center pulled off a Christmas miracle. We came together with the local Rotary to collect, wrap and deliver gifts to families who would not have had Christmas gifts otherwise. When the sleigh bells started ringing, we provided gifts to more than 50 families. I love that it was a true community effort and I was proud that BSD could be involved.

Located in the People Plus Center at 35 Union St., the Teen Center program opened in 2005. During the school year, BATC is open Monday through Thursday, 2:30-5:30 p.m. In the summer, those hours change to 1:30-4:30 p.m. Both membership and food are provided at no cost.

In my next “Brunswick Buzz” podcast episode, out on Feb. 16, I'll be visiting with Stacy. I hope you'll tune in and learn more about why this invaluable service is truly a community treasure.

March is National Nutrition Month

The national organization for dietitians is called the Academy of Nutrition and Dietetics. This year the theme is “fuel for the future” for National Nutrition Month. Eating with sustainability in mind. They have highlighted messages for each week. I will share some of them for you to think about how they may be helpful to you and your food choices on your journey to eating healthy!

From Anita's Plate

Anita Nugent
(207) 504-6439



info@nutritionforeveryday.com

Eat with the environment in mind. They are encouraging us to enjoy more plant-based meals. Purchase foods with minimal packaging. Buy food in season and shop locally when you can. Start a container or a backyard garden to grow your food.

Plan meals and snacks. See what food you have at home before purchasing more to prevent food spoilage.

Use a grocery list and shop sales. I once did a price comparison at our local grocery stores. Come to find out they all had a lower priced item than the others, so there wasn't a clear winner!

Enjoy a variety of food from all food groups.

Practice gratitude for your body by giving it the fuel that it needs.

I hope that you found a few ideas to add to your healthy eating plan!

Vegetable Soup

Ingredients:

- 2 medium flour tortillas
- 6 ounces tempeh, sliced
- 1 t. canola oil
- 1/2 avocado
- 1/2 C. chopped tomato
- 1/4 C. chopped onion
- 1/2 chopped jalapeno pepper
- 1 t. lime juice
- 1/4 C. grated carrots
- 1/2 C. lettuce, chopped
- 1 radish, sliced
- 1/4 C. green onion

Directions:

1. Fry the tempeh slices in oil over medium heat until warmed and crispy. Finish with splash of low-sodium Tamara or soy sauce. Remove from heat.
 2. Heat the corn tortilla in a skillet over medium heat until toasted and warm.
 3. Place the tortilla on a plate.
 4. Fill with all of the ingredients.
- Serve immediately.



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THE PEOPLE PLUS “BOOKS A LA CARTE” Book Club meets the 3rd Tuesday of every month at the Center at 2 pm. This is a unique book club, coordinated by member Vince McDermott, where members share their views about what they have been reading on their own - no assigned books! Fiction, non-fiction, murder mystery, high drama, spy, suspense and more - discussions on all types of books is encouraged! It's a great way to learn about new books to read! Check out the monthly wrap-up below.

Those 200 places still wait!

Speaking Frankly
Frank Connors
 (guest contributor)



Who among us knew, back in March 2020, that a sinister and unparalleled pandemic was about to envelope us and change our worlds forever? For Jane's and my part, trying to be “sort of” retired, on Feb. 19 I dropped off my groomed list of 200 Favorite Maine places to Patrick and Jenn, then got in the car and headed off for a “long week” in Florida.

Sure, we watched the news. Sure, we knew of the virus in China, but we went anyway. We also believed “IF” this flu came to America, “we’d handle it!”

In that March 2020 People Plus News, I reminded everyone Maine was celebrating her 200th birthday on the 15th of the month, and I said, “it’s time to party!” We published the list with a dozen or more pictures, with Stacy calling it the “master plan” to carry “Frank’s Field Trips” into the NEXT century.

There were state parks, historic sites, mountains, and beaches. Quaint villages, sprawling cities, forests, fields, shores, and secret places. “More natural and unique features than most of us can visit if we had another 200 years!” Yup, I said that!

A friend of mine claimed my list was better than the one published that month in Downeast magazine! Oh, to have a few more friends like that, huh?

But I have to admit, ever so humbly, he was right. For the past three years, “the list” has languished on the People Plus website — and in one of my files — and has tormented me as much as one of Jane’s uneaten fruit pies. There was a threat — at least a hint — of a published guidebook, remember?

No one is quite bold enough to suggest “The COVID” is finished. We’ve adapted. I got it and survived, probably you got it too. We all have to admit to lost time in the last three years. We all have to admit the pandemic has changed us all.

During the pandemic, Jane and I sequestered ourselves to protect ourselves and the ones we loved. We became teachers to our grandboys, we selected our friends very carefully. We did manage a few adventures, a trip to Acadia, one to Rangeley, another to Moosehead and then to Eastport. But they all seemed a little hollow, even a little guilt-filled. We’d hand-selected our spots to be off-season, off-beat and off the “beaten path.”

A third summer approaches, folks. I’m a perfect example of a person who does NOT have three more years to waste. I won’t suggest it’s time for “business like the old days,” but I’ll tell you this, it’s time for me to dust off my old list and get back to “it!”

Get a list going of your own! Carry your mask and wear it as you need it, stay on the rim of the crowd, away from the heart of it, but Maine STILL awaits, my friends, go get it!

Books a la Carte

If you want to meet people who like to read, Books a la Carte might be for you. The group is informal and welcoming. There is no assigned reading list. We meet on the third Tuesday of each month at 2 pm at People Plus.

FICTION

Night of the Living Rez by Morgan Talty. This collection of inter-related short stories is set on Indian Island in Maine. The tales of growing up as an indigenous person are a glimpse into a life that most of us know little about. The book is award-winning and unforgettable.

The World We Found by Thrity Umrigar. Four college friends from Bombay plan to reunite years later in America, where one now lives. This is a story of friendship, but also of modern India — the good and the ugly. It has an excellent plot and is very readable.

The Midcoast by Adam White. A lobsterman makes good! But how does he do it? The roots of the story begin in his teenage years and follow a winding path.

Unexpected Blessings by Barbara Taylor Bradford. This story, set in England (2001-12), is about four strong women, loyalties, and enemies bent on destruction. The author is strongly recommended.

The Lobster War by Ethan Howland. This is a realistic portrayal of lobster community culture and a young man finding his place. Suitable for young adults.

This Other Eden by Paul Harding. This novel about a group of ex-slaves who lived on an island off the Maine coast is based on the true story of those who founded a settlement on Malaga Island. The state of Maine closed down the civilization in 1912 and evacuated the inhabitants.

The Paris Bookseller by Kerri Maher. This novel is about Sylvia Beach, the woman who founded Shakespeare and Company, the first American bookstore in Paris. She supported writers of the “Lost Generation,” such as James Joyce and Ernest Hemingway.

Loving Day by Mat Johnson. A satirical novel about race, money, family, sex, and love by an author with a comic gift.

NONFICTION

Noreaster: A story of Courage and Survival in the Blizzard of 1952 by Cathie Pelletier. The author has done a wonderful job of researching true stories of several individuals and families before, during, and after the treacherous Maine storm.

In the Garden of the Beasts by Erik Larsen. Based on diaries and family recollections. In 1933, Ambassador William Dodd is appointed to Berlin during the rise of Hitler. He and his family are eye witnesses to unfolding events and attitudes.

Speaking of Books. The Best Things Ever Said About Books and Book Collecting. Edited by Rob Kaplan and Harold Rabinowitz. Fascinating collection of quotes by authors, readers, book collectors, and book lovers.

Mayflower by Nathaniel Philbrick. The true story of the voyage of the Mayflower and the settlement of the Plymouth Colony.

Books by Mark Harris: Pictures at a Revolution. Five Movies and the Birth of a New Hollywood - Five nominees for 1967’s Best Picture showed how Hollywood struggled with the changes in America in the sixties. **Five Came Back** - A Story of Hollywood and WW2. Five Hollywood directors (Ford, Capra, Huston, Stevens, Wyler) and their significant contributions to the war effort.

Religion, Power, and Illusion by Patrick J. Hurley. A Genealogy of Religious Beliefs. This work explores priestly power, religious promotion, and other topics over the ages.

MYSTERIES

Death of a Dissident by Stuart Kaminsky. This book is set in Moscow after the Khrushchev era. Inspector Rostnikov solves murders under the watchful eyes of the KGB. The work contains interesting cultural and political aspects of the time.

Books by Faith Martin. British police procedurals featuring detective Inspector Hillary Greene.

Please let us know what you think about the recommended books. Contact us at news@peopleplusmaine.org.

Can YOU help a Neighbor in NEED?

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 Volunteer to drive or shop for a homebound senior!

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All caregivers are certified Home Health Aides and/or Certified Residential Medication Aides (CRMA) or Certified Nursing Assistants (CNA).

STORM POLICY

When Brunswick schools are closed due to weather, all People Plus activities are canceled for the day. Check local media or www.peopleplusmaine.org, for closure information.

What's Happening at the Center in March?



WHO DOESN'T LOVE GOING OUT FOR LUNCH? This fun group called Lunch Out has grown and grown over the last year and it's even bigger when Gladys comes to town! They have such a nice time every month visiting different restaurants in the area. Why don't you join us next month, on March 14th? Sign up with Sarah at the front desk!



Lunch Out!

March 14th at 11:30 am.

16 Station Ave, Brunswick

Fiber Spinners Club!

2nd & 4th Fridays, 10 am. Bring your spinning wheel and join this new club at People Plus! Spinning is about using a spinning wheel or spindle to transform fiber, usually wool, into yarn to be used for knitting, crocheting, or weaving. It is also about getting together with like-minded people to enjoy camaraderie. It has been a popular activity in Maine for many decades, and although prepared roving is available to purchase, many Mainers raise their own fiber-producing animals such as sheep, alpacas, angora rabbits, and goats to create their own yarn and their own garments. Bring your own supplies. Members only, but anyone can try it once for free.

Good Eats – Good Friends!

Women's Breakfast
Thu, Mar. 2, 8:30 am. Enjoy breakfast while socializing with the ladies. Members only. Call to register. \$4 suggested donation

Men's Breakfast
Thu, Mar. 9, 8:30 am. Enjoy breakfast while socializing with the gents. Members only. Call to register. \$4 suggested donation.

Exercise with Us!

Come for Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, Zumba, and Gentle Barre. \$5/class for members, \$10/class for non-members. Check calendar for exact days and times.

Lunch & Connections Traditional Irish Boiled Dinner

Join us on Mar. 16 for corned beef and cabbage! Delicious side dishes will include salad, potatoes, carrots, onions, and rutabagas. And it wouldn't be our March luncheon without pistachio pudding for dessert! And special thanks to Judy Hardin for making five loaves of traditional Irish soda bread this year! Remember to wear green!

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

Meals are underwritten by our friends at Spectrum Generations, and are intended to focus on nutrition, useful information, variety, socialization and fun.

Registration for lunch will open on the first of the month – so please wait until then to call Sarah to register! The cost is just \$5 for members and \$10 for non-members.

Programming Notes

- No Table Tennis on Monday, Mar. 27
- World Affairs now meets the 1st and 3rd Friday of every month
- Fiber Spinners Club now meets the 2nd and 4th Friday of every month
- No Apple Club in March
- No Gentle Barre on Mar. 1 or 8

Register for activities @729-0757
Anyone can try a class/club once for free!

Apple Device Tutoring

Mar. 23/30, 9:30-12 noon. One-on-one Apple device tutoring sessions. Bring your iPhone, iPad, Macbook, etc. Members only, by appointment, call 729-0757.

Wednesday Walkers Club

Destinations for March:

Please note the meeting time for each week. Call 729-0757 to let staff know if you will need or can give a ride. Use snow shoes or cleats at your own discretion. If inclement weather - walk will move indoors to the Rec Center track.

Mar. 1 - Planning meeting at PP @9:30 am
 Come share your ideas and help plan the walks for April!

Mar. 15 - Swinging Bridge Walk. Arrive at PP @11-11:30 am to leave for walk by 11:30.

Activity Punch Cards

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

\$25 for 5 classes, \$50 for 11 classes. (that's 1 free class!)

Medicare 101

Tue, Mar. 14, 12:30 pm. 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.

CENTER CLUBS

FREE-members only, however anyone can try any club once! FMI: 729-0757

Table Tennis
Mon & Tue, 11 am; Wed, 1 pm; Thu, 9 am; Sat, 10:15. *Times are subject to change; check online calendar.

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

Fiber Spinners
2nd & 4th Fridays, 10 am. Bring your spinning wheel or spindle to chat with friends while you transform fiber into yarn.

Wednesday Walkers
Mar. 15, 11:30 am. Meet for a walk or hike (usually an hour.) Swinging Bridge Hike. Meet at Center by 11:30 am.

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

World Affairs
1st & 3rd Fridays, 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.



Calling all "gamers!"

Play Beginning Bridge, Duplicate Bridge, Cribbage and Mah-Jongg. Free, membership not required in January.

Low Cost Hair Cuts!

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

"Trip Talk" with Collette Travel

Mon, Mar. 20, 1:30 pm. Learn about Collette Travel trips planned for the next year! We'll start off with the Canyon Country trip, then on to the London/Paris trip. Free, open to public.

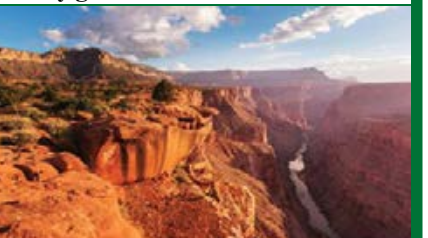


London Tower to Eiffel Tower!

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. **Deposits due March 29.** FMI visit <https://gateway.gocollette.com/link/1133866>

Discover Canyon Country

Featuring Arizona and Utah, April 24 - May 1, 2024. Highlights include Scottsdale, Oak Creek Canyon, Kaibab National Forest, Grand Canyon, Lake Powell Cruise, Rafting on Horseshoe Bend, Bryce Canyon National Park, Zion National Park, Las Vegas. FMI visit <https://gateway.gocollette.com/link/1133942>



*All trips are open to the public. FMI call 729-0757

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Mon	Tue	Wed	Thu	Fri	Sat	
 <p>People Plus THE CENTER THAT BUILDS COMMUNITY SINCE 1976 Call 729-0757 to register for activities</p>						
			1	2	3	4
			8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wed. Walkers Planning 10:00 Meals on Wheels 10:15 Tai Chi 1:00pm Write on Writers 1:00pm Table Tennis	8:30 Women's Breakfast 9:00 Table Tennis 9:30 Art Class 11:00 Yoga 12:30pm Tax help	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:00pm Folk Dance Bruns.	9:00 Zumba 10:15 Table Tennis
	6	7	8	9	10	11
	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 6:00pm Line Dancing	8:30 Tax help 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 1:00pm Qigong 2:30pm Spanish Club 6:00pm Belly Dancing 6:30pm Toastmasters	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 1:00pm Write on Writers 1:00pm Table Tennis	8:30 Men's Breakfast 9:00 Table Tennis 9:30 Art Class 11:00 Yoga 12:30pm Tax help	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Fiber Spinners Club 10:00 AARP Smart Driver 10:15 Qigong 11:45 Chair Yoga 6:00pm Folk Dance Bruns.	9:00 Zumba 10:15 Table Tennis
13	14	15	16	17	18	
9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 7:00pm Civil War Book Club	8:30 Tax help 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 1:00pm Qigong 2:30pm German Club 4:30 TCAC	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 11:30 Wednesday Walkers 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis	9:30 Art Class 12:00pm Lunch and Connections 1:15pm Tax help	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:00pm Folk Dance Bruns.	9:00 Zumba 10:15 Table Tennis	
20	21	22	23	24	25	
9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 1:30pm Trip Talk - Collette Travel Presentation	8:30 Tax help 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 1:00pm Qigong 2:00pm Books a la Carte 6:00pm Belly Dancing 6:30pm Toastmasters	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis 6:30pm Bruns. Coin/Stamp	9:00 Table Tennis 9:00 Apple Tech Tutoring 9:30 Art Class 11:00 Yoga 12:30pm Tax help	9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Fiber Spinners Club 10:15 Qigong 11:45 Chair Yoga 6:00pm Folk Dance Bruns.	9:00 Zumba 10:15 Table Tennis	
27	28	29	30	31		
9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts 10:00 Zumba 12:00pm Lunch and Learn: Don't Break a Leg! 1:00pm Bridge	8:30 Tax help 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 1:00pm Qigong 2:30pm French Club 6:00pm Belly Dancing	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 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 Tech Tutoring 9:30 Art Class 11:00 Yoga 12:30pm Tax help	9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:00 AARP Smart Driver 10:15 Qigong 11:45 Chair Yoga 6:00pm Folk Dance Bruns.	<p>PEOPLE PLUS HOURS</p> <p>Mon-Thu 9 am to 4 pm</p> <p>Fri 9 am to 1 pm</p>	

Register for activities @729-0757

People Plus calendar sponsored by



Mid Coast-Parkview Health
MaineHealth

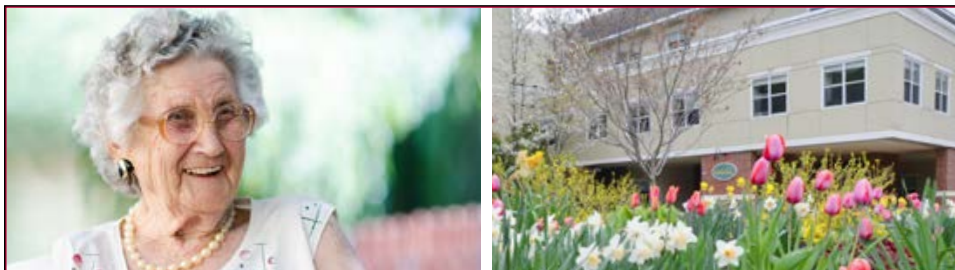


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Welcome Home



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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



DR. CHRISTINA LEVESQUE (LEFT) OF REFORM PT presented her popular and important Balance and Falls clinic to a full house last month at the Center. Attendees learned what balance means, how to prevent a fall, and how to properly handle a fall if one occurs – and how to get up off the floor! Everything Dr. Levesque presents is incredibly vital especially during these cold winter months. We cap this program at 35 attendees and always have a full house! Thanks to Reform Physical Therapy for holding these important quarterly presentations!

ONE-ON-ONE, INDIVIDUALIZED CARE!

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Do you live alone?

The Good Morning program is a FREE daily safety check-in phone call *providing peace of mind.* In partnership with Brunswick Police Department. Sign up now! FMI 729-0757 or www.peopleplusmaine.org.



“CLYNK” is a solid fundraiser, one nickel at a time!

Perhaps you didn't know you can save your returnable bottles and cans to benefit the People Plus Center. The “CLYNK” returnable program, sponsored by Hannaford Supermarkets and endorsed by the Center, is one of those “under the radar things we do,” that benefits both the Center and our community.

Green “CLYNK” bags, pre-barcoded with the Center's unit numbers, are always available at our information desk. You need only to fill the bag with your returnables, scan and drop it at the store when you next shop, and the Center receives credit for the accumulated deposits – over \$750 for last year alone! Thank you for

recycling, and thank you for supporting your Center.



Avita of Brunswick associate, Tina M.

“My beautiful residents are my extended family, they have taught me so much. Giving them hugs or sitting together and interacting with them is so special. Bringing smiles to their sweet faces is truly rewarding.”



207.443.9100



207.729.6222

Two Northbridge communities conveniently located in Brunswick, ME

Sunnybrook: 340 Bath Road | sunnybrookvillage.com

Avita: 89 Admiral Fitch Avenue | avitaofbrunswick.com





Weekly Winners

Senior Intermediate Cribbage

February 1 Rollande Fortin 719
 John Bouchard 710
 Pete Watson 707
 Jim Cherry 705

February 8 Ash Richards 721
 Rollande Fortin 703
 Leo Robichaud 699
 Joe Tonely 688

February 15 Trena Crabtree 722
 Ash Richards 710
 Leo Robichaud 701
 Jen Haskins 675

February 22 **George Tetu 726**
 (Perfect game)
 Joe Tonely 726
 (Perfect game)
 Rollande Fortin 674
 Trena Crabtree 666

Senior Duplicate Bridge
(Top ranked teams and win percentages)

Jan. 30: 9 teams
 1st Kathy Joyce & Martha Cushing, 65.6%
 2nd Donna Dillman & Sherry Watson, 60.4%

Feb. 6: 9 teams
 1st Betsy & John Mace, 62.5%
 (tie) Denise Deshaies & Linda McIntosh, 62.5%

Feb. 13: 7 teams
 1st Gail & Cy Kendrick 72.2%
 2nd Kathy Joyce & Martha Cushing, 56.9%
 (tie) Monica & Chuck Annable, 56.9%

Feb. 20: 7 teams
 1st Norm Curthoys & Richard Totten 65.1%
 2nd Jane Roy & Ellen Toomey 58.7%

The Pejepscot Genealogical Society will hold its next meeting on Sunday, March 12 at 2 pm. "Black sheep" leave records that can be a huge source of detailed information about our ancestors. B.J. Jamieson, genealogy specialist at the Maine State Library, will give us an overview of what records have survived and how to find them. This program is open to the public. FMI: Contact Steve Gilchrist at (603) 454-4094 or Joyce Duda at (207) 406-2124.

EVERYONE WHO CAME TO THE VALENTINE'S LUNCHEON LOVED IT! There were hearts, smiles, and friends galore at our monthly luncheon. Valentine's is less about romance than it is about friendship for us here at the Center, and appreciating how much we love just being together! If you haven't signed up for the Irish corn beef boiled dinner for March yet, call the Center on March 1! You'll think you've won the pot of gold when you join us!

Are you caring for an elderly loved one?

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

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Marching into March! Lots happening at TC!

As anticipated, we have had a surge in attendance now that basketball has ended. Both players and their friends/fans have returned and our days have been busy ones including more girls!

The teens have been digging out games they haven't used in a while like Twister and they put the ping-pong top on the pool table to play ping-pong and, of course, with basketball over, our indoor basketball

set-up is getting plenty of use. Our soccer fans have been all about watching soccer matches lately on TV in February.

We are about to close for February break week when Simone and I will put together more furniture for our kitchen area re-design, do some extra deep cleaning, as well as some work on grants and restocking beverages.

It's almost time to change our clocks

again! (March 12) We're definitely looking forward to that and after a few nights of feeling the lost hour of sleep, we will love having an extra hour of daylight!

St. Patrick's Day is coming, and I would cook corn beef for the kids if I thought they would eat it! We have continued to regularly have baked goods dropped off for the kids as well as snacks collected by UU Church members. Thank you all!

The Teen Center Scoop-a-Thon (April 26) planning is forefront on our action list these days. We have connected with some Bowdoin College students who will help fill the 7-11 timeframe with scoopers and entertainment which always keeps the nighttime hours fun and busy! This is the program's only public fundraiser each year (along with the one mailing we do in September) and it goes a long way in helping us to reach our budget needs for the year.

Brunswick Teen Center News

Jordan Cardone-Ruwet



This is our 15th year doing the Scoop-a-Thon and thanks to the folks at The Gelato Fiasco and all the people in our community who come to get gelato, volunteer at the event, scoop or perform at the event and our event sponsors. The event continues to be a fun 12 hours where you're bound to see folks you haven't seen in a while, which is one of the nicest parts of the day!

As we spring ahead into March, we thank everyone for their continued support of the Teen Center and hope that March treats you well.

Jordan and the gang



Support our Teens with a take home Fish Chowder meal!



All Saints Parish

St. Charles Borromeo Church

LENTEN HADDOCK CHOWDER TAKEOUT

For Lent/Easter 2023 – 5-6 pm for the six Fridays in Lent: February 24, 3, 10, 17, 24 & March 31.

As in the past, profits will be divided equally among these area organizations: *Mid Coast Hunger Prevention Program, Tedford Shelter, The Gathering Place, Habitat for Humanity-7 Rivers Maine, Oasis Free Clinics, and Brunswick Area Teen Center.*

Tasty Chowder Take-Outs ...

A pint of homemade fish chowder, package of oyster crackers and wrapped dessert.

\$10 each, exact cash or check (made out to All Saints Parish).

*Served 5-6 pm: 200 portions available on a first-come, first-served basis.

*Customers are asked to enter the East parking lot entrance at 132 McKen Street and will be directed by signs to the pick-up area .

Come all! 132 McKen St., Brunswick (pick-up instructions listed above)



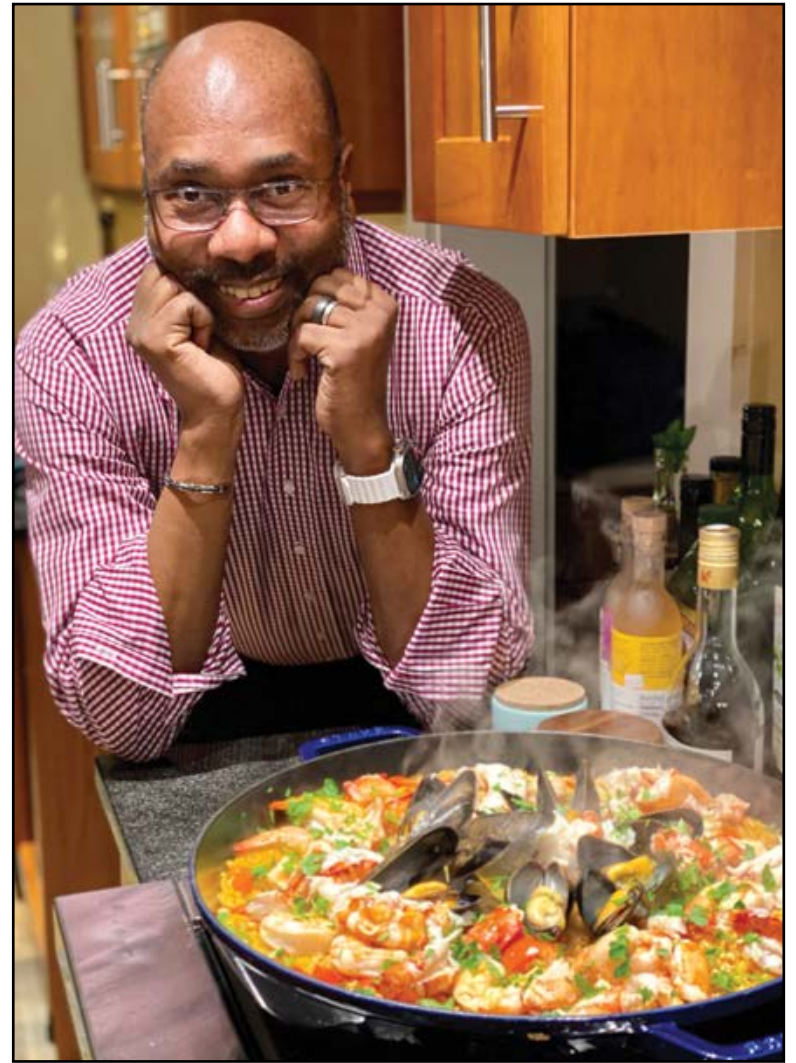
BRUNSWICK AREA STUDENT AID FUND
BOWDOIN • BOWDOINHAM • BRUNSWICK • HARPSWELL • TOPSHAM

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

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

Visit www.studentaidfund.org
Donations may be sent to:

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



What'cha got?

Do you have a get-together you could donate to our auction this year? A dinner at your home on the water? A boat ride with lunch or cocktails? A hike you can lead on a trail with a picnic included? A skill you can teach - like soap making or a craft - you can turn into a get together that people can bid on? We love when we are approached with creative ideas to add to the auction! Creative items always entice bidders!

THANKS SO MUCH TO ROBIN AND LISA COPLAND (above) for hosting a traditional Spanish paella dinner at their house last month for several members of the People Plus board! On the board himself, Robin Copland bought a paella pan on a whim several years ago and has since been working on perfecting his paella skills. They donated the evening event to the 2022 Music in April auction as a fundraiser and, fingers crossed, they will do so again this year! They were happy to be joined by Chris Corriveau, Cathy Jarratt, Chief of Police Scott Stewart, Jeanne Mayo, Rob Jarratt, and Stacy & Jonathan. Thanks to Jonathan for taking the photos!



Midcoast Senior College is a non-profit educational organization for adults 50 and older who enjoy intellectually stimulating programs in a relaxing environment. No tests, no grades – just dynamic lectures, readings, and lively discussions.

Spring and Fall terms, Winter and Summer offerings, Winter & Summer Wisdom Lecture Series, excursions, special events, and volunteering opportunities.

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midcoastseniorcollege.org

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info@midcoastseniorcollege.org

Poems & Prose

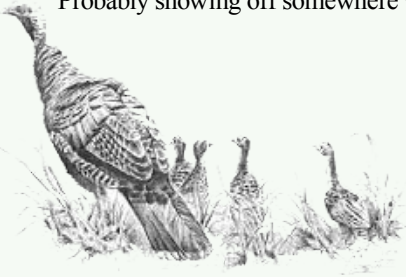
Turkeys on the Lawn By Sally Hartikka

What entertainment they provide
To those by weather confined inside.
They hop comically to and fro
Vigorously pecking at the hardened snow.

Searching for dried fruit from a tree
Or anything edible they might see.
They skip and strut and wiggle their tail
Finding crumbs that they can impale.

When they're not foraging, they like to chirp
What are they saying, or is it a burp?
Suddenly, startled, they take to the air
And fly away, I know not where.

They stick together, these 20 hens
I suspect they're sisters or perhaps best friends.
But where is their master, the lordly Tom?
Probably showing off somewhere with aplomb!



The Crocuses By Nonie Moody

Watching and waiting
Eyes glued to one flower bed
They will appear soon
Two grandchildren on big hill
Hot chocolate and wet clothes



Peace

By Robert Mulligan

Peace, where is it in this world of turmoil?
With differences both perceived and real
Need, so much of it, and anger at wrongs committed
Now, or in the past
Scarcity, so few with so much, so many
With so little or nothing
Faith might include peace, in our hearts
In our minds, speech, actions
Finally hope, endless hope for universal peace
Where is it ... everywhere.

The Passion of Youth

By P.K. Allen

Oh, the passion of youth,
It's a wonderful thing.
It puts fire in the heart
And it makes the birds sing.

Through deeds of valor
We'll hear of wondrous feats,
And cheer with excitement
And rise from our seats.

The passion of youth
Is an uncontrolled urge,
To right every wrong
And evil to purge.

Armed with truth and justice
In one righteous hand,
In the other, the shield of honor,
To guard with in the stand.

The Tattoo Bet By Bonnie Wheeler

The tattoo business was open
My friends say, "go on in, we dare you."
They stare as I do.
The tattoo man beckons me to sit down,
And shows me all the art he can do.
Common sense whispers, no thank you,
Walking away is the right thing to do.
I win. I walk. Friends laugh. Lost the bet.

Boxes By Doris Weinberg

Boxes! Boxes! Everywhere.
Some still empty, to my despair!
I didn't know I had so much stuff.
Packing it all has been very rough!

You need to be "young" when a move is imminent.
Accidents happen and can cause an incident.
The boxes are heavy and in the way.
After all this aggravation, I'd rather just stay!

My move brings me closer to family and fun.
And this hard part has only just begun.
With two weeks to go, I've hardly made a dent.
Considering all the time, I have actually spent!

The days are going by so fast.
My body feels so tired.
If only I could hire someone to do all this.
And I would just retire!

I have no choice but to get it all done.
There's only 10 days to go.
I just want to find the energy.
There's no one else you know!



A Lament

By Doris Weinberg

Frustration is getting the best of me.
My moving date has been changed.
I thought I was all set.
And then everything was rearranged.

I am so angry that I kicked a box.
And forgot I was wearing only socks!
And my body is now showing some wear.
And I have so much pain everywhere!

I am really all packed and ready to go.
And this whole process is much too slow!
I am beginning to feel overwhelming dread.
I might as well go back to bed!



Join us!

Wednesdays at 1 pm

Spring Fever

By Nonie Moody

Smell of springtime scent
Outside sun and warmer air
Brown grasses, bare trees

February Sunrise

By Deb Noone

Stark, black branches
the mighty oaks
silhouetted against fiery pinks
The skyline filled with color
Only lasts minutes
My breath hangs in front of my face
My lungs rebel against the frigid air
But the skyline draws me in
Color spills against the clouds to fill the horizon
Gleam off layers of white snow
frosting the rooftops
Me in my nightgown
sockless feet cradled in untied boots
Trash day pulled me from my warm bed
Grumbling
Sleep still muddling my brain
The toasty cocoon of covers beckons me back
But the magic of the sunrise
Steals my breath
and keeps me grounded

Life Changes

By Gladys Szabo

I can't believe a year is gone by
Since this old home caught our eyes
In 24 hours it was a buy
then the move I couldn't deny
It took six months to actually move
Many things needed to be improved
All we have accomplished has me stumped
It took lots of leaps and jumps
I am so grateful for so many things
New friendships it does bring
But keeps the old on a string

I am blessed with family and friends
No matter where my home ends
Grateful to one and all
Together always with just a call

The Bald Eagle Encounter

By Laura Lee Perkins

Driving along the shore of Merrymeeting Bay, a confluence of five rivers, I wondered about many things. It was the Christmas season and the ground was covered with snow. There was abundant sunshine, and I was enjoying the drive. Suddenly, I saw a large bird flying directly toward my car, casting a huge shadow over my windshield. I slowed down immediately.

Amazed, I saw a bald eagle so close I could look into its eyes! It flew slowly, turned and flew in front of my car, following the center line as it glided about eight feet above the road. In one mile it veered off over the water. I was so moved by its magnificence that I pulled over to ponder the unusual encounter.

Later I looked up the Native American spiritual meaning of a direct encounter with an eagle and learned that the eagle is the most revered of all birds. It carries powers of courage, wisdom and strength, and appeared to me at a time in my life when I welcomed this wonderful experience.

Amazing Grace By Bob Mulligan

A truly amazing song, its melody, message, harmony and history.

Written in 1772 by John Newton, an Anglican clergyman and published seven years later in 1779.

Newton had spent his earlier life at sea, in later years as a captain of a slave-trading ship.

When he realized the inhumanity of

slavery and his part in it, he retired and joined the church.

The piece, written originally as a spoken hymn, was later joined with several melodies, the most famous was the popular tune "New Britain" that a William Walker assigned to it in 1835.

Enjoyed and performed today in churches and recorded by popular performers of all genres. Amazing Grace.

Gone but not forgotten –

Polly Kaufman

Dec. 20, 1929 – Jan. 22, 2023

Andre Phillipon

Sept. 22, 1938 – Jan. 18, 2023

Homer Kenison

Dec. 14, 1933 – Jan. 26, 2023

Linda Miller

March 24, 1947 – Jan. 10, 2023

Cynthia Murphy

Aug. 28, 1934 – Jan. 10, 2023

Evangeline Sparks

Jan. 21, 1941 – Feb. 9, 2023

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www.billdodgeautogroup.com
- Darling's Ford**, 10% off up to \$50, parts/service
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www.darlingsbrunswickford.com
- Lee's Tire & Service**, 10% off parts (not tires)
35 Gurnet Road, Bruns., 729-4131
27 Monument Pl., Topsh., 729-1676
- Tire Warehouse**, 20% off labor
Topsham Fair Mall, 725-7020
www.tirewarehouse.net

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12 Center St, Bruns., 729-8028
www.reflectionsbylucie.com

CANDY

- Wilbur's of Maine**, 10% off, anytime
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- J&J Cleaners**, 10% off pickups on Wednesdays (for 55+); must pay cash or check at drop-off
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www.jjcleaners.net
- Topsham Laundry Center**, free drop off/pick up for seniors (15 lb. min.), \$1.80 for wash, dry & fold
Topsham Fair Mall, 373-1995
- Sew Special**, Ann L. Spencer, 607-1415, Free labor for 2nd hour of sewing including custom-made items and alterations.
Brun., annsewspecial@gmail.com

FLORIST

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www.paulinesbloomers.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
thomaspointbeach.com

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Topsham Fair Mall, 729-5366
- Flip**, 20% off Tuesdays
212 Maine St, Bruns., 406-2122
www.flipbrunchbar.com
- Union Street Bakery**, Wednesdays: free large coffee with muffin purchase
40 Union St, Bruns., 373-1345
www.unionstreetbakeryme.com
- Wild Oats Bakery & Cafe**, 10% off Mondays
166 Admiral Fitch Ave, Bruns., 725-6287
wildoatsbakery.com

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*Benefits subject to change

Member Moment

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

Getting to know Anne Cunningham

- Q. Your name, please?**
A. My name is Anne Cunningham.
- Q. Where do you reside?**
A. I have lived in Brunswick all my life.
- Q. May we have your age?**
A. I am 77 years old.
- Q. Please give us a little background on your growing up years, what you like to do in your spare time, etc.?**
A. I grew up on Harpswell Road. My parents had a small farm, with chickens, pigs, and cows. My father also had an oil dealership.
I got married to my best friend's cousin right out of high school. We were married for 53 years. He passed in 2017. I like to read a lot and do flower gardening in the warm months.
- Q. How and when did you become a member of People Plus?**
A. I joined People Plus in 2018.

I became a volunteer front desk receptionist/filing clerk and enjoy doing it.

Q. Do you have a favorite activity or programs at People Plus?
A. I like the Lunch and Connections gathering, and I also like doing Frank's Field Trip excursions when I am able.

Q. If there is one thing from your life you would like people to know about you, what would it be (ANYTHING!)?
A. My husband and I were in the harness racing business for more than 35 years. We were stabled at the Topsham Fair Grounds. We raced at all of the state fair tracks and Scarborough Downs and Bangor.
I also worked for the Brunswick School Department and L.L. Bean for about 20 years, retiring from both of them. Also, I have a daughter and a son who live close to me and a large number of grandchildren, who keep me busy and young at heart.



People Plus 60,000 piece puzzle challenge!



DON'T LET THE NAME PUZZLE YOU! This is really just 60 puzzles that are each 1,000 pieces. And they all fit together! Thanks go to Bob Tate of Tates Variety store for donating this fun game! People can work on one at the Center in the Cafe or check out a puzzle and bring it back completed. Then we will laminate it and keep it at the Center until all 60 puzzles are finished. At which point we will hopefully have a finale at the Center where we take all the completed puzzles and put them together on a table (or five) and celebrate the group effort!

People ^{Plus!} BUSINESSES OF THE MONTH!

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

<p>Wilbur's of Maine <i>Membership has its privileges!</i></p> <p>10% off, anytime 729-4462, 43 Maine St, Brunswick</p>	<p>Flip</p> <p>20% off Tuesdays, 406-2122 212 Maine St, Brunswick, www.flipbrunchbar.com</p>
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People ^{Plus!}

PEOPLE PLUS MEMBERSHIP APPLICATION

PO Box 766 / 35 Union Street, 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): \$35

Other towns (___New___Renew): \$40

Lifetime Member (65 or over) : \$350

Cash/Check (Payable to People Plus)

Membership Dues: \$ _____

Additional Donation*: \$ _____
(*donations above membership dues are tax deductible)

Total: \$ _____

Volunteer Opportunities at People Plus

I'd like more information about:

<p><input type="checkbox"/> Lunch Crew: cook/setup/cleanup</p> <p><input type="checkbox"/> Reception: check-in/phone</p>	<p><input type="checkbox"/> Volunteer driving: rides to appts/shopping</p> <p><input type="checkbox"/> Meals on Wheels</p> <p><input type="checkbox"/> Teen Center</p>
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OFFICE USE: Account Data Card Sent



Co-located at People Plus
35 Union Street, Suite 1
Brunswick, ME 04011
729-0475
www.spectrumgenerations.org

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

Monthly Update

March 2023



March is Intellectual and Developmental Disabilities Month

We would like to take the opportunity to introduce you to our Case Management team who serve these members of our communities. Spectrum Generations serves seven counties; we're here to help you and your family navigate the many complexities of available funding resources.

With effective and responsive coordination, Spectrum Generations' case managers link people to resources, enhancing their quality of life and inclusiveness in their communities.

We are here to help:

- Follow the wishes and needs of each individual through a person-centered planning process
- Enable people to explore a full range of options
- Develop formal and informal supports
- Advocate for the interests, preferences, and dreams of the individual
- Assist individuals and families in independently coordinating their own supports and services if they so desire
- Support the development and expression of self-determination and self-advocacy; and provide a wide range of available resources

For more information on resources that are available, contact Sandra Labelle at 207.620.1667 or slabelle@spectrumgenerations.org.



Why we celebrate each March

March for Meals is a nationally recognized event that brings attention to the importance of Meals on Wheels — raising awareness and funds.

Each year, the March for Meals celebration commemorates the historic day in March of 1972 when President Nixon signed into law a

measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. This legislation supported the rapid growth of the nationwide network of senior nutrition programs – commonly referred to as Meals on Wheels – that collectively serve more than 247 million meals to 2.8 million seniors each year.

Throughout the month, the Meals on Wheels network is joining forces for the awareness campaign to garner the support needed to ensure these critical programs can continue to address food insecurity and malnutrition, combat social isolation, enable independence, and improve health for years to come.

During Community Champions Week of March 20-24, local, state, and federal officials and local celebrities are invited to deliver meals and speak out for seniors, while bringing attention to the importance of this critical program.



We invite you to visit healthylivingforme.org to see the full list of upcoming workshops we are offering. These workshops are open to adults of any age in Maine.



For more information or to register, visit healthylivingforme.org, call **1.800.620.6036**, or email info@healthylivingforme.org today!



Come join us for Community Fine Dining

Provided by Maine Pine Catering



First Wednesday of every month at Spectrum Generations' Muskie Community Center, 38 Gold Street, Waterville

First Thursday of every month at Spectrum Generations' Cohen Community Center, 22 Farm Town Road, Hallowell

The three-course dinner menu changes monthly and consists of an appetizer, entrée, and dessert. Child and vegetarian entrées are also available upon request.

Tickets are available at Muskie and Cohen centers for purchase.

Dinner is served from 4:30 to 6:30 p.m. For more information, check us out on Facebook.

Maine Pine Catering contributes profits back to Spectrum Generations programs.

Women’s Breakfast was Fabulous in February!



THE WOMEN WERE BACK AT THE CENTER FOR BREAKFAST for the first time since November! With a full house, and every seat filled at all the tables, these ladies had a great time catching up and feasting on quiche and cheesy potato casserole with sausages and yogurt parfaits. They enjoyed fresh baked lemon pound cake, good coffee, and even better company. Several people passing through on their way to the art class grabbed a little breakfast as well, and with the take-away meals packed up I bet we sent out 50 slices of quiche that morning! If you haven't joined us for a Women's Breakfast, it's a really fun time!

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*Prices subject to change without notice.

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Club Corner



Fiber arts brings them together, but that’s just the beginning

Text & photos by Patrick Gabrion

The first thing one takes notice of upon entering the room is all the chatter and laughter. Right away, you get the impression that those attending the Fiber Arts Club at People Plus are having fun — in a relaxed, friendly atmosphere.

With open arms, they welcome everyone. Even someone who knows absolutely nothing about what they do at their Monday gatherings.

Their beautiful handiwork involves “anything to do with fiber or yarn,” said Lili Bates, the unofficial coordinator of the group, which numbers anywhere from 10 to nearly 20 people most weeks.

Lili, who has been a People Plus member for nearly eight years, after moving back to Maine from the New York City-New Jersey region, said most of the participants specialize

in knitting, crochet, sewing, and quilting. “(The class) use to be called ‘Crafts,’ but people think of something different with that name,” she said.

When describing the club and the group of ladies, Lili said, “It gives one the opportunity to meet like-minded women — people of our own age — to chat and interact and make friends. Friendships are definitely made.”

“We are a close group of women, and the group is very diverse, coming from many different backgrounds,” Lili continued. “After the pandemic, the number of people attending has really grown.”

For those attending, here are some of their remarks about the popular club and why they come:

— “I learned about the group at an open house. I had stacks of mending to do for family members, so that’s what I started with.”

— “I wished I’d started coming earlier. I like the diversity and seeing what others are working on. It’s nice getting together. The group has really grown in size.”

— “It’s very calming, being here.”

— “We trade secrets.”

— “There are plenty of stories told ... about everything!”

There is now even a “spin-off” from this particular club, with the creation of the Fiber Spinners Club, which gets together twice a month on Friday mornings.

So, if you’re into anything having to do with fiber arts, this is the place to be at the Center. One gets the feeling the gals are more than willing to share their



secrets and techniques, and even willing to help anyone learn their wonderful crafts. In a very fun, happy setting.

Fiber Arts Club meets on Mondays, 10 am -12 pm, and Fiber Spinners Club meets on the 2nd & 4th Fridays, 10 am - 11:30 am. Come join the fun!

Both clubs are free and for members only. Not a member? You can always try a class or club for free at People Plus, even if you’re not a member!



People Plus Fiber Spinners Club





THERE WERE SO MANY GUYS AT THE MEN'S BREAKFAST THAT THEY RAN OUT OF SPACE AT THE TABLES! You can see Patrick Gabrion (far right) on the end, and he doesn't even have room for a breakfast plate! We love when Patrick comes down to the Center to hang out. His column is about how there's not enough guy time in his life, but I can tell you there's not enough Patrick time in ours! It was great to see him, and all the men really enjoyed hanging with him as well!

There's not enough 'Guy Time' in my life

This is my theory, but I believe men, generally speaking, don't spend enough time just hanging out together. There are plenty of good reasons why: the job, the house, the kids, etc., and all the accompanying responsibilities.

But still, there's got to be some space for "Guy Time."

My wife, Vicky, will go off and get together with her lady friends on occasion — and be gone for three hours. THREE HOURS! When she arrives home, I'm baffled. I ask, "How can you talk for so long? What about? Don't you run out of things to say?"

To be honest, she was more concerned about occupying the restaurant's table for such an extended period of time. "The waitress kept bringing us coffee. But maybe we should have ordered more food," she will exclaim.

And don't get me wrong. I'm glad she was able to meet up with her friends, no matter for how long.

But what about us dudes?

There have been a few times during my

life when I've attempted to put this desire for more male togetherness into practice.

— Years ago, Vicky and I belonged to a marriage group that consisted of six or seven couples. We would meet monthly at someone's home, spending the evening chatting on various selected topics and having relationship check-ins. Out of this arrangement, the men would assemble for breakfast every so often. It was only for an hour, but it was a nice bonding experience.

— For my 60th birthday, I ended up inviting several male friends for a dinner party at Slate's in Hallowell. My best friend Jim came all the way from Michigan just for the event and another buddy traveled down from Lubec. We had a great time, and a lot of laughs.

— And then just recently, I felt the need to travel to Sarasota, Florida, to visit my friend Maynard, whom I hadn't seen in 38 years. While there, he kept saying how thankful he was that I had made the effort to come and be with him for a week. Despite the hassle of plane travel, I'm really glad I went, too.

Of course, none of these examples were sustainable, given the realities of life.

But one doesn't have to go to great lengths to have some "Guy Time." It can be as simple as going to things like the monthly Men's Breakfast here at People Plus, which I did in February.

I hadn't been to one in a long time, but the end result was the same. Everyone was very welcoming, the food was really good, and there was a great deal of chatter and laughter.

When asked, most of the men said they enjoyed coming to the morning meal at the Center to see their friends and possibly make new ones. They liked the male companionship and just having the chance to sit down, relax, and discuss things like sports, the weather, and their long-ago college days and professional careers. One gentleman explained that he came to the breakfasts because they were fun and he said it gave him a chance to tell jokes.

By attending, I even had the opportunity to meet a fellow Michigander, who happened to be sitting at my table. He

Simply put

Patrick Gabrion



had graduated from the University of Michigan, I believe in 1950, and he still had family in the Detroit area, where he grew up. He had just started coming to People Plus, drawn mostly to participate in the World Affairs discussion group. It was a good time and I'm glad I'd made the effort to show up.

Even though I'm departing soon from my staffing position at People Plus, I really must make more of these gatherings before I go.

So, yes, I believe there are many benefits when men get together and it should be as often as time allows. I'm just not very good at practicing what I preach, so maybe this is just about me and my sorry state of affairs. Simply put, I guess I just need to reach out for more "Guy Time."

New and renewing members for February

Memberships received as of February 17.

* indicates new membership

• indicates donation made with membership

BATH

- Dave Anderson *
- Tilly Atkins
- Barbara Conathan *
- Douglas Robb *
- Maureen Robb *
- Linda Robert

- Norraine Burnett
- Donna Carver
- Keith Carver
- Patricia Croy •
- Julie Desherbinin *
- Nancy Desjardins
- Nancy Dorr *
- William Edman *
- Lois Fournier
- Daniel Harris •
- Polly Harris •
- Sally Hartikka
- George Hermans •
- Nancy Hoffman •
- Nancy Kenney
- Doris Kent •
- Lynn Kinee

- James Henderson * •
- Jere Hoffert
- Theresa Lebel
- Rebecca Williams * •

LISBON FALLS

- Matthew Quinn
- David Shafer *
- Marcia Shafer *
- Judy Tracy

ORR'S ISLAND

- Dexter Kamilewicz
- Gretchen Kamilewicz

PHIPPSBURG

- Doreen Babbidge

*TOPSHAM

- Susan Babb *
- Lisa Durrell *
- Ann Gardner *
- Twila Greene *
- Candace Guerette *
- Roger Guerette *
- George Hardin
- Cyrus Kendrick (Lifetime member)
- Patricia Maloney
- Carol Mulloy •
- Margaret Wailes

WOOLWICH

- Paula McKenney

YARMOUTH

- Edward Ainsworth •

HARPSWELL

- Julia Garrity






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HELP WANTED!



Join our fun team!

Since Patrick has decided to retire, the People Plus organization needs a staff copywriter to fill his shoes. The job entails an hourly pay rate for writing articles, doing an interview or two every month, editing when needed and reprising previous articles. The position averages about five hours a week, and the bulk of the work can be done from home. Computer skills are a necessity along with an interest in interacting with members at the Center, attending fun meals, social gatherings, and events; and generally becoming a part of the People Plus newspaper production team!

New art show to feature PP member George Paton

We have a special treat for the upcoming Cafe Gallery art show, as People Plus member George Paton will be displaying his wonderful photographic images during the months of March and April.

Paton, who is 73 and a resident of Bowdoinham, has a wide ranging photography portfolio, everything from landscapes, building designs, flora, and much more.

Paton took up photography in the late 1970s, but like most of us, he kind of put it to the side when life became busy raising a family and with work. He regained his passion for fine art photography again in the early 2000s and in 2012, when the quality of digital cameras really got better, he went that route.

“Photography is a passion I’ve had for a long time,” said Paton. “I’ve always enjoyed viewing things that present a strong visual effect. The design of whatever I’m looking at (catches my interest). I’m always looking for what I call the visual dynamics of what I might photograph.”

Paton has been a People Plus member for around eight years. You’ll most often find him in the Center’s activity hall playing table tennis.

He went to school for civil



engineering and the bulk of his professional career was in facilities management, something he did for 17 years at Bowdoin College in Brunswick.

“I like the creative side of photography,” continued Paton. “I can’t draw or paint, but I believe I have a good eye and photography is my way of presenting visual artwork. It’s a medium I understand and enjoy.”

“The thing I like most about photography is the places it takes me,” concluded Paton.

To view Paton’s excellent images, go online at www.patonphotography.com.

During the March-April art show, 10 percent of all sales will go to People Plus. The exhibit is open to the public during regular business hours at People Plus.

Do you get the “Peek at the Week”?

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




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