



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 May 2023 Volume 23, No. 5

Honoring 21 years of Fundraising!



Dynamic duo raises over \$700,000!

FRANK CONNORS AND JEANNE D'ARC MAYO have worked together since the very first Music in April in 2002 to raise funds for the People Plus Center. They contrived to have a fundraiser and after only making about \$250 the first year, they determined to “give it another go”, and so they did it again. And then they did it again after that and then again after that! And every year, their committee of volunteers grew larger, their sponsors came back stronger, the food and music got better, and the auction grew and grew! Not surprisingly, so did the income. So that now after the 21st Music in April event, including both live and silent auctions, as well as raffles, musical acts and fantastic food, these two wonderful, generous people have helped bring in nearly three-quarters of a million dollars to support our older adults and the staff that serves them!



How do we ever thank them? Well, we start by calling them up to the podium in front of 225 people and presenting them both with chocolates. (Their very favorite thing!) And then we tell everyone how special they are, and remind them that we could not have done this event without them for all these years. And of course, everyone in the audience agrees with us and showers them with cheers and clapping!

So thank you, Jeanne and Frank. This organization probably would not exist without the two of you.



Welcome our new Teen Center staff!

We'd like to introduce you to our new Teen Center Assistant, Eli Diaz. Eli moved to Maine about a year or so ago from Providence, Rhode Island. While living in Rhode Island, they and their family worked for many years in the trades and after moving to Maine worked at a custom cabinet company. They fell in love with Maine and its people, and were wanting to refocus more on being involved in the community. While in Rhode Island, they had also done volunteer work with a small church youth group. After seeing the impact their work had on the teens there, they were excited to see an opportunity to work with a larger group of teens, supported by a



whole community, as an actual job. Especially a program like ours that is open to kids from all backgrounds and expressions. Eli is funky, fun, and the kids seem to approve! Welcome, Eli!

FYI! “Are You Ready?”

Thu, May 11, 1:30 pm. Join us for an often uncomfortable, yet informative talk about advance directives, end-of-life planning, & necessary documentation with guidance from Amy Berube, LMSW, The Highlands; Art Lamothe, Brunswick attorney; and Christopher Ladner, Brackett Funeral Home. Free, open to public. Registration required.



Member deal for MSMT tickets!

Again this summer, Maine State Music Theatre is offering the People Plus Center a block of tickets to sell at a discounted rate. Tickets that normally sell for over \$80 will be available, on a first come, first served basis, for only \$40 to People Plus members! We have 30 tickets for the first Sunday night performance of the four Mainstage shows at 7:30 pm:

- Titanic: June 11@7:30pm
- Buddy: July 2@7:30pm
- 9 to 5: July 23@7:30pm
- Something Rotten!: Aug. 13@7:30pm

Purchases are for members only, are not refundable, may not be exchanged for other shows and all payments should be made at People Plus. A portion of each ticket is donated back to the Center by the theatre.

Don't miss FYI! MSMT Singers Concert - June 15th!



Lunch and Learn: Aphasia, What is it?

Mon, May 22, 12 pm. Thomas Broussard Jr., Ph.D., is an award-winning author, public speaker, and three-time stroke and aphasia survivor. He will discuss strokes, aphasia, a language disorder typically from a stroke, and how the brain really does rewire itself! Broussard will talk about his recovery and about the “brain food” that the brain needs to rewire itself, whether recovering from a brain injury or being healthy and learning something new, both using the same ability — neural

plasticity, the foundation of all learning! Broussard is a U.S. Naval Academy graduate, a naval officer, submariner, shipbuilder, and a business owner in career development and training. He received his Ph.D. at The Heller School at Brandeis University in Waltham, Mass., where his work was focused on helping people with disabilities pursue employment. He was an associate dean at The Heller School until his stroke and aphasia in 2011.

He could not read, write or speak well, but kept a 500-page diary and “wrote” his diary using graphs, charts, and metaphorical drawings with text that didn't make much sense. There are 2.6 million people with aphasia in North America, yet most people have never heard of it before and even though 25-40 percent of stroke survivors have aphasia. This event is free and open to the public. Bring your lunch, we'll provide drinks and dessert. Registration required.



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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Gone but not forgotten

Richard Morrell
Dec. 23, 1928 – April 7, 2023

Elma Avery
Oct. 15, 1937 – March 14, 2023

Eric Sandlin
June 11, 1941 – March 14, 2023

Grace Rowe
Oct. 1925 – March 15, 2023

An Italian springtime adventure

Last month, Jonathan and I went to Northern Italy. We have visited many areas of Italy over the last eight years, yet this was our first trip to these particular towns. So we began our trip in Verona after a train ride from the Milan airport.

Verona is of course the home of Romeo and Juliet made famous in the play by Shakespeare. It tells the tale of two star-crossed lovers who as we all know come to a very sad end. Shakespeare's play was based on poetry and folklore about two real people who lived in Verona. And it's one of my favorite Shakespeare plays, and I actually named my daughter Juliet after the character. So it was amazing to visit this beautiful, small, walkable city, and be able to buy lots of souvenirs for Juliet with her name on them! I actually got her a sweatshirt with her name spelled in Italian — "Giulietta." And I got one for her boyfriend with the name Romeo on it. :-)

But Verona is more than Romeo and Juliet. There is a 2,000-year-old Roman amphitheater that is still used today for shows and music concerts. In fact, it's slated to be the site of the closing ceremonies of the next Winter Olympics. There are also Roman

bridges and museums full of artifacts. It's interesting because people think of Rome as the place to see Roman artifacts and structures, yet anytime you travel throughout Italy, you'll encounter them.

Our second train ride delivered us in Venice, where the weather was warm and sunny, and we meandered the bridges, stairways and back alleys for three days. People think of Venice as a water town and while it is, it's also a pedestrian town because there is nothing but foot traffic allowed on all the sidewalks. No bikes, no scooters, no rollerskates, etc. It's just people walking and it is lovely.

And the water is amazing and EVERYWHERE, so we also learned how to paddle a gondola!

And we went all the way out into the bay. That was amazing!

But my favorite adventure might have been the tour of Saint Marks Basilica and the 1,800-year-old Roman bronze horses. The intricacy of the work is astounding, considering they were made out of bronze in the year 200. It's incredible! We also connected with one of Jonathan's distant cousins who lives in Venice and Bologna and enjoyed a guided, walking tour and dinner with Chris Ingersoll. He and Jonathan share a startling, physical similarity!

Another train ride took us to the city of Bologna, where we fell in love with the small university town, envisioned ourselves buying an apartment there someday, and spent more time meandering the historic, downtown village, spending time with Jonathan's cousins and enjoying the food, the



From the Executive Director

Stacy Frizzle-Edgerton



atmosphere, and the warm sunny weather. We climbed a tower with 498 steps, saw the Meridian line created by Galileo, and shared a family birthday meal with some of the locals.

So after 10 days in small historic towns filled with beautiful Roman architecture, wonderful museums, amazing restaurants and local cuisine, our last train ride returned us to Milan where we had an overnight before we flew home. Luckily, we had time to tour the Duomo in downtown Milan, where you climb the stairs and go out onto the famous rooftop studded with wedding cake-like confectionery towers. They are fragile and amazing and it's incredible that they have survived for hundreds of years.

And then we flew home the next day. I have to give a big shout out to my support team and staff at People Plus for providing me the time off for this trip. It was amazing and I couldn't have done it without knowing that everything at the Center was taken care of. Thanks ladies!

From Anita's Plate

Anita Nugent
(207) 504-6439



info@nutritionforeveryday.com

Bring on the BBQs

The warmer weather is here and it is time to get outside. Backyard BBQs will be firing up! Why not take a fresh look at what we serve or bring to these gatherings?

- Here are some ideas:
- Flavored seltzer water instead of soda.
 - Hummus, shrimp cocktail, guacamole and veggies for appetizers.
 - Chicken pesto rollups on the grill.
 - Corn on the cob with black pepper and no butter.
 - Vegetable kabobs or veggies cooked in a grill pan.
 - Fruit salsa with baked cinnamon tortilla chips.

Currently, I am taking a course called "Food as Medicine." So far, the course has covered how our food choices may help prevent and treat many medical conditions. So why not make healthy, delicious food choices as often as you can.

I hope that you can use some of my suggestions at your next BBQ to use food as medicine!

Check out the Tahini Lemon Kale Salad recipe on page 7.



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Books a la Carte

Books readers might find interesting:

Personal Librarian by Marie Benedict and Victoria Christopher Murray. J.P. Morgan's librarian, Belle da Costa Greene, achieved great success and was prized as she managed his art collection, while passing for white.

The Door by Magda Szabo. Hungarian whose books were banned by Communists. The narrator and her husband are writers who live in a small village. An older woman comes to work for them and is not what she seems.

Still Later by Louise Penny. Inspector Gamache story set in a mysterious village near Montreal. Gamache must investigate a death: was it an accident or a murder?

Unnatural History by Jonathan Kellerman. Alex Delaware, a psychologist who works with the police on a murder. Describes life among the "glitterati" and street people.

The Secret History by Donna Tartt. Set at an elite New England school. Shows the lives of six students during the search for a murderer.

Notes on Hope and Heartache by Margaret Renkl. Essays describing many "souths" - blue or red, rural or urban, black or white, etc., which can't be summed up in one word or painted with one brush.

Final Mission: The North Woods by Joseph R. Wax. Story of crew members, the cause of the accident, and why some survived while others did not in the 1963 crash of a B-52 in Maine.

Everything All at Once by Bill Nye (The Science Guy). Nye shows how thinking like a nerd is the key to changing yourself and the world. "Everyone has an inner nerd."

And Then There Was Light: Abraham Lincoln and The American Struggle by Jon Meacham. The story of Lincoln - how and why he confronted secession and slavery.

Listen, World! How the Intrepid Elsie Robinson Became America's Most-Read Woman by Julia Scheeres and Allison Gilbert. Robinson followed an interesting path to become successful, with a daily audience of around 20 million.

Confederates in the Attic: Dispatches from the Unfinished Civil War by Tony Horwitz. Living at the foot of the Blue Ridge Mountains, the author is awakened by gunfire and discovers Civil War reenactments - showing that the war remains surprisingly alive and well.



MORE THAN 50 COMMUNITY MEMBERS attended a Lunch and Learn last month at People Plus, the first in three years at the Center! Jeanette Burney, of Body in Tune, LLC, talked about osteoporosis and what can be done in everyday life to help avoid fractures! People Plus is excited to be resuming these presentations which are free and open to the public.

Celebration of Life for Gayla Galbraith

Sat, May 13, 2 pm. Gayla June Galbraith was a remarkable woman and a quiet steady presence at People Plus for the past several years. She often came to the luncheons and other social events along with her close friend Diana Dove (she won two door prize birds which she kept in a display cabinet in her living room!) Gayla was a proud veteran, a bookkeeper, a store owner and was also handy with many aspects of house construction and repair. She was a loving daughter and sister to her six siblings!

Come to People Plus on Saturday, May 13th for a celebration in Gayla's honor. There will be a slideshow, a "share memories" book and a time for all to share remembrances. Light refreshments will be provided. Please contact Sarah to let her know you will be coming.



BEYOND the BOARD

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



Q. Your name, please?

A. Martha Cushing.

Q. The community where you live?

A. I live in Bowdoinham with my dog, Yoda.

Q. Please tell us a little about yourself.

A. I grew up in South Portland, attended school there, and received a bachelor of science degree in 1992 while working full-time at UNUM and going to school nights at Westbrook College. In 1995, I moved to Bowdoinham and shortly after left the corporate world to become Director of Agency and Community Service at United Way of Mid Coast Maine, which is when I met Sig Knudsen of what was then the 55 Plus Center. We shared coffee, Rotary meetings, brainstorming, and lots of laughter. When I semi-retired, he asked me to become a board member and I served for a term of six years.

Q. What do you like to do in your spare time?

A. Besides volunteer activities, I enjoy an orchard with apple, pear, peach, and cherry trees, as well as blueberry bushes and a vegetable garden. I also have been growing and pruning my own Christmas trees for the last 15 years. Living in a meadow with wood trails allows me to snowshoe in the winter and the Cathance River, where I kayak with a friend, is five minutes away. Six years ago, Yoda, my rescue dog from South Carolina, and I became a certified pet therapy team and now visit the Mid Coast Senior Health Center every week with paws and tail wags to bring smiles to the residents and staff. I also serve on the board for Maine Paws for Veterans, a nonprofit that provides service dog training and support for veterans with military-related post-traumatic stress.

Q. When you were on the board, what were some highlights?

A. When I first joined the board, the senior center was located on Noble Street and the conversations began to include how to fit in teen programs along with the programs for older adults. I wish we had a snapshot of the Teen Center's successful programs today, because those meetings would have been a lot shorter! We wrestled with the name change, considering "Community for All Ages" among others, and then moved into the new space, becoming People Plus. Working with the Jeanne Mayo, the "queen" of Music in April was a joy from the beginning and only got better every year.

Q. Your view of People Plus and why every community should have such a special place?

A. My tenure and experience on the board of People Plus was a great springboard to being one of the founding members of Maine's first designated Age Friendly Community in Bowdoinham, where I continue to volunteer with senior activities. As an active member of First Parish Church, I am a member of the outreach committee, which award grants to local nonprofits — and the Teen Center has been one of those recipients. I continue my connection with People Plus, recruiting new board members, developing ongoing friendships — and playing bridge!

Q. Why did you believe it was important to serve on the board?

A. I am grateful for the opportunity of being able to share my energy and experience on the board of trustees for People Plus, especially during times of some really challenging decisions. People Plus really has become "the Center that Builds Community."



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Diapers needed for Baby Shower!

People Plus is conducting a diaper drive for the upcoming Community Baby Shower & Resource Fair for Brunswick, Harpswell, and Sagadahoc County families.

The baby shower, which is a free event, will be held on Saturday, June 3 from 10 am to 1 pm. There will be two sessions for families to choose from: 10-11:15 am or 11:45 am-1 pm. The location will be at Midcoast Maine Community Action, 34 Wing Farm Parkway, Bath.

The event will celebrate and support expectant parents, and new and

growing families with children up to age 1 with knowledge about community resources, education, concrete supports, an opportunity to make new social connections, and time to simply have fun together! The hope is that this will become an annual event.

Baby bags will be given to the first 50 parents who register at each session and there will also be raffle prizes.

If you would like to donate diapers — sizes 1, 2, 3, and newborns — please bring them to People Plus. In advance, thank you!



What's Happening at the Center in May?



HOW MANY CHOCOLATE EGGS DID YOU HAVE at the April luncheon last month? There was definitely more than one for everyone and absolutely none of them left over so I'm thinking some people might have enjoyed a couple...as they should have! Because that's what our lunch at the Center is all about. Enjoying delicious food, time with friends and maybe an indulgent moment with chocolates or laughter or your besties. Will you be there for lunch this month? You don't want to miss it!

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.

Anyone can try a class/club once for free!



Wednesday Walkers Club Destinations for May:

Please note the meeting time for each week. Call 729-0757 to let staff know if you will need or can give a ride. In inclement weather walk will move indoors to the Rec Center track. ****Walks begin once carpool arrives.**

- May 3** - Planning meeting at PP @9:30 am. Come share your ideas and help plan the walks for June!
- May 10** - Wolf's Neck. Carpool: meet @PP by 9 am or arrive at the site by 9:30.**
- May 17** - Swinging Bridge Walk. Arrive at PP by 9:30 am.
- May 24** - Tarbox Preserve, Topsham. Carpool: meet @PP by 9 am or arrive at the site by 9:30.**
- May 31** - Popham Beach, Phippsburg. Carpool: meet @PP by 8: or arrive at the site by 9:30.**

Medicare 101

Tue, May 9, 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; 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

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

Write on Writers

Wednesdays, 1 pm. Meet to share stories and writings.

World Affairs

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.

Lunch & Connections

Come enjoy lunch with your friends!

Join us on May 18th for pineapple-chicken-veggie stir-fry with rice, a side vegetable, salad, and rolls, as well as coconut cake for dessert!

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

- Center Closed Monday May 29th for Memorial Day.

Register for activities @729-0757

Apple Device Tutoring

Thu, May 4 & 25, 9:30-12 noon. One-on-one Apple device tutoring sessions. Bring your iPhone, iPad, Macbook, etc. Members only, by appointment, call 729-0757.

English Country Dancing Returning to People Plus!

Wednesdays in May 3, 17, 31 (then various Tuesdays in June-Aug.) Check the People Plus calendar or the English Country Dance Group website for details.

\$5 per person, open to the public. Dancing will happen from 7 to 9. Doors open at 6:45 - try to come early enough to sign in, change your shoes, and be ready to start at 7:00 pm!

All dances will be taught and called, with the level of difficulty adjusted to match the attendees experience levels, but the primary target is people with prior dance experience (ECD, Contra, Square, Scottish, or IFD).

Please note the group's COVID policy: Vaccinations, full set of boosters and masks required. If possible, email a record of your vaccinations to ijnbloom@gmail.com or have it ready to be checked at the door.

See details at <https://folkdancers.org/BrunswickECD.html> (including the full COVID policy)

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Mon	Tue	Wed	Thu	Fri	Sat
1 9:00 Mah-Jongg 9:00 Loosen Up with Bea 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge	2 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	3 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 7:00pm English Country Dance	4 9:00 Table Tennis 9:00 Apple Tech Tutoring 9:30 Art Class 11:00 Yoga	5 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	6 9:00 Zumba 10:15 Table Tennis
8 9:00 Mah-Jongg 9:00 Loosen Up with Bea 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge	9 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 6:00pm Belly Dancing	10 8:45 Cribbage 9:00 Hair Cuts with Margarita 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	11 8:30 Men's Breakfast 9:00 Table Tennis 9:30 Art Class 11:00 Yoga 1:30pm FYI! Advanced Directives	12 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:00pm Folk Dance Brunswick	13 9:00 Zumba 10:15 Table Tennis 2:00pm Celebration of Life for Gayla Galbraith
15 9:00 Mah-Jongg 9:00 Loosen Up with Bea 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 7:00pm Civil War Book Club	16 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	17 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 7:00pm English Country Dance	18 9:30 Art Class 12:00pm Lunch and Connections	19 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	20 9:00 Zumba 10:15 Table Tennis
22 9:00 Mah-Jongg 9:00 Loosen Up with Bea 10:00 Fiber Arts Club 10:00 Zumba 12:00pm Lunch and Learn: Stroke/Aphasia 1:00pm Bridge 6:00pm Line Dancing	23 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	24 8:45 Cribbage 9:00 Hair Cuts with Margarita 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	25 9:00 Table Tennis 9:00 Apple Tech Tutoring 9:30 Art Class 11:00 Yoga	26 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:00pm Folk Dance Brunswick	27 9:00 Zumba 10:15 Table Tennis
29  Center Closed	30 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 1:00pm Qigong	31 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 7:00pm English Country Dance			



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.”

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THERE IS REALLY, TRULY NOTHING LIKE SPINNING your own wool and making your own clothing from it. According to our fiber arts, spinning club and weavers, it's an incredibly gratifying endeavor to wear a sweater or a poncho, or a scarf that you have made 100% by hand. And whether it's a large floor-based spinning wheel or a very simple, handheld device that resembles a spinning top, there is no end to the methods for spinning wool into yarn. And there is an entire rainbow of dyes to use later for the color! Come join this group every other week on Fridays to see what it's all about! Many of these spinners will frequent the area farmers markets to buy only fresh wool from New England sheep and llamas. In fact, one of the spinners has actually made a sweater out of her dog's fur! She showed it to me, and it did not smell at all like a dog! It was soft and cozy and exceptionally warm!



PRETTY AS A PANSY with Frank and Jane Connors! How much do we love and appreciate these two?? Faithful volunteers and dedicated till the end, Frank and Jane always pop up to surprise us with new flowers in the flower boxes every year when the seasons change. This year the squirrels have been digging in the dirt and vexing Sarah with a mess every morning on the sidewalk. Anyone have a good idea for how to keep the squirrels out of Frank and Jane's flowers? Please give Sarah a jingle.

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NINE PEOPLE PLUS MEMBERS are tiptoeing through the tulips with Colette travel this month! They left from the Center for a cruise in Holland and Belgium to see the tulips, historical sites, eat delicious food, relax, make new friends and enjoy the scenery. We cannot wait to hear their stories when they return and hope to see pictures of all of them reading the People Plus newspaper, while they are away!



PEOPLE PLUS MEMBER, DEB NOONE, meets with Bowdoin student, Ayhorng, as part of the Midcoast Literacy “Elder Memoirs Project.” These two will meet once a week for 8 weeks and Deb will share stories and memories from her life. Ayhorng will document Deb’s personal history and create an original, short book that captures her special moments and memories.

PEOPLE PLUS COMMUNITY BOARD

Lawn Care. Now accepting new customers for the 2023 summer season. No contract necessary. We offer weekly, bi-weekly, or as-needed lawn maintenance. Call for an estimate. Email in response to this ad (flanaganlawncare@mail.com) or call Gerard at (207) 725-9738

Fill your free time by helping others!

Have you retired and now need something meaningful to do? Reach out to Melissa at Neighbors Companion Care to see what a difference you can make to someone in your community. FMI call 207-725-9444 or email neighbors@neighborsllc.net

Tahini Lemon Kale Salad

- Salad:
- 3 C. chopped purple kale
 - 3 C. curly green kale
 - 1 C. shredded or sliced carrots
 - 1/4 C. sliced green onion
 - 1 avocado, peeled & cubed
 - 1 Tb. sesame seeds

- Dressing:
- 3 Tb. tahini paste
 - 1/4 C. lemon juice
 - 1 Tb. honey
 - 1 Tb. rice vinegar

Directions

1. Place the kale in a bowl. Add the lemon juice and massage the leaves together with the lemon juice.
 2. Mix the dressing and pour over the kale. Toss the greens together with the dressing. Add the rest of the ingredients and toss.
- Serves: 4.



Lunch Out!

May 9th at 11:30 am.

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www.spectrumgenerations.org

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

Monthly Update

May 2023

Volunteer Appreciation Month Spotlight

We want to extend a heartfelt “thank you” to all our volunteers. Your willingness to give your time and service is greatly appreciated. Your support of Spectrum Generations allows us to continue to fulfill our mission and serve over 10,000 people in Central & Midcoast Maine communities.



Meet volunteers **Carol, Dick, John, Meg, and Wil**, who arrive well before 7 a.m. to pack over fifty coolers, twice a week. This dynamic team fills bags with milk, juice, fresh fruit, and healthy snacks in under two hours! This team has worked together for over two years making cooler packing an enjoyable, sociable, and efficient activity. What is even more incredible is these five volunteers have been volunteering at the Cohen Community Center for **over 50 years of combined service** and dedication to our Meals on Wheels consumers!!

Interested in volunteering? Contact Stacey Forkey, Volunteer Coordinator, at volunteer@spectrumgenerations.org or call 620-1684.

Older Americans Month celebrates 60 years!

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living, OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.


This year’s theme, **Ageing Unbound**, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.



This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging.

Here are some ways we can all participate in Ageing Unbound:

- **Embrace the opportunity to change.** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits.
- **Explore the rewards of growing older.** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- **Stay engaged in your community.** Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- **Form relationships.** As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.



Join us for **HealthMatters**, a hands-on program developed for individuals with Acquired Brain Injury, intellectual and/or developmental disabilities, and their supports in health-friendly communities. Through this curriculum, participants gain the knowledge, motivation, and skills needed to create healthy habits that last a lifetime. Session topics include: exercise, nutrition, health education, self-advocacy skills and confidence building. This is a hybrid workshop – participants may attend in person or join virtually!

Two options available

Wednesdays
10 a.m. to noon, beginning June 21

or

Fridays
10 a.m. to noon, beginning June 23

For more information or to register, please call Spectrum Generations, Main Office at (207) 622-9212 or visit healthylivingforme.org.

JOIN US NOW! **21st Annual Golf Fore a Cause**

Friday, June 9, 2023
The Meadows Golf Club
495 Huntington Hill Road, Litchfield

Benefiting Spectrum Generations’ Programs, Services, and also this year, helping to build the Cohen Community Center Deck Project.

To be an event sponsor or register to play, visit <http://spectrumgenerations.org/events/golf-fore-a-cause>.




We’re Halfway There!

As of May 1, we have raised half of our \$200,000 fundraising goal to support the Cohen Community Center Deck Project!

Help us reach this important community-inspired milestone by donating at:

<https://donatenow.networkforgood.org/spectrumgenerations>



Cohen Community Center Deck Project

CELEBRATING 15 YEARS! BRUNSWICK AREA TEEN CENTER SCOOP-A-THON



THE 15TH ANNUAL SCOOP-A-THON, held April 26 at Gelato Fiasco in Brunswick, raised nearly \$11,000, breaking the record for income and sponsorship. The Scoop-a-thon has brought in more than \$100,000 for the Teen Center program over the last decade and a half. The raised funds ensure that our area teens have a safe place to recreate after school, hang out with friends, eat a ton of food, and play lots of games.

"The Scoop-a-thon was wonderful and fun as usual," said Teen Center Coordinator Jordan Cardone-Ruwet. "Thanks to our customers, scoopers, Teen Center Advisory Committee member volunteers, staff, the Bowdoin College Rotaract members and our many sponsors! And a special "thank you" to Gelato Fiasco for sponsoring this event for 15 years."



15th Scoop-a-thon breaks all records!

Brunswick Teen Center News



Jordan Cardone-Ruwet

Ready, set, go! I am starting this as we reach the final week of April when both the Scoop-a-thon and Music in April take place and the online auction ends!

The week after will be one of clean-up, thanks, and gratefulness for all of the support these events bring in for our programs!

Yes, the Scoop-a-thon is over; our 15th one! It was wonderful and fun as usual. The event brought in more than \$11,000 in combined funds from Gelato Fiasco sales, raffle ticket sales, donations, sponsors, and sales during the day at The Big Top Deli!

Thanks to our customers, scoopers, Teen Center Advisory Committee member volunteers, staff (this was our new assistant Eli's first Scoop-a-thon!), the Bowdoin College Rotaract members, and our many sponsors and mostly to The Gelato Fiasco for hosting this event for 15 years. Together we raised essential funding for the Teen Center program!

We did our annual walk to Gelato Fiasco during the scoop and one of our teens did an

interview with Jim Bleikamp from WCME and they all of course ate some gelato!

I'm keeping this short and sweet because we held off on printing until these events so that we could share news about them with you!

I did hear my phone dinging last night (Friday) and woke up to find I won a record six auction items, not sure if that is good or bad for me, hee hee.

After next week, I am off for vacation and some much-needed down time somewhere warm and sunny!

Thank you!
Jordan and the gang



WE WERE SO PROUD OF AND THANKFUL TO SEVERAL MEMBERS of the Teen Center program for helping us at Music in April! They served food, filled water, bussed tables, helped with cleanup, and generally made the evening run smoothly for over 218 attendees of the live auction dinner gala. We could not have done it without these kids and we're so proud to watch them mature into lovely young adults who give back to their community!



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— James Tierney, BHS Class of 1965

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

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Two Weeks Already!

By Doris Weinberg

I have been here in New Hampshire over two weeks now, and my life has really changed. From the bank to a dentist — all new providers, with my daughter, they have all been arranged.

Every day there has been something else. Today we decide on “health.” I need to pick an HMO, and thank goodness you don’t need wealth!

It was very hard to find a doctor, most are not taking new clients. I finally found one whose bio looks good, and hopefully she patient and reliant.

My money is now in another bank, and I have a dentist approved. There’s not too much left to do, just enjoy the time till I move.

I will go to visit Peabody Place next week, and maybe meet a new friend. It will be an “open house” I hear, and I hope quite a few will attend.

To start all over at my late age, feels like a challenge to me. It makes me timid and a little uneasy, but I will be OK, you’ll see.

A month from now I’ll be all settled in, and wondering why I had doubts. My new place will be comfy and great, and there was nothing to worry about!

Chocolate Chips

National Chocolate Chip Day, May 15

By Nonie Moody

Praise for the chocolate chips
They come in dark plastic bags
Layered on the grocery shelf
Sometimes on sale with yellow tags

A couple decisions must be made
For the small or larger size package
Standing close there’s the aroma
Thinking of cookie jar storage



Oh Dear

By Virginia Sabin

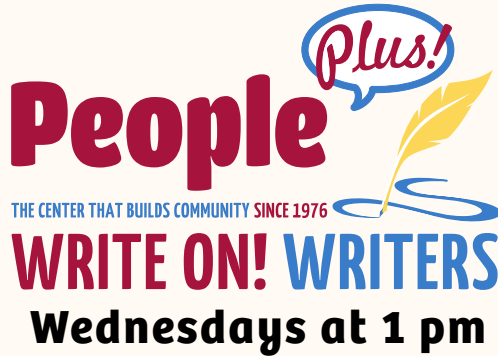
Deer, deer
You got me this year
Only a day late
To protect budding tulips
You chomped to the ground
Cutting off their prime
Of color
Of blossom

Tulips once grew abundantly here
Without threat of extinction
My neighbor tells the story
Of deer reaching my garden before his
Getting so full of tulips
So full!
They couldn’t eat another

Gardens are so full of so many good things
Disappointments too
Mother Nature has her own design
Often better than mine
So win some, lose some
That’s what it’s all about



Poems & Prose



Springtime Chores

By Bob Mulligan

My springtime chore is leaves galore
What shall I do with them all
I found my rake, how long will it take
They’ve been lying here since last fall
Perhaps with the mower if I run them over
It won’t take that much time at all
But look, they are wet and seem to be firmly set
I think I’ll give the Leaf Man a call.

A Spring Chore

By Doris Weinberg

I woke up this morning to bright sunshine,
and it looked like spring was here.
Crocuses bloomed in the yard next door,
and I saw my first robin of the year.

This past winter was quite mild,
and we had very little snow.
It has now warmed up a little,
and things are beginning to grow.

It’s only mid-April and the grass is still brown,
there is still a nip in the air.
But the days are longer and the sun is higher,
a big snow now would probably be rare.

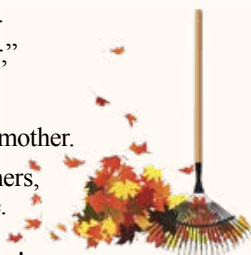
The neighbors have been out raking their lawns,
getting rid of the leaves and debris.
I never minded mowing or shoveling,
but raking was never for me!

You seem to twist your body,
when using a rake in the yard.
And I would end up very sore,
I must have tried too hard.

But April is a lovely month,
some days even feel warm.
No more fears of icy roads,
maybe just a big rainstorm.

And now that I’m a “senior,”
raking is done by others.
That’s a wonderful benefit,
now that I’m a great-grandmother.

I can now sit and watch others,
raking is their spring chore.
And I am just so glad,
I don’t have to do it anymore!



**It Never Gets Old
Sights, Sounds, Smells and Taste**

By Alene Staley

Gray skies, sun peeking through clouds.
Breezy hilltop views, farms and countryside.
Mud, always mud, and lingering snow.
Parking on a precarious edge next to a ditch.
Steep climb up to the barn. Who’s home?
Chickens this year, the tall stately farm horse, birds in the rafters.
Tapped ancient trees surround all.
Maple-scented smoke fills the air, syrup processing narrated in detail.
Children and adults delight in taffy on snow and maple syrup on ice cream.
Craft Fair full of Easter promise, with eggs and bunnies and baskets.
Joining friends and neighbors, enjoying the promise of spring and the bounty of maple trees.

Maine Maple Sunday 2023 at Jillson’s Farm, Sabattus, Maine

Where's Tom? By Vince McDermott

Tom was not here for a long time. I miss him. We went for walks, played with balls, and slept together. When he went away, he told me he would be back.

When he came back, he was different. He was wearing things I had never smelled before. He came back other times, but we did not play much. The last time he went away again he said he would be back, but he never came.

Then something happened. The others have a look in their eyes I have never seen. I wander around looking for Tom, but he is not here. The others tell me to go away, so I do and do not bother them. They do not tell me what happened. I think I know. Tom always told me to wag more and bark less. I do not feel like wagging any more.



High School Students in Action

By Betty Bavor

When I receive an invitation, I am grateful and rarely say no! This weekend was no exception. “Would you like to attend the Saturday 2 o’clock Brunswick High School production of ANYTHING GOES?” I have not met the students, however, I do know a couple of parents whose daughters are in the show. I always enjoy these student events.

Cole Porter wrote the music and lyrics and it opened on Broadway in 1932. It was revised in 2022 and the Director’s Note in the program book pointed out how lucky they were to secure the rights. I might say lucky also to have talented, motivated students and dedicated production teams. BHS educators, staff, sponsors, and parents also need to be recognized for their faithful support and patience. Play participants spend hours rehearsing and practicing, plus must keep up with academics.

The show was awesome as actors performed with enthusiasm and professionalism. Singing and dancing to the fine musical score was delightful and costumes were beautiful. It was a pleasure to see 43, plus a dog, cast picture and read each bio in the program book. It felt like we were at a Broadway theater production. Our community is privileged to experience this spring musical. Thank you and best wishes everyone, continued success and may all your dreams come true.

Another invitation involving “High School Students in Action” is Robotics competition. I have been watching this competition on my computer as I have a great-grandson on a team. His mother drove us to UNH in Durham, New Hampshire, to see a live event. She gave me the Bucksport, Maine Enterprise newspaper with headline, “GOLDEN BUCKS ROBOT TRULY GOLDEN!”

This team is from Bucksport High School. Their statistics are impressive. The Bucks’ Wrath Team, #6329 is proud to represent RSU 25 as a robotics team that currently ranks first in New England for scoring, after one event, and ninth in the world with over 2,000 teams competing already. This ranking was as of March 16 and we were on our way to another New England District event at UNH on March 25th. They won first place out of 41 teams. NE first District Championship, April 5–11th is in Springfield, Massachusetts, followed by the World Competition in Houston, Texas, on April 19–22.

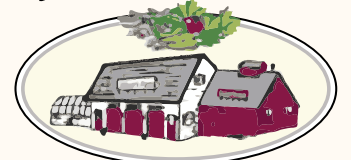
Teams average 20 students who build the robot, direct its activity which is fast and aggressive, scoring by retrieving a cone or block and placing it on their court side. Rules are complicated and there are many officials, referees, and judges. An amazing event for hundreds of students learning life skills, maybe their futures. A day I will remember with pride and gratitude. Good luck Bucks’ Wrath — everyone is very proud of you!

Wondering and Wandering

By Bob Mulligan

Wondering and wandering
Wherever I do roam
Wandering while wondering
Which path might lead me home.

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Word games as played on a bicycle

One of my primary duties at Mathieu's Cycle & Fitness in Farmingdale is to degrease and clean bicycles before they receive service, thus making it easier for our mechanics to do their job and also giving back spotless rides to our customers.

Since becoming a "pro" in this matter — and I can get away with saying that only because I get paid — I have had the opportunity to get up close and personal with thousands of two-wheeled machines of all types and sizes. Mountain. Road. Cyclocross. Time trial. Fat. Gravel. Fitness. Kid cruisers. Folding. Even e-bikes. And in varying degrees of condition. Rusted. Muddy. Non-working. Covered in cobwebs. And those

well taken care of, which I greatly appreciate.

One of my quirks throughout the cleansing process — besides the more important part of searching for possible bike defects that I can point out to my shop colleagues — includes noting the words that are displayed on bicycles. Maybe this is because of my background as a newspaperman. There are the usual markings that one would expect, like brand names, aluminum this and aluminum that, carbon whatever, frame and component numbers ... so on and so forth.

But there are other words and phrases on bikes that really get my attention; ones that, truth be told, leave me puzzled and full of questions, like: Who came up with these

weird sayings? Do they actually help convince the consumer to purchase the bicycle? Does what's being said really work? Has anyone ever checked for their accuracy?

In keeping with today's world, maybe it's all fake news!

Anyway, here is some of what I'm seeing splashed across various parts on bikes and, believe me, I'm not making this stuff up:

- Silk Path 400
- Special Teeth Profiles Shifting
- Double Density Base Design
- Dialed Fit Specific Design
- Butted Enhanced
- Freestyle
- Response
- Anti-Flex Seat Stay
- Portage Forward Top Tube
- Finest
- Simply Better
- Torque Transfer Design
- Triaxial Hourglass
- Atomic 13

I'm guessing most people don't even pay attention to what's written on a bicycle. They just want it to work when they go for a ride. And that's all that really matters, isn't it?

Here's another word that might throw you.

Bicycling on the backroads to and from Brunswick, I've come across one particular road sign countless times in Bowdoinham, but I never paid much attention to it. Until recently, that is.

The word on the green sign is in white letters and reads "Abbagaddassett." Let alone being quite a mouthful to pronounce,

Simply put



Patrick Gabrion

I wondered about the origin of the word. A Google search of "Abbagaddassett" turned up nothing. But there is the nearby Abagadasset River, so I'm assuming the road sign relates to that body of water.

The Abagadasset, or Abbagaddassett if you so choose, is a 16-mile-long river in Richmond and Bowdoinham, flowing into Merrymeeting Bay, which is part of the estuary of the Kennebec River.

Further resource revealed that early settlers arrived at the mouth of the Abagadasset and Cathance rivers around 1730, where the town of Bowdoinham was established.

A land title dispute occurred between the Bowdoin family and Kennebec Proprietors until a survey was conducted, along with a quit claim deed from Chief Abagadasset. The Bowdoins won the suit in 1763. Elihu Getchell built the first sawmill in 1760, using the water power of the river.

Abagadasset is an Abnaki word meaning "stream opening out from between mountains" or "following a shore curved."

Hopefully, all this makes sense — and thus completes today's lesson involving words seen on or from a bicycle. Class dismissed!

New and renewing members for April

Memberships received as of April 17.

* indicates new membership
• indicates donation made with membership

BAILEY ISLAND

Jacque Caldwell *

BATH

Phyllis Wolfe

BOWDOIN

Dennis Szurgot *

BRUNSWICK

Mary Ellen Banton
Russell Banton
Tony Belmont *
Robert Biette
Darlene Breton
Jaclyn Campbell *
Sheila Cohen
John Cooke
Jane Dugan *
Marguerite Emerson
Marcia Goode-Townsend
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Peter Lachance
Beth Levesque •
Kate Morgan *
Sheryl Page
James Pratt
Mary Rose Pray *
Andrea Schademan *
George Sergeant
Susan Sergeant
Bonnie Spies
Barbara Tobin
Linwood Townsend
Charles Verrill *
Ann Vincent *
JoAnn Watson
Elizabeth Wilson
George Woodworth *

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Liliette Breton
Lou Brown
Donna Dillman
Shirley Duggan *
Jane Harris •
Karen Leeman *

Scott MacInnes *
John Moulton
Sarah Moulton
Nancy Simboli
Donna Westervelt

PORTLAND

Colleen Myers *

TOPSHAM

Marc Benner •
Theodore Bernard
Irene Brunelle
Don Hamlin *
Judy Hardin
Dale Hinckley •
Joe Hinckley •
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Bonnie Lundquist
Linda McIntosh
Joyce Polyniak * •
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Center’s art students on display in May/June show

We have a new art show coming up for the months of May and June. On display in the Cafe Gallery will be the work of students from Ed Higgins’ art classes here at People Plus.

We had a chance to catch up with Ed to talk about the classes, his students, and what will be shown at the exhibit. Here’s what he had to say.

“It’s been so rewarding to see my students at People Plus blossom into unique, original, and unstoppable artists. They’ve gained not only fundamental skills, but are always moving forward, striving to imbue their work with mood, feeling, and expressiveness. Day by day they grow and gain confidence, and as their instructor it’s been a joy and an honor to watch them develop creatively.”

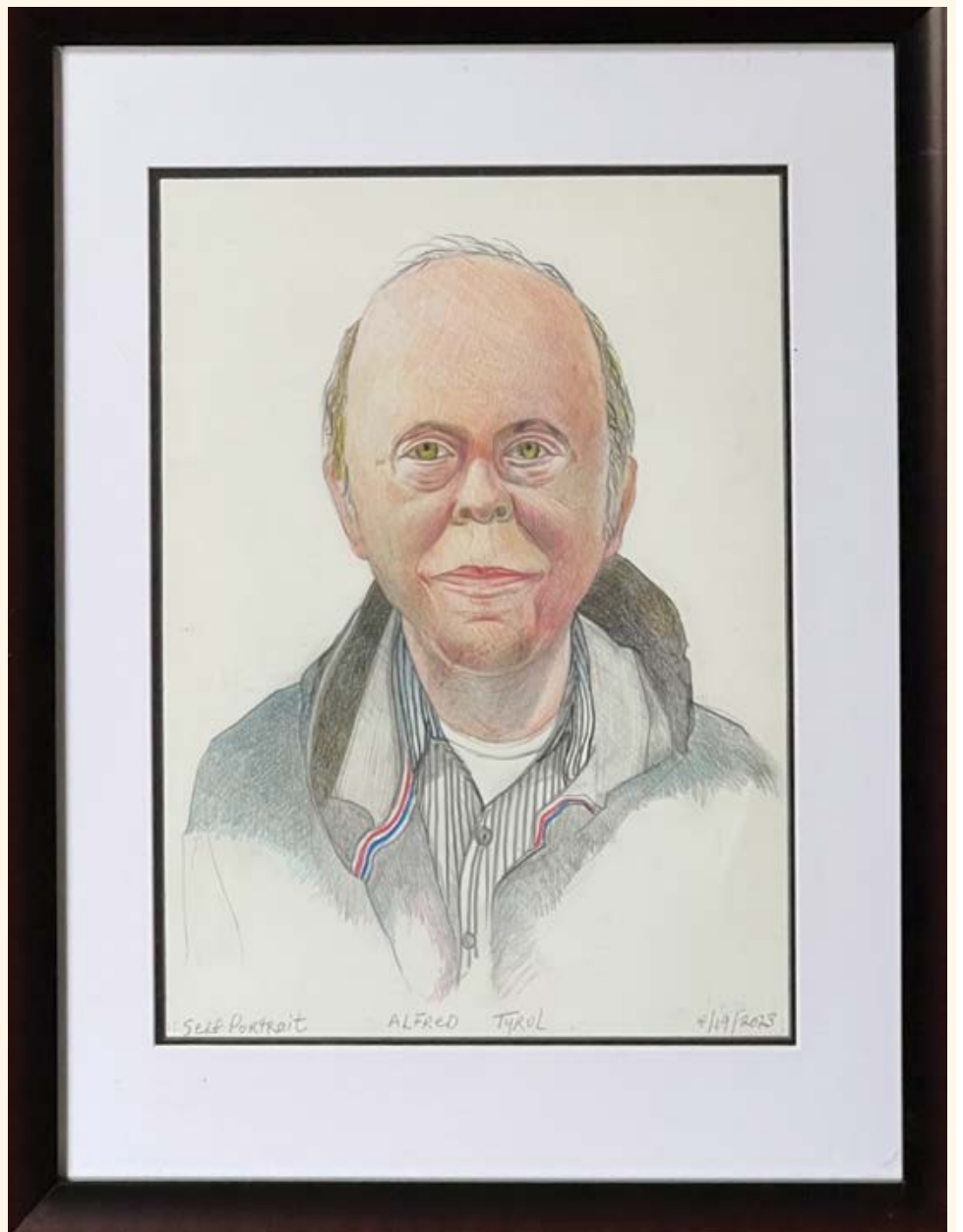
“Recently, many in the class have been working on self-portraits, which are among the most challenging of artistic exercises. And yet the students have approached the task fearlessly. The resulting work has shown great sensitivity and observation. Especially interesting is the work of students who are taking chances. First steps in realms of the

visual arts which are out of their comfort zones, who have never tried portraiture before. They’ve jumped in with both feet and the results from a formal and technical perspective have been astonishing.”

“For the upcoming spring art show, there will be a variety of works and subject matter. We work in many different media — from pencil, to pastels, colored pencil, watercolor, and more. In addition to a selection of the self-portraits, you’ll see other ongoing portrait work (where the artists drew their colleagues, family, or famous people), some springtime themes, imaginative landscapes, and so on. We’ve tried to choose works which show the process whereby our artists are making their work their own, moving toward realizing their own voice and style. A visual vocabulary which expresses their original, interpretive vision of the things they find compelling and beautiful.”

Higgins teaches art at the Center on Tuesdays and Thursdays at 9:30 am.

As always, the May/June art show is open to the public during regular business hours at People Plus.



Cribbage
 March 29 Rollande Fortin 726
 Rick Fortin 715
 Anne Bouchard 698
 David Bertocci 695
 April 5 John Bouchard 712
 Jim Cherry 705
 George Tetu 700
 April 12 Lois Fournier 726
 Rick Fortin 705
 S. Morgan 704
 George Hardin 692
 Rollande Fortin 689
 April 19 Jim Cherry 714
 Joe Tonely 713
 Ashley Richard 702
 Leo Robichaud 701
 April 26 S. Morgan 725
 John Bouchard 711
 Jen Haskins 706
 David Bertocci 705

Weekly Winners
Senior Duplicate Bridge
(Top ranked teams and win percentages)
 March 27, 8 teams
 1st Jane Roy & Ellen Toomey, 64.3%
 2nd Barbara & Don McHarg, 55.6%
 April 3, 7 teams
 1st Gail & Cy Kendrick, 63.9%
 2nd Jane Roy & Ellen Toomey, 61.1%
 April 10, 9 teams
 1st Marcia Good & Woody Townsend, 58.3%
 2nd Bobbi Robertson & Tony Belmont, 57.3%
 Apr. 17: 10 teams
 1st Gail & Cy Kendrick, 60.9%
 2nd Denise Deshaies & Linda McIntosh, 55.5%
 Apr. 24: 8 teams
 1st Martha Cushing & Jeff Lauder, 64.3%
 2nd Gail & Cy Kendrick, 52.4%

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Peter W. Ladner, President, circa 1980