



# People NEWS!

Plus!

THE CENTER THAT BUILDS COMMUNITY SINCE 1976

People Plus  
P. O. Box 766  
Brunswick, ME  
04011-0766

Non-Profit Organization  
U. S. Postage PAID  
Portland, ME 04101  
Permit No. 454

June is Pride Month – Celebrate Diversity! People Plus supports an engaged, healthy, and independent life for older adults.  
35 Union St. / PO Box 766, Brunswick, ME (207)729-0757 www.peopleplusmaine.org June 2023 Volume 23, No. 6



## Sliding into Home!

We are only \$2,721 away from knocking it out of the park for the Annual Fund goal, and it could be your “at bat” that does it! Can you help us cross home plate to score our winning run with a donation to the Center?

According to Executive Director Stacy Frizzle-Edgerton, we’ve raised \$67,279 as of May 22, including membership donations. “We are in the ‘ninth inning’ and thanks to all of you, we are so close to a win! And thanks in advance to everyone who will send in a little bit of something to help us reach home plate in June. All donations are valuable and are always put to good use,” said Frizzle. If you would like to support the Center

with a donation and help us hit one into the bleachers, that’s a wicked good way to put a big “plus” in People Plus.

Along with all the “usual ways” to donate money by cash, check or online; giving a gift of stock has become a popular choice. Donations can be made right online at peopleplusmaine.org, through the mail (P.O. Box 766, Brunswick, ME 04011), or by calling People Plus at 729-0757.

Thank you to all who contribute! We could not serve our community and you, our faithful members, without this incredible support. Our campaign runs through June 30.

As always, your continuing support is invaluable!



## Fifteen years of Teen Center support!

Fifteen years ago, we were approached by Jim Howard, a local real estate developer, entrepreneur, and owner/CEO of Priority Real Estate Group, and exceptionally generous community supporter. Howard wanted to know more about the Teen Center program, how it operates, and how many teens we were serving.

Howard had experienced his own struggles as a teenager, and often found himself without a traditional home and family as a youth.

He began visiting with the teens at least

once every summer and donating funds to both support the program and ensure it continues. His collaboration with Jordan Cardone-Ruwet, our Teen Center coordinator, has been steady right from the start as they partnered on programming for the kids.

As we wrap up this school year, we are pleased that Howard has put forward a \$5,000 donation match again this year, calling for others to match his funds to keep our Teen Center fully staffed, and stocked with healthy food, technology, adventures, and more!

*continued on page 8*



**KEEPING THEIR PROMISE!** Karen Madsen and Jane Littlefield sent us a beautiful photo from the Collette trip to Holland! They are pictured here with the People Plus News in the gardens at Keukenhof. What a lovely setting they had for an amazing trip!

Want to go on a trip with us? Don't miss the next trip “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>



2023  
**People Plus**  
**SENIOR HEALTH Expo**  
CONNECTING COMMUNITIES  
PROUD TO PARTNER WITH 

## Senior Health Expo – October 19, 2023!

Registration Now Open!

Please mark your calendar for one of the People Plus Center’s top events, the Senior Health Expo 2023! The highly successful and well-attended Health Expo will take place on Thursday, October 19 from 9 am to 1 pm at the Brunswick

Recreation Center, located at 220 Neptune Drive (on the former Brunswick Naval Air Station).  
It’s not too late to join these wonderful Partners: Coastal Landing Retirement Community, Gateway Retirement Solutions, Mid Coast-Parkview Health, Priority Real Estate Group, Rusty Lantern Market, Spectrum Generations, and Sponsors: Avita of Brunswick & Sunnybrook, Brackett Funeral Home, Insurance & Retirement Solutions, and Maine Community Bank.

Visit [peopleplusmaine.org](http://peopleplusmaine.org) for more information on the event, including table registration and sponsorship opportunities.












### ‘Aging Well’ Lunch and Learn: ‘Kneed’ a Replacement?

**Mon, Jun. 26, 12 noon.** Join us as Branden George, PT, DPT of Reform Physical Therapy in Topsham, gives a general overview of total knee replacements. Learn the importance of physical therapy, both before and after surgery, short- and long-term goals, basic anatomy and physiology, and expectations for recovery and healing. The Reform Team will also be able to answer any insurance-related questions you may have regarding Physical Therapy! Bring your lunch, as we’ll provide drinks, chips and dessert. Free, open to public. Registration required.



**REFORM**  
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*Don't neglect your health, reform it*

### Lunch and a MSMT show!

**Bring your favorite summer Jello dessert!**

**Thu, June 15, 11:45 am (note earlier lunch time!)** Join the “MSMT Singers” as they put on a concert at the Center while you enjoy picnic-style Italians, potato salad, green salad, chips, pickled beets, and we’ll have cookies and a pot luck of fun Jello desserts. *Please bring your family’s favorite or traditional Jello fruit dessert to share!*

The dining room opens at 11 am and we’ll start serving our buffet meal a little early this month – at 11:45. 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.

Due to the concert, this lunch is members only, \$5 per person, and registration required - call beginning June 1.



# Thank you for service and loyalty!

## From the Executive Director

Stacy Frizzle-Edgerton



Monthly publication serving the Brunswick-Topsham-Harpswell area. For comments, suggestions or news submissions, please email [news@peopleplusmaine.org](mailto: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](mailto:office@peopleplusmaine.org). Submissions must be received by the 15th to be included in the next month's edition.

### People Plus Board of Trustees

- Charles S. Evans, Chair, Topsham
- David Millar, Vice Chair, Freeport
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- Carolyn Bulliner, Brunswick
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### People Plus Staff

- Stacy Frizzle-Edgerton, Executive director, [director@peopleplusmaine.org](mailto:director@peopleplusmaine.org)
- Jill Ellis, Programming & events, [programming@peopleplusmaine.org](mailto:programming@peopleplusmaine.org)
- Sarah Deck, Office coordinator, [reception@peopleplusmaine.org](mailto:reception@peopleplusmaine.org)
- Lynne Smith, Membership & transportation, [driver@peopleplusmaine.org](mailto:driver@peopleplusmaine.org)
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- Patrick Gabrion, People Plus News editor, [news@peopleplusmaine.org](mailto:news@peopleplusmaine.org)
- Jordan Cardone-Ruwet, Teen Center coordinator, [teens@peopleplusmaine.org](mailto:teens@peopleplusmaine.org)

### Spectrum Generations Staff

- Aging & Disability Resource Center, 207-607-4405 or 1-800-Medicare
- Eben Rowe, Meals on Wheels Coordinator, [erowe@spectrumgenerations.org](mailto:erowe@spectrumgenerations.org), 207-607-4406

Check out past newspapers at [www.peopleplusmaine.org](http://www.peopleplusmaine.org)



The month of June always brings a transition at the Center. It is not only the end of our fiscal year, it's also potentially the end of a "term" for a board member. Board members have the option of serving up to three, three-year terms, and so we generally have one or two board members terming out at the end of every fiscal year. It's always bitter sweet to say farewell to board members.

Carolyn Bulliner, Catherine Jarrett, Stephen Loeb and David Forkey are all finishing their terms this year and have brought their individual strengths to People Plus, and the organization is better for having had their leadership and direction.

**Carolyn Bulliner** was appointed to the board in October 2017. She retired from the U.S. Army Nurse Corps after 30 years of service in 2000 and continued to serve as a health facility master planner for the Army Surgeon General for the next 13 years. She retired, moved from northern Virginia to Brunswick in 2010 and now serves on the board of the Rotary Club of Brunswick and volunteers at Mid Coast Hunger Prevention Program and the local clothing bank. Carolyn has been an active member of the Teen Center Advisory Committee (TCAC) for the last six years and currently chairs the Teen Center expansion committee with Charlie Evans. She's committed to remaining on the TCAC in the foreseeable future. And for that, we are grateful!



**Catherine Jarrett** was appointed to the board in July 2017. She moved to Brunswick in 1974 from Tehran, Iran with her husband Rob and taught school at the Iranian/American School. She and Rob started a business, The Good Sports, in downtown where she worked part-time while raising their two children. When they sold the business, she went back to teaching and taught elementary school at Woodside in Topsham and then moved to Brunswick Junior High to teach math. She retired in 2010. Her days are filled with working on the steering committee of the Bowdoin Student Host Program, playing tennis, golf and working in her garden. Cathy served for six years on the TCAC and has played a vital role in fundraising efforts for the organization. She is a tireless volunteer who can always be counted upon to work an event, pitch in when needed and go that extra mile for People Plus! She's even filled in as a volunteer in the Teen Center!



**Stephen Loeb** was appointed to the board in July 2017. He is Professor Emeritus of Health Policy and Management at The Ohio State University and a research associate at Bowdoin College. He graduated from Bowdoin College and has three graduate degrees from the University of Michigan. Loeb was on the faculty of The Ohio State University for 38 years. Loeb and his wife, Sue, have two grown daughters and live in Topsham in Highland Green. He served on the development committee, the finance committee, the strategic planning committee, and acted as a liaison for the board with Bowdoin College. Steve is one of those people who can be counted upon to do whatever is needed for the organization, and he is an incredible resource for the senior leadership team.



### A decade of mentorship

**David Forkey** was appointed to the board in November 2013. He graduated from Morse High School in Bath and the University of Southern Maine in Portland. Having worked for 40 years at L.L. Bean, he is the International HR Manager at corporate headquarters and is the HR Business Partner for several divisions. David served as the chair of the board, the vice chair of the board and the secretary of the board for six consecutive years. He has chaired the governance committee, and the strategic planning committee and has provided invaluable knowledge and guidance for the organization for the last decade. He lives in Georgetown with his daughter Olivia.



David joined the board when I had been with People Plus for only a couple years. So he has mentored me through the last 10 years of growth, both professionally and for the organization. His calm and steadfast approach to all things has proven incredibly valuable as I navigate challenges at the Center through the pandemic, changes in staff, increases in expenditures, and more.

Never wavering in his support, David has been at every board meeting, Teen Center Scoop-a-thon fundraiser, and Music in April event. At Music in April he refuses to take a seat, and will instead work the room, serve food, and just last month he bussed tables with the teen volunteers. At one point the teenagers actually asked "who is the old guy doing our job?" While just two days earlier he had coached me on some human resources challenges and helped me plan for the next 12 months of strategic planning.

He has been a wonderful partner for me at this organization, and I know I can rely on him as we move forward, whether he is on the board or not!

It never ceases to amaze me when we have volunteers join the organization as board members, and then stay to work on committees, help us with fundraising and guide our strategic plan toward success and growth. We have several board members who have been involved with the organization for over 20 years.



**NEVER ONE TO SIT AROUND, DAVID FORKEY** is always part of the volunteer team whether it's on the board or at a fundraising event like Music in April!

## One step at a time!

Last month, my younger daughter and I hosted a bridal shower for my oldest. To say that I have been planning this event for more than six months is not an exaggeration. The weather proved to be nicer than expected. There were over 50 people there and I made all the food. We had appetizers and a luncheon.

With the help of my college friends and family, everything went just as planned! Someone at the shower asked "Did you make all this food yesterday?" My answer was I

## From Anita's Plate

Anita Nugent  
(207) 504-6439



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

could not have possibly made all this food the day before.

It struck me that the way I had prepared for the shower was similar to how I encourage my clients to make changes in their food choices and exercise. By planning and taking small steps toward your goal, the process can be enjoyable and free of stress.

I started about a month ago by making some meatballs, baking some chicken and putting them in the freezer. The week before I made pesto. Several days before the shower I prepped the vegetables for the salads. I was able to do the final preparation on Saturday.

People kept asking me if I was stressed and I was able to say that I had no stress involved with putting on the shower! I hope that this article will help you the next time you are faced with something big that you want to accomplish. Take it step by step and enjoy the journey!

## Summer Farro Salad

### Ingredients: SALAD

- 2 C. cooked farro, cooled
- 4 C. spring lettuce mix
- 1 avocado, peeled, pitted, diced
- 1 beet, peeled, and sliced thin
- 1 scallion, sliced
- 1 C. sliced radishes
- 1 C. sliced cucumbers

### DRESSING

- Zest and juice of 2 lemons
- Zest and juice of 1 orange
- 2 Tb. olive oil
- pepper to taste
- 1 Tb. chopped parsley

### Directions:

1. Prepare all of the ingredients.
2. Place the greens in the bottom of a large salad bowl.
3. Top with the cooked farro.
4. Pour the dressing over the top and toss slightly.
5. Add all of the veggies on the top.

Yield 3-4



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# SMASHING FUNDRAISING RECORDS!



## Music in April exceeds expectations!

People Plus is often referred to as “the Center that Builds Community.” Well, the community showed its support by making one of our biggest events a huge success!

When it was all said and done, the 21st annual Music in April took in more than \$77,000!

Music in April is the signature fundraiser for People Plus. It enables us to serve hundreds of People Plus members who represent an ever-increasing population of retirees and elders in the Midcoast region.

This year’s Music in April included the popular month-long online auction, and the gala and live auction on April 28 at the St. John’s Community Center in Brunswick.

The well-attended gala (over 200 people!) drew a lot of excitement, as it hadn’t been held “live” since 2019. Here’s what many of the guests had to say about the wonderful evening.

— “It’s so great that the gala is ‘live’ again. I missed having it!”

— “Everything is perfect. The setting is terrific, the food is outstanding. I’m glad I came.”

— “There’s a lot of happiness on display here tonight.”

— “It’s so nice to be here and raise awareness for what People Plus does for the community.”

As part of the gala were live music offerings, featuring soft-mood jazz music and the exceptional sound of two Bowdoin College a

cappella groups. Two dozen of the area’s best eateries and restaurants presented their pick of house specialties, and nearly 40 local businesses combined to provide the largest sponsorship ever!

Auctioneer extraordinaire John Bottero was back, piloting those in attendance through an impressive list of live auction items, including vacation get-aways, one-of-a-kind items, and specialty dining experiences. The evening wrapped up with a raffle containing several great prizes.

April’s online auction broke records with the most auction items we’ve ever had (390), and the most bidders (almost 400!) and featured a variety of items donated to the Center, including local gift certificates, jewelry, private adventures, variety baskets, clothing, paintings, vintage treasures, hand-made items, and so much more.

People Plus has raised over \$650,000 from Music in April over the last 21 years. These funds go toward hundreds of classes, clubs, and meals held at the Center, and to support the delivery of groceries, food pantry boxes, meals and prescriptions, as well as our free transportation network which provided over 32,000 miles of transportation last year!

Thank you to everyone for your support of People Plus. And we’ll see you at next year’s Music in April!

**“There’s a lot of happiness on display here tonight.”**



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# What's Happening at the Center!



**CLICK CLACK, CLICK CLACK, CLICK CLACK,** that's the only sound you hear, besides peels of laughter, when you walk into the Mah-Jongg room on the second floor of the People Plus Center every Monday, Wednesday and Friday from 9:30 am to noon. This group of gamers has grown to three or four tables and they have a blast! Mah-Jongg is an Asian tile game that's similar to gin rummy. It's easy and fun to play and they love to teach new friends! So come join the fun down at People Plus so you can add to the cacophony of click clacks and laughter!

## Exercise is FUN at the Center!

Come for Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, Zumba, and Gentle Barre. Classes inside with air conditioning! \$5/ class for members (\$10 for non-members) and you can try any class once for free!



### Wednesday Walkers Club Destinations for June:

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.**

**June 7** - Planning meeting & coffee at PP @9:30 am. Come share your ideas and help plan the walks for July!

**June 14** - Gilsland Farm Trails (Audobon Center, Falmouth. Carpool: meet @PP by 9 am or arrive at the site by 9:30.\*\*

**June 21** - Swinging Bridge Walk. Arrive at PP by 9:30 am.

**June 28** - Spear Farm Estuary Preserve Trails, Yarmouth. Carpool: meet @PP by 9 am or arrive at the site by 9:30.\*\*

### More MSMT tickets!

Last month Maine State Music Theatre gave us a block of tickets to sell at a discounted rate. Those tickets went like hot cakes, but fear not – they gave us more! Tickets that normally sell for over \$80 are available, on a first come, first served basis, for only \$40 to People Plus members! We

have 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. See Jill or Barbara at the Center for tickets.

### Programming Notes for June:

People Plus will be closed on June 19 for the Juneteenth federal holiday.

**Register for activities @729-0757**

*Anyone can try a class/club once for free!*

## Apple Device Tutoring

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

## Medicare 101

**Tue, June 13, 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**

### Apple Club

**Thu, June 29, 1:30 pm.** Bring your Apple device and questions.

### 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.



**IT WAS SO LOVELY LAST MONTH** to have Priscilla's granddaughter and great granddaughter, Jessica and Marigold, stop by the Fiber Arts club for a visit! The proud recipient of many quilts made by her great grandmother, Marigold is always happy to coo for the crowd of adoring fans at Fiber Arts! And of course, all of the rest of us had to get it on the action too!

## Good Eats – Good Friends!

### Women's Breakfast

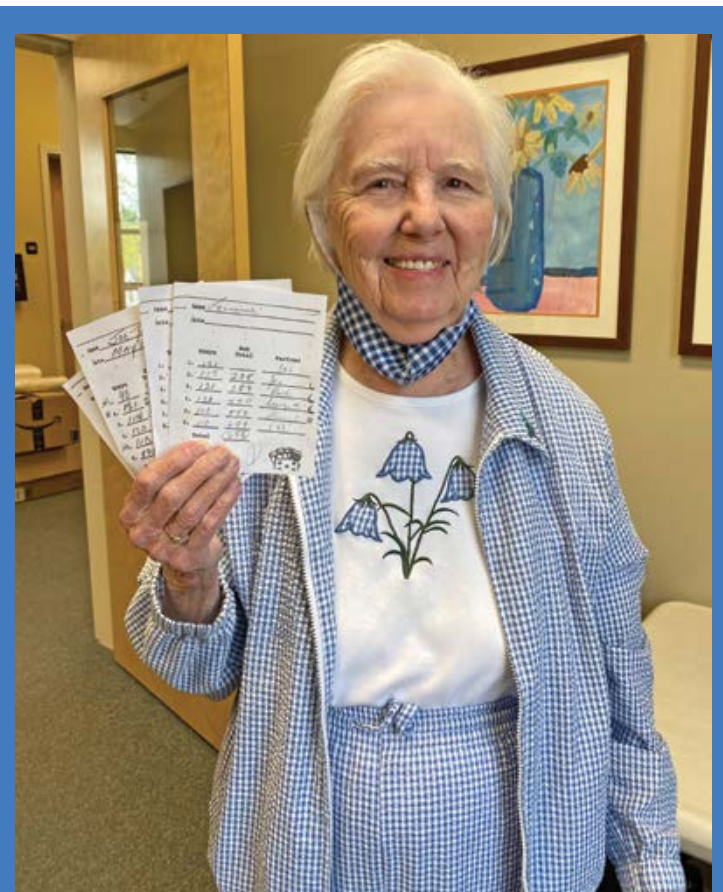
**Thu, June 1, 8:30 am.** Enjoy breakfast while socializing with the ladies. Members only. Call to register. \$4 suggested donation

### Men's Breakfast




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

## Activity Punch Cards

Our punch payment card system is safe & convenient. FMI 729-0757 or stop by to purchase your card! \$25 for 5 classes, \$50 for 11 classes.



**BLOOMING IN BLUE!** Congratulations to Lorraine LaRoche for her win at cribbage last month! She brought the scores up to Jill while grinning from ear to ear in her blue, matching seersucker outfit, and mask!


Mon	Tue	Wed	Thu	Fri	Sat
 <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">Scan QR code for People Plus online calendar</div>  </div>			<b>1</b>	<b>2</b>	<b>3</b>
			<b>8:30 Women's Breakfast</b> 9:00 Table Tennis 9:30 Apple Tech Tutoring 9:30 Art Class 11:00 Yoga 6:00pm Belly Dancing	9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:00pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 6:00pm Line Dancing	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 6:30pm Toastmasters 7:00pm English Dance	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers	<b>8:30 Men's Breakfast</b> 9:00 Table Tennis 9:30 Apple Tech Tutoring 9:30 Art Class 11:00 Yoga 6:00pm Belly Dancing	9:00 Mah-Jongg 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	9:00 Zumba 10:15 Table Tennis
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 6:00pm Line Dancing 7:00pm Civil War Book Club	9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis <b>11:30 LUNCH OUT</b> 12:30pm Medicare 101 1:00pm Qigong 2:30pm German Club	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers	9:30 Apple Tech Tutoring 9:30 Art Class <b>11:45 Lunch &amp; Connections...                      ...and a Show - with MSMT!</b> 6:00pm Belly Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:00pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
 <b>Center Closed</b>	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 7:00pm English Dance	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 6:30pm Bruns. Coin/Stamp	9:00 Table Tennis 9:30 Art Class 11:00 Yoga 6:00pm Belly Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 1:00pm Staff Training 6:00pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>PEOPLE PLUS HOURS</b>
9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis <b>12:00pm Lunch and Learn:                      'Kneed' a Replacement?</b> 1:00pm Bridge 6:00pm Line Dancing	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	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	9:00 Table Tennis 9:30 Apple Tech Tutoring 9:30 Art Class 11:00 Yoga 1:30pm Apple Club 6:00pm Belly Dancing	9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga 6:00pm Folk Dance Brunswick	<b>Mon-Thu</b> 9 am to 4 pm <b>Fri</b> 9 am to 1 pm

People Plus calendar sponsored by



Mid Coast-Parkview Health

MaineHealth



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**

**Horse** by Geraldine Brooks. This book of historical fiction tells the story of Lexington, a famous race horse of the 1850s, a painting, and a modern-day connection as a Smithsonian researcher and a Ph.D. candidate trace the history. It is also a story of our country's continuing racial animus.

**A Dangerous Business** by Jane Smiley. This engaging story is set in Monterey, California, in the 1850s. It is the tale of two women who go to California, live on the fringes of society, and become friends. They set out to discover what happened to several women who disappeared. This is a tale of friendship and lives reinvented.

**Parable of the Sower** by Octavia Butler. This book, written in the 1980s, is set in California in 2024 amid social chaos, water shortages, gated communities, violence, and anarchy. The safety of a community is threatened when its security is breached. A few inhabitants flee for their lives.

**A Man Called Ove** by Fredrick Backman.

**NONFICTION**

**Here if You Need Me** by Kate Braestrup. This is the true story of a Maine widow who became, and is, a chaplain to the Maine Game Warden Service. Written by the chaplain herself, the story is one of living through grief and using that grief to help others. The narrative tells of compassion, joy, and laughter as Kate cares for both the people whose loved ones are missing and for the wardens who sometimes have to deal with dreadful outcomes.

**Untold Power: The Fascinating Rise and Complex Legacy of First Lady Edith Wilson** by Rebecca Boggs Roberts. This biography details the story of Woodrow Wilson's wife who restricted access to her husband after his severe stroke. She orchestrated a plan to keep him isolated, leaving the government and the nation unaware of his true condition. In reality, she and a few trusted insiders ran the country.

**MYSTERY/NONFICTION**

**Talking About Detective Fiction** by P. D. James. Best-selling author James, famous for the Adam Dalgliesh series, describes the history of detective fiction in a very entertaining, readable, and informative way.




## Welcome Home



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

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Mid Coast Senior Health

MaineHealth



**SMILE FOR THE CAMERA BERNIE!** We were excited to have Bernie Breitbart back at the Center to record the FYI and Lunch and Learn events last month! Videos of all our presentations can be found on our website on the Free Videos tab and are also shown on Brunswick Ch 3 and Harpswell 14. We'll let you know when the videos are available in our Friday email! We are excited to start recording again to share this valuable information with all of you! Thanks Bernie, for being our cameraman and editor.



**WE HAD TWO WONDERFUL, WELL-ATTENDED PRESENTATIONS** last month at the Center.

Thanks to Christopher Ladner of Brackett Funeral Home, Art Lamothe, Brunswick attorney, and Amy Berube, LMSW, of The Highlands for their FYI presentation about advance directives and end-of life planning. Stop by the Center if you need copies of the documents from the talk or to get more information.

Also, thanks to Dr. Thomas Broussard Jr. for his Lunch and Learn on strokes, aphasia, and how the brain rewires itself! Over 50 people attended this invaluable presentation. We have copies of his popular books at the Center that you can borrow anytime!



*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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Two Northbridge communities conveniently located in Brunswick, ME

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

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



# Medical equipment loan helps everyone!

Do you have a temporary need of a little support? A wheelchair, crutches, a walker, shower and toileting devices? The People Plus Center maintains a “lending inventory” and it’s ready when you are. “It started almost by accident,” explained Frank Connors, the retired Center staffer who in the past usually hauled the surplus equipment up and down the stairs to a basement storage area, “We had members who’d used this equipment and no longer needed it, they offered it to us, we saw the need and the opportunity, and away it went!” Now, on a regular basis, members needing equipment to keep them safe and secure at home have a new source of access. “Everyone wins,” Connors said. “We ask people to bring it in clean and in working condition,” he added, “we take care of the rest.” If you have a specific need, or equipment to loan to the program, call or come by the Center. You do not need to be a member to borrow equipment.



**WE WERE SO HAPPY TO SEE ROSE COLLINS** at the Center last month! As you all may remember, our lovely Rose retired from volunteering as part of the lunch crew after 20 years of service. She is sorely missed, however it’s OK with us as long as she keeps coming back to the Center to visit and to join us for lunch! Have a great summer, Rosie!

## Weekly Winners

### Senior Intermediate Cribbage

- May 3      George Tetu 710  
              Leo Robichaud 704  
              Jerry D. 703  
              Joe Tonely 703
- May 10     David Bertocci 697  
              Lorraine LaRoche 697  
              Trenna Crabtree 692  
              Judy Hardin 692
- May 17     Lorraine LaRoche 693  
              Rollande Fortin 689  
              Joe Tonely 687  
              David Bertocci 681
- May 24     Joe Tonely 714  
              Anne Bouchard 714  
              David Bertocci 711  
              Lorraine LaRoche 702

### Senior Duplicate Bridge (Top ranked teams and win percentages)

- May 5: 11 teams. **North/South**  
1st Donna Dillman & Sherry Watson, 57.6%  
2nd Kathy & Dan Joyce, 55.6%
- East/West**  
1st Gail & Cy Kendrick, 62.5%  
2nd Marcia Good & Woody Townsend, 60.8%
- May 8: 10 Teams  
1st Judy Johanson & Tinker Hannaford, 65.3%  
2nd Gail & Cy Kendrick, 54.2%  
(tie) Norm Curthoys & Richard Totten, 54.2%
- May 15: 10 teams  
1st Gail & Cy Kendrick, 60.4%  
2nd Donna Dillman & Don Caton, 59%  
(tie) Norm Curthoys & Richard Totten, 59%
- May 22: 10 teams  
1st Gail & Cy Kendrick, 61.8%  
(tie) Jane Roy & Ellen Toomey, 61.8%

**Can YOU help a Neighbor in need?**

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

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

## Thank you to all who came out for this year's record breaking Brunswick Area Teen Center Scoop-a-thon at Gelato Fiasco!



## Gearing up for the summer!

Summer is on the way! The kids would say June 16th is the first day of summer since June 15th is the last day of school — no waiting for the summer solstice for them!

We will change to our summer hours (M-TH, 1:30-5:00 pm) on Tuesday, June 20th as the 19th is a holiday, Juneteenth. At the beginning of June, we will be looking forward to meeting our summer Bowdoin College fellow, Emely Reyes, whom we will be sharing with *Housing Resources for Youth* until August.

We have had the van for a year now and it feels like such a game changer to be able to transport our students! I'm still amazed that we — but really you, our community — were able to help make that happen. Thank you! Other than walking trips downtown this summer, the van opens up possibilities for other adventures. I'll be curious to hear

what the kids come up with for suggestions!

May was "Mental Health Awareness Month" and we have been particularly focused on teen mental health. One of the things that struck me listening to a podcast on this subject was the huge drop in school attendance since school started back up after remote learning. The pandemic had a huge impact on students; more than most of us can imagine — mentally, physically, emotionally, and socially — and I think motivation wise as well.

Our members are all in school, but I have noticed a laxer attitude toward school and the importance of it and I certainly have noticed kids missing more school days and, in many cases, parents allowing this also and being lax about it. This has reached concerning levels everywhere I have learned!

I can't say much about May, since week

### Brunswick Teen Center News

Jordan Cardone-Ruwet



one was the Scoop-a-Thon wrap-up, as well as the Music in April wrap-up and then off on vacation I went! Being short staffed we closed the Teen Center for the two weeks I have been off and I'm not back yet as I write this! We reopened on Monday, the 22nd and will finish out the last four weeks of the school year.

Happy June!  
Jordan and the gang



### 15 years of TC support continued from page 1

"I love to come see the kids. I think it's important to talk to them and hear their stories and share mine. We have more in common than they realize, and I'm here to help support them as they grow. It's important to show the teens that we come together as a community to support them. It's not just me," said Howard.

Last summer, Howard put forth the initial \$5000 donation toward the minivan fundraising capital campaign.

We hope that others in the community will come together with Jim Howard to partner on his community fundraising challenge. He's put forward \$5000 again this year to help raise another \$5000 or more for our kids! It's a great way for all of us to put a little good out there in our community and watch it grow as we watch our Teen Center members grow as well.



THESE ARE JUST A COUPLE of check presentations from the last 15 years.

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# Lovely luncheon!



**THANKS TO EVERYONE** who joined us for the May luncheon here at the Center! The stir-fry rice and chicken teriyaki with pineapple and vegetables was a huge hit, and many people requested that we keep it in the annual rotation! Or as Louise Burgess put it, "it's a do over!" And thanks so much to our Norway Savings Bank volunteers, Tracy and Victoria (right), for selling raffle tickets, helping with cleanup, and generally being incredibly amazing community partners! See you next month, everybody!



# 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 Bunny Carlisle

By Charmaine Daniels

"I love change," said Ruth Ann "Bunny" Carlisle, busting the myth that older people embrace routine. At 83, the former drama major continues to celebrate the spirit of adventure even as she has started to reflect on some of her memories during the weekly Write on Writers group at People Plus.

Those memories include working for American Airlines for 35 years, first as a stewardess and then as a training supervisor. Growing up near Philadelphia, Carlisle attended Catholic schools and after graduating from Marywood College, landed a summer job where she learned about openings for stewardesses. Feeling like she couldn't see herself going to New York City alone to seek an acting job, or more likely, waitressing for a long time before she did, she decided to apply.

"I was the spy in the sky," she said of her supervisor career, referring to making sure the airline crew members were serving the customers properly, looking professional, and mastering emergency landing procedures. Though she never experienced a crash landing or other crisis, she said she had traded out of a flight that ended up crashing into a mountain in the Caribbean. Although she didn't know that then, that flight she almost boarded was just the first of several incidents where she narrowly escaped death.

"I loved airplanes," she said, remembering how she even relished the smell of the jet fuel and the feel of the tarmac underfoot in the days before jetways made it easy to walk right on board. Because she had enough seniority, she managed to sign on for the inaugural flight of the Boeing 747, as well as the inaugural flight of the DC-10.

When she was flying, she felt like she was in step with what was going on in the world. And she met celebrities, even dating Gene Autry and Hoagy Carmichael.

She said she initially chose a career over marriage, but at the age of 38, married entrepreneur Bob Carlisle, a native Californian. She had moved to Los Angeles and was flying out of there as her base when a friend told her about a man he thought she should meet. She and Bob were married 41 years before he passed away several years ago. Because they both put a positive spin on life even in times of trouble, they were well-matched and weathered his company's bankruptcy as well as her subsequent serious illness together.

"I had an unusual and exciting life, and I married an unusual, exciting man," she said. "He was not afraid of taking risks, and neither was I," she added. Once she married, she gave up her supervisory role and returned to being a flight attendant so her schedule could be more flexible.

How did she get to Maine? Her younger brother had gone to Colby College and settled in Brunswick, so she had visited



often. Besides family, another thing that drew her to Maine was art, specifically the art of the Wyeths. "I love art, and I like creative people," she said. In Carmel, California, she and Bob ran an art gallery at one point and she sometimes flew to Europe to buy pieces there for the gallery. Several pieces still hang in her apartment.

Although she has acted in community theater and dinner theater ("I've always been comfortable talking in front of people"), she enjoys art now by attending plays, concerts and galleries. She also enjoys watching old movies for the production values in costumes, lighting, and make-up.

Still a practicing Catholic, she has kept her faith alive over the years and said that no matter where she has traveled in the world, the magnificence of creation is always present. She muses that her faith and being so trained in survival in the airlines helped her survive a serious car crash and an illness 10 years ago that put her on a ventilator for two weeks.

Of living at Thornton Oaks in Brunswick, she said, "This is home now and I've got my foothold here. But I'm always ready to go." One of the places she's going is back up in the air, in this case in a biplane ride she won at the People Plus auction in April. She will soar in an open-air cockpit over Penobscot Bay. "I like the magic of flying," she said, smiling.

What's to come in the future? "We don't know what's to come in the next years. It's the last adventure ... and there's still so much to learn."

In the meantime, she said she believes in being grateful. With her clear, bright blue eyes, she added a final nugget of wisdom: "Always go forward." Or in her case, forward and up!

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**Corners of My Mind**

By B.S. MacInnes

I've been sittin' here and watchin' out the window  
 at the shadows growin' longer every day  
 And thinkin' 'bout the pleasant paths we've wandered  
 as we've traveled thru this life along our way.  
 We've been faithful to the ties that bind  
 ... and you're hiding in the corners of my mind.

We have lived our three score years and ten.  
 We have walked that lifelong trail together,  
 through sickness and in health, without a lot of wealth,  
 we've hung in there through fair and stormy weather.  
 We've been faithful to the ties that bind  
 ... and you're hiding in the corners of my mind.

Yes, you're hiding in the corners of my mind,  
 and every time I think of you I find  
 memories of the way our lives entwined,  
 and you're hiding in the corners of my mind ...  
 Yes, you're still hiding in the corners of my mind.

**Your Baby**

By Bonnie Wheeler

When you rock your baby,  
 Balance is easy to achieve.  
 Your heart creates a nesting place  
 That's perfect for his head to be.  
 When you rock your baby  
 Tiny hands grip your finger.  
 Who is soothing who?  
 The receiver or the giver?



**Poems & Prose**



**Join us!**  
**Wednesdays at 1 pm**

**Green** By Betty Bavor

Green is the color between yellow and blue. The first known use of green was before the 12th century. Green is everywhere, celebrating St Patrick's Day on March 17th and spring's arrival with green lawns and trees. Have you ever thought how often we use the word green?

It can be a noun, a verb or adjective. For many people, green symbolizes nature and the environment. We all need to eat green leafy vegetables, green beans, and peas. Maybe you have a "green thumb" and will be planting a garden with your "green energy!" Check health with a green word

—pale, sickly, bilious. You look green! Do you have a "green stick fracture?" How about emotions, green with envy, and money, greenbacks are a source of economic green power.

Speaking of power, there is the Green Party on the political scene who gather on town greens promoting their agenda. What would foreigners do without a green card? Golfers need a putting green, playing grounds without green grass are hazardous. Green lights, thankfully, control road traffic. Tints of green include — emerald green, blue green, lime and kelly green.

Do you remember Mr. Green

Jeans — Hugh Brannum — on Captain Kangaroo? His green farmer's overalls were his signature. Let's not forget the tradition of Hanging the Greens in many churches for Christmas.

Green is thought to be a refreshing and tranquil culture and soon homeowners and landscapers will be at their favorite spring activity making "true green lawns" around the neighborhoods.

I am sure you can add to my GREEN list. For now, however, we need warm sun, showers, green grass, and new leaves on trees, plus colorful spring flowers in our gardens. Happy spring 2023.

**Lost**

By Bonnie Wheeler

Sitting alone  
 By myself  
 Missing someone  
 Not sure who  
 Maybe my younger self



**Two Bits!**

By Doris Weinberg

We played a game the other day,  
 where you try to win the pot.  
 Everyone starts with four quarters,  
 which is not a very lot.

You throw three dice  
 and do what they say.  
 And quarters get moved  
 when you must pay.

As the game moves along,  
 you can end up with none.  
 Or maybe a pile.  
 In any case, it is fun!

It was my very first time  
 to play this game.  
 And I had beginner's luck.  
 I have to explain.

My pile of quarters  
 continued to grow.  
 It looked like I was collecting  
 all the dough.

By the end of the game  
 all the money was in front of me.  
 "That was a fun time!"  
 I said with glee.



**Gone but not forgotten –**

**Barbara Belanger** Sept. 2, 1950 — May 2, 2023    **Marianne Smith** March 7, 1939 — May 6, 2023    **Maurice Pelletier** Feb. 10, 1941 — May 12, 2023    **Mary St. Pierre** Dec. 12, 1927 — May 13, 2023    **Gary Sagris** March 7, 1944 — May 15, 2023



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www.jjcleaners.net

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- Maine State Music Theatre**, senior discount (60+) on matinee tickets  
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**PUZZLING PLEASANTRIES.** We are in the home stretch of the global puzzle challenge! With only a few puzzles left to build, our members are having an amazing time building puzzles, comparing notes, and swapping out for fresh bags of puzzle pieces! We can't wait to see it all come together this summer when we put all 60 puzzles together and celebrate the group effort. Thanks, again, to Bob Tate of Tates Variety store for donating this fun 60,000 piece modular puzzle!!

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Email _____	Emergency Contact _____	(name) (phone) (relationship)
Name (2) _____	Phone _____	Birthdate _____ <input type="checkbox"/> Female <input type="checkbox"/> Male
Email _____	Emergency Contact _____	(name) (phone) (relationship)
Mailing Address _____	City _____	State _____ ZIP _____
<b>Yearly Dues (Scholarships Available)</b> <input type="checkbox"/> Brunswick ( __New__ Renew): \$35 <input type="checkbox"/> Other towns ( __New__ Renew): \$40 <input type="checkbox"/> <b>Lifetime Member</b> (65 or over) : \$350	Cash/Check (Payable to People Plus) Membership Dues: \$ _____ Additional Donation*: \$ _____ (*donations above membership dues are tax deductible) Total: \$ _____	<b>Volunteer Opportunities at People Plus</b> I'd like more information about: <input type="checkbox"/> Lunch Crew: cook/setup/cleanup <input type="checkbox"/> Reception: check-in/phone <input type="checkbox"/> Volunteer driving: rides to appts/shopping <input type="checkbox"/> Meals on Wheels <input type="checkbox"/> Teen Center
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**People Plus!**

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

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Topsham Fair Mall, 373-1995

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Central Maine Area Agency on Aging  
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# Monthly Update



June 2023



**Looking to build skills needed to create healthy habits that last a lifetime?**


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*This series is free and open to the public but registration is required. Visit [healthylivingforme.org](http://healthylivingforme.org) or call 1-800-620-6036.*

**Also available from Healthy Living for ME:**

<p><b>Adult First Aid, CPR, AED</b> July 14, 9 a.m. to 3 p.m. Muskie Community Center or August 2, 9 a.m. to 3 p.m. Spectrum Generations, Augusta</p>		<p><b>Infant First Aid, CPR, AED</b> July 21, 9 a.m. to 3 p.m. Muskie Community Center, or August 4, 9 a.m. to 3 p.m. Spectrum Generations, Augusta</p>
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*\$50 per person, per class. For more information or to register, contact Jen Paquet (207) 620-1657 or [jpaquet@spectrumgenerations.org](mailto:jpaquet@spectrumgenerations.org)*



**BUILDING BETTER CAREGIVERS**

Looking for an interactive workshop geared to increase caregiving skills, knowledge, and confidence?

Join us for this free program designed for family caregivers of people with an acquired brain injury, post-traumatic stress disorder, dementia, or any other condition that affects memory. A variety of topics covered include self-care methods to improve caregiver's health, dealing with difficult emotions, finding resources, improving communication skills, action-planning, problem-solving, and decision-making. If caregiving services are needed for your care partner, please notify your program leader.

**THURSDAYS | 1 to 3:30 p.m. | Begining June 15 through July 20**  
**@ The Cohen Community Center, 22 Town Farm Road, Hallowell**

*This series is free and open to the public but registration is required. Visit [healthylivingforme.org](http://healthylivingforme.org), call 207-620-1642, or email [mlizotte@spectrumgenerations.org](mailto:mlizotte@spectrumgenerations.org).*



**Thursday, June 15, is World Elder Abuse Awareness Day,** an important day for raising awareness about elder abuse prevention and intervention.

In Maine, elder abuse awareness is particularly important due to our state's rapidly aging population. **Over 33,000 of Maine's elders are abused each year.** Abuse can be physical, emotional, psychological, neglect, sexual, domestic and financial. Take a stand and show you care for those we love by learning the red flags and risk factors such as; sudden injury that is not cared for, changes in personality, bedsores, or when an older adult becomes uncommunicative.

According to the U.S. Justice Department, caregiver neglect is the most unreported type of abuse, with **1 out of every 57 cases being reported.** Neglect is also one of the most common types of elder abuse.

In Maine, to report abuse, neglect, or exploitation, call the State of Maine Department of Health and Human Services, Office of Aging and Disability at 1-800-624-8404.



## Community Fine Dining

JUNE DINNER

**Thursday, June 1 - Cohen Community Center**  
22 Town Farm Road, Hallowell

**Wednesday, June 7 - Muskie Community Center**  
38 Gold Street, Waterville

4:30 to 6:30 p.m.

*Three-course meal*  
**Appetizer Entrée Dessert**

Appetizer  
Cesar Salad  
Antipasto Plate

Entrée  
Parmesan Crusted Chicken  
Spice-Rubbed Pork Tenderloin

Dessert  
Peanut Butter Pie  
Cheesecake Bite Parfait



**Tickets sold at Cohen & Muskie Community Centers or through Kim Roy.**  
**For more information email, [kroy@mainepinecatering.com](mailto:kroy@mainepinecatering.com) or call 207-620-1189**



# We've Seen It All: lessons from six long lives

By Maya Lamm, *The Bowdoin Orient*  
April 27, 2023.

On April 10, Lilli Frank and I interviewed six members from People Plus—a community recreation center for older adults in Brunswick. This column is just a snippet of what we learned, see photos above.

## Ann, 78

Ann has lived in Brunswick her entire life. She has two children, 11 grandchildren and six great-grandchildren. Fourteen of them live next door or across the street.

### Q: What has changed from when you were our age to now?

A: When I was growing up, we could go out to play and didn't have to come home until the street lights turned on. There was no worry about [safety]. Now, when my little grandkids go across the street, I watch them until they're in the door. It's scary. People should treat people with more love and respect, because this is terrible. If they just treated people the way they wanted to be treated, it would get better.

## Gail, 74

Gail has lived in Topsham for 16 years. She was a Home Economics teacher, the president of a Humane Society, a minister and is now a very active People Plus member.

### Q: Who is your best friend?

A: Definitely my husband. I met him in high school playing table tennis. He came in first. I came in second, and I disliked him greatly. Now, every day, we play a game of Scrabble. We're very competitive with each other. After 100 games so far this year, we're tied 50-50. We

have a whole cadre of people that my husband sends out the statistics to. He keeps score all year long.

## Bonnie, 74



Lilli Frank

Bonnie was a film photographer for the Times Record, a hometown newspaper in Brunswick. Bonnie and her husband love the beauty of coastal Maine, and they permanently moved back in 2019.

### Q: What is it like being your age?

A: Sometimes I don't feel different in my head, but my body is telling me that I'm different. You know, it's nice. You're making me feel—I don't know what the word is, but—seen. You know? I don't feel old, but old people? Nobody wants to know what they think. It's nice to feel like you want to know what we have to say.

## Donna, 78

Donna started her career as a teacher and dental hygienist. By chance—and through taking chances—she started a bed-and-breakfast, which she has now been running for 36 years.

### Q: How do you deal with grief?

A: There's nothing greater in life than to be with people who can relate. You can learn from them and share your experiences. [Empathy] got me through it, really. There are times when I still mourn, but I think that's a good sign. It means there was value to what I lost. You learn through life that you can't count on anything in the future. You just have to live day by day, because best-laid plans sometimes don't go your way.

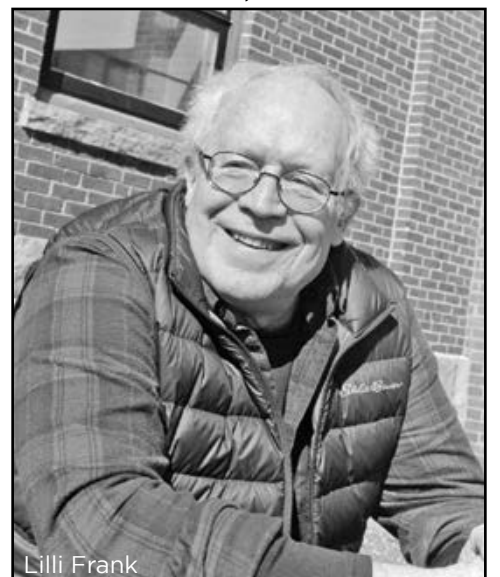
## Frank, 77

Frank has lived in Maine his whole life. He has been the town manager of Bowdoinham, a paratrooper in the airborne infantry during the Vietnam War and a photographer.

### Q: Would you have done anything differently in your twenties?

A: In my twenties? I had my 21st birthday in Vietnam. Yeah, we were young. I've always said that the last thing of value to my service is that none of my kids or grandchildren have had to serve in a war. I hope that stays. I wish I [had] finished school. I went back to school right after I came home from Vietnam, but it was a very unpleasant experience, so I never finished. My mother, God bless her, got her degree in English and history when she was 80. I have six brothers and sisters. She went nights and Saturdays and did all kinds of stuff to get that degree. She showed it to me and said, "Now you got to get yours."

## Bill, 75



Lilli Frank

Bill lived abroad for 35 years and developed a knack for languages while intercepting Russian transmissions during the Cold War. He then became an English as a Second Language professor. Bill was a spy, a teacher and a world traveler. But equally as important, Bill was a devoted father.

### Q: What are you proudest of?

A: I just became a grandfather. I was home with my oldest daughter for the first two months of [the baby's] life. It was so wonderful to see the cycle of what I used to do with her. She's now doing it all to this little baby, and it's all new to her. I'm just there, smiling. When I changed the diaper, she was like, "How do you know how to do that?" And I said, "I used to change yours!"



**Do you get our weekly email?**

Jill sends a weekly email with all the events happening the following week at People Plus. The email also includes a weekly wrap-up article written by Stacy, a Teen Center update

from Jordan and of course, Frank's weekly Two-Cents article.

Email [programming@peopleplusmaine.org](mailto:programming@peopleplusmaine.org) or call 729-0757 to be added to the list!



# Get outside and have fun in the dirt!

Only two plots left in the Senior Community Gardens!

The Senior Community Garden is located on Industry Road and contains multiple garden plots that seniors can use for the season. Plots average 20X24, have just been tilled and are ready for planting.

Three water spigots with hoses are available for use in the gardens but gardeners are expected to provide their own tools. The season runs from May through October.

Gardeners of all skill levels are welcome - beginners will be assisted with planting and cultivation techniques. \$10 contribution to People Plus appreciated. FMI call 729-0757.

## Pay attention to the ticks!

We all enjoy being outdoors in the nice weather and taking in Maine's beauty. But there's these little creatures we should be aware of, so that it won't spoil the fun. They are TICKS.

While ticks shouldn't keep us from going outside, there are some helpful tips we'd like to share. They come from LymeTV, a volunteer-based nonprofit organization dedicated to educating the global community about Lyme disease and other dangerous tick-borne infectious diseases.

Here are simple ways that can reduce your risk of dangerous tick bites:

- Wear bug repellent daily.
- Treat your clothing, or purchase clothing treated, in permethrin (an insecticide).
- Avoid areas of high grass, bush, and trees. If this is not possible, wear protective clothing.
- Protective clothing means: socks over pants, long sleeves and long pants, and lightly colored clothing to be able to see bugs crawling on yourself more easily. You can also wear permethrin-treated mesh clothing between your skin and regular clothes, to give yourself an additional layer of protection from a tick attaching.

— Daily tick checks are vital, especially in tick endemic areas. Remember, ticks are everywhere and you do not need deer to have Lyme disease. Mice and other rodents are the original hosts of the bacteria which causes Lyme disease. You can be in a non-rural setting and still get Lyme disease. Getting into the habit of daily tick checks is a great way to ensure that you are reducing your risk of these diseases, no matter your setting.

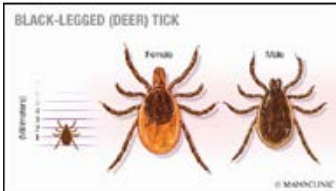
— Do not forget to do daily tick checks on your pets. Pets can carry ticks into your home from outside, or even from your local veterinarian's office. Pets can bring ticks into your home and into your bed, leaving you susceptible to a tick bite.

— Once you get home, strip off all of your clothing and inspect all of your gear. Putting clothes in the dryer on high for at least 15 minutes will kill any ticks that may have hitched a ride.

— Shower right away and do your tick check at that time. Also repeat the tick check before going to bed.

— If you find a tick attached, remove it properly and save it with the date found, or send it off immediately to be tested for disease.

For more information, go to [lymetv.org](http://lymetv.org).



## Summer's here! Time to Get Active!

It's time to Get Active! And to help you do that the Summer Guide provided through the Brunswick-Topsham Land Trust and its partners is now available.

The beautiful Southern Midcoast Maine region offers some fantastic local hiking, beaches, and wonderful scenery on the many trails managed by local towns and land trusts. Walking through the woods, bird watching, swimming, and enjoying the scenic beauty of

the Maine coast are great ways to spend summer days. Now you can find places to discover these opportunities in one easy step!

As an example, most of the Brunswick-Topsham Land Trust's 20 miles of trails and its preserves are open to the public and are free every day. The trust serves the communities of Brunswick, Topsham, and Bowdoin, and partners with diverse projects in and around the southern Midcoast Maine region. Be sure to check BTLT's website ([btl.org](http://btl.org)) and social media to be alerted of any changes and potential trail closures.

Partners, working together to enhance the Get Active! experience, include Access Health, Bath YMCA, Brunswick-Topsham Land Trust, Cathance River Education Alliance, City of Bath, Harpswell Heritage Land Trust,



**Get Active**  
Southern Midcoast

**ALL-SEASON  
ACTIVITY  
GUIDE**

Get Active Southern Midcoast is your resource for free and low cost activity ideas.

Trail and park access may be limited. Please check before each visit.

ADDITIONAL ACTIVITIES, MAPS, AND INFORMATION  
[www.GetActiveSouthernMidcoast.org](http://www.GetActiveSouthernMidcoast.org)

Funded by



Updated April 2022

Kennebec Estuary Land Trust, Mid Coast Hospital, Phippsburg Land Trust, People Plus, Six Rivers New England Mountain Bike Association, Spectrum Generations, towns of Brunswick, Harpswell, and Topsham.

So, let's Get Active!  
FMI: <https://getactivesouthernmidcoast.org/summer-activities/>

**NOW ACCEPTING SNAP**

The Brunswick Farmer's Market is now accepting SNAP benefits.

Interested in volunteering at the SNAP booth? Email [brunswickfmvolunteer@gmail.com](mailto:brunswickfmvolunteer@gmail.com)

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

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

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

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# Now, I'm really going to retire!

And to think I almost didn't take this gig. I was finishing up my 16-year stay as page one editor at The Times Record in Brunswick, heading into retirement. But having no experience in such matters, I didn't know what to expect. I had questions and concerns. Was I going to have too much free time on my hands? Should I take a part-time job to help fill the void? Etc. Etc.

At about the same time, I had heard that People Plus was searching for someone to take over for Frank Connors in putting out the Center's monthly newsletter. During the next few months, Stacy and I had made contact and discussed the position. But I was still on the fence, not sure if I wanted to remain in the publishing business. Or even if I wanted to make such a commitment.

Over time, I actually told Stacy two or three times I wasn't interested in being the editor of the People Plus News. But, she persisted, which should surprise no one. Finally, I said I would at least come and visit the Union Street facility.

It goes without saying, I'm glad I did. And I'm glad I eventually took the job. It's been an enjoyable four years. I've met a ton of wonderful people, and the events I've attended certainly revealed the important role that People Plus plays in the community. It's amazing how many folks show up for the Senior Health Expo every year and I was glad I got to attend this spring's "live" Music in April gala before I made my exit.

Also, taking part in various classes and programs to write stories is something I won't soon forget. I still laugh over my attendance in one of the Zumba sessions. The instructor, Bea Blakemore, had me twisted in knots in no time. Then there was a pleasant day spent with the Outing Club, touring Swan Island near Richmond. A place I'd never been in all my years in the Pine Tree State. Thanks for taking me along.

One of the first activities I joined was with the Easy Riders' Biking Club. I believe we cycled down to the Mere Point boat launch. Our leader, Richard Guistra,

and the others were very welcoming. And no one made any snide remarks over the fact that I showed up all kitted out like I was participating in the Tour de France. That was a fun group ride.

And then there are the hard-working and talented staff members who helped me with the newsletter month after month. There is no way this task could have been accomplished without them. Truth be told, I only played a small part. So thank you to Stacy, Jenn, Jill, Jordan, Lynne, Sarah, Barbara, and all the others who help put out a wonderful product.

And speaking of our leader, Stacy. I had a 44-year career as a journalist, and the two best bosses I ever had weren't even involved with the newspaper industry. Why? Because they led by example and were not afraid of getting their hands dirty. One is the owner of one of Maine's largest greenhouse businesses and the other is Stacy. They are the type of people you gladly go the extra mile for, because they do the same thing themselves over and over again. People Plus and the whole

## Simply put

Patrick Gabrion



Midcoast region are lucky to have such a person leading a center that builds community. Thanks, Stacy, for offering me the job.

Lastly, thanks to all of you for reading the People Plus newsletter. And thanks for the opportunity to serve you. Bye, for now.

"And keeping true to my word, I'm trying very hard to make it so that this isn't the last we hear from Patrick," said Stacy Frizzle-Edgerton when asked about his retirement. "He's an avid and prolific writer. And with that sort of talent we know he's always going to have something to say. So we are hopeful to have at least one or two columns from him a year, keeping us up-to-date as he pedals his way through retirement with his gardening, his community service at the food pantry, his beloved pooch Dudley and his lovely wife, Vicky. And if we don't get a column from him soon, you know I'll be sure to ask again!"

### New and renewing members for May

Memberships received as of May 17.

\* indicates new membership

• indicates donation made with membership

#### BAILEY ISLAND

Jacque Caldwell \*

#### BOWDOINHAM

Frederic Cheney

#### BRUNSWICK

Louise Burgess  
Beth Compton  
Pamela Dorcus \*  
Noreen Doughty \*  
Joan Gagnon  
Sharon Geissler \*

Sue Hamilton \*  
Holly Harvey \*  
Daniel Joyce  
Kathleen Joyce  
Rita Ketay  
Joan Kidman \*  
Margery Kivel  
Jane Knox  
Paul Krakauske  
Laraine Lach  
Angela Linkel  
John Linkel  
Ann MacKinnon  
Ian MacKinnon  
Debra Meinke  
Glenn Michaels \*  
Carolyn Morse  
Debora Noone

John Paige \*  
Linda Pappin  
Sandra Scholar  
Alice Willard-Michaels  
Susan Woodward

#### HARPSWELL

Kathleen Bowen  
John Haggerty \$  
Sally Haggerty \$  
George Skolfield \*  
Joseph Tonely  
Russell Turner \*

#### LISBON FALLS

Aline Albert  
Harvey Bell

#### ORR'S ISLAND

Robertta Robertson \*

#### PHIPPSBURG

Keith Rattue \*  
Harald Zinke

#### TOPSHAM

Jan Bloom  
Jeanne Cloutier \*  
Joyce Devito  
Richard Devito  
Audrey Glidden \*  
Lucely Salgado Perez \*  
Forrest Reddy \*  
Judy Ribeiro  
Robert Temple

#### WOOLWICH

James Trout

### Do you live alone?

The Good Morning program is a FREE daily safety check-in call *providing peace of mind.* In partnership with Brunswick PD.

**Sign up now!**



FMI 729-0757 peopleplusmaine.org

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*Peter W. Ladner, President, circa 1980*

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Follow us on Facebook to take advantage of community events and our *Celebrating Life* promotions!

# Talent galore on display at Center!

## Current art show features Ed Higgins' students

The art show featuring the wonderful work of those attending Ed Higgins' art classes at People Plus is continuing throughout the month of June. So please, make it a point to come to the Cafe Gallery to view what the talented students have on display. You won't be disappointed!

In talking about the presentation, Higgins said, "For the spring art show, there is 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, 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."

In chatting with those who attend art classes at People Plus, the first thing one notices is the enthusiasm they have for learning and developing their newfound skills. The participants also talk about the fun of getting together with like-minded people.

Here's what two artists had to say about their experiences in class and what they have presented in the current show at the Center:

—Regine Whittlesey  
"Ed, the instructor, is laid-back and a very good teacher. He has a good eye. He walks around the room and makes

little suggestions to make your drawings better. Where we meet is a quiet space, which I really enjoy, and it's very pleasant. I've enjoyed meeting others at People Plus, it is a friendly place."

"My artwork in the show consists of a hand-painted lullaby for my latest grandchild and a self-portrait, which Ed wanted us to try. Self-portraits, for me, are very frustrating, but this one is the best of the four I have done."

— Peter Armstrong

"There are a bunch of great artists in the class. Everyone makes good points and we share ideas."

"I have no training in art at all. I would draw a lot as a kid. But from grade four until I was in my 70s, I didn't do much drawing



until I started going to class. I was looking for something to do in retirement. So, I've been doing the class for a little less than four years."

"In the current show at the Center, I have three pieces. One is a self-portrait, another one is a charcoal drawing of an old man, and the third one is a colored-pencil drawing of Marilyn Monroe. I'm

quite pleased with what I've accomplished."

Higgins teaches art at the Center on Tuesdays and Thursdays at 9:30 am. And, as always, the June art show is open to the public during regular business hours at People Plus.



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\*Prices subject to change without notice.

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