



Plus! People NEWS!

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

35 Union St. / PO Box 766, Brunswick, ME (207)729-0757 www.peopleplusmaine.org

July 2023 Volume 23, No. 7

Welcome Charmaine!



We'd like to welcome Charmaine Daniels of Brunswick, the new writer for the People Plus newspaper. Taking over for the retiring Patrick Gabrion, Charmaine is a longtime writer and editor, having previously worked at the Portland Press Herald as a copy editor, as well as at Idexx. For many years, she was

the editor of the Saint Joseph's College Magazine and the media relations point person there.

Charmaine has lived in Maine since 1974, except for several years in Madison, Wisconsin, where she attended graduate school. Originally from Williamsport, Pennsylvania, she is a graduate of Penn State and the University of Wisconsin. Her son, Jacob, lives in Portland and is a historian.

She looks forward to meeting our members and writing about their experiences. "Everyone has a story to tell, and people always want to know what other people have done in their life so far and what motivates them now," Charmaine says. "I believe we're hardwired for stories and I will enjoy highlighting our members, as well as all the great activities that go on here at People Plus."

An avid pickleball player, Charmaine also folk dances at People Plus every Friday and said she looks forward to it all week. "I like coming together in community, having fun, and learning new things. It makes all the difference," she notes.

If community, fun, and learning sounds familiar, it's because that's what happens here. "The energy in this building amazes me," Charmaine adds. "I look forward to sharing the stories of People Plus with all of you."

Note: If anyone has a story idea, you can email Charmaine at: news@peopleplusmaine.org.



THANKS SO MUCH TO BRUNSWICK CHIEF OF POLICE, SCOTT STEWART, for his donation of a ride in his cruiser at the head of the Memorial Day Parade every year! This donation brings in funding for the People Plus Center during the Music in April live auction, and has raised thousands of dollars for the Center over the years! This year's lucky winner, Tabitha Aguigui, could not have been happier about her place of honor at the head of the parade and has vowed to bid high and bid often for this ride in the parade every year at the auction!

A summer favorite will bring music to your ears!



Bowdoin International Music Festival

Community Concert at the Center

Thu, July 13, 2 pm. People Plus is excited to host a Bowdoin International Music Festival Community Concert again this year! Talented student musicians who come here to study from all over the world each year will perform this free concert. The concert is open to the public, features a variety of traditional classical repertoire, and typically runs 45 minutes in length.

The Community Concert series offers students a way to engage with audiences in non-traditional venues such as arts centers, coastal resorts, community centers, libraries, museums, retirement communities, and breweries. Through these opportunities, students widen their reach and identify entrepreneurial ways to interact and grow through music.

Tickets are not required but advance registration is appreciated by calling 729-0757. Thank you to the Festival for this wonderful afternoon event! FMI: www.bowdoinfestival.org.



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, Bill Dodge Auto Group, Gateway Retirement Solutions, Mid Coast-Parkview Health, Priority Real Estate Group, Rusty Lantern Market, Aetna Medicare, Kennebec Pharmacy & Home Care,

Spectrum Generations, The Times Record and Sponsors: Avita of Brunswick & Sunnybrook, Brackett Funeral Home, Insurance & Retirement Solutions, and Maine Community Bank.

Visit peopleplusmaine.org for more information on the event, including table registration and sponsorship opportunities.

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People Plus NEWS!

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

ADVERTISE WITH US!

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

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Check out past newspapers at www.peopleplusmaine.org



Taking the leap

How many times have we heard people say that starting a new job or getting married, or moving to a new place is considered a “leap of faith?”

I’ve often wondered what sort of “faith” is involved in that leap? Is it the faith that things will work out, or faith in a higher being helping to guide us? Or the faith in oneself that no matter the outcome we will prosper and succeed?

I personally like to think it’s the latter. A faith in one’s self that we can do anything to which we set our minds.

And we’ve had to focus on getting through a lot of transitional life “leaps” at our house in the last few months and we’ve definitely all taken a leap of faith a few times!

Especially in the month of June, as we had the pleasure of watching Jonathan walk his daughter, Elizabeth, down the aisle in her marriage ceremony and, again a week later, when we watched my daughter Juliet’s high school graduation.

Neither of these transitions snuck up on us, they’ve been in the works for years. Actually, you could say they’ve been sneaking up on us for all of our lives. And especially the lives of Liz and Juliet.

Liz has been engaged for over a year to a wonderful young man name Vin Manta. They met in college at Ithaca University and bought their house together in Philadelphia a few years ago. Liz then graduated from the University of Pennsylvania veterinary school last May and they set the date for their wedding!

Consequently, there have been a lot of quick life transitions for Jonathan as his little girl Lizzie grows up. And we’ve been honored to be present for all of it! Especially the weekend of June 3 for her wedding.

Elizabeth is one of Jonathan’s 29-year-old twin daughters and it was very special for him to be a part of the ceremony. He and his ex-wife, Maureen, walked their daughter down the aisle together. Just as Vin, the groom, was escorted by his parents down the aisle as well. And then the two beautiful young people stood together alone to share their vows.

They spoke of transitions. Of years of a love that grew daily and of learning to live together, growing up together, and growing old together. They too, are seeking to share life’s transitions, and we wish them all the best as they take the leap (over the broom?) into their



life together.

And as the father of the bride, Jonathan found it to be a wonderful, yet bittersweet, moment to watch his daughter become a wife and start a family of her own. It was a beautiful weekend, full of happiness, tears of joy, and gratitude for the blending of two loving families. We drove home from Pennsylvania, feeling blessed and honored to have been a part of it.

And five days later, we were all together again, with hearts full of gratitude and happiness with eyes that were overflowing with tears of joy to watch my youngest daughter, Juliet, march with her graduating class of Brunswick High School at Bowdoin College’s Watson Arena.

As you may remember, Juliet technically finished her high school classes in January and went away to Radford University in Virginia, for a semester of college. This was a transition that I was not prepared for because it came about nine months too early! If she had been a “rule follower,” she would have stayed in high school, then had graduation, and then

headed off to college in the fall with all of her friends and classmates.

However, Juliet has never been someone to follow the crowd. And so we took a leap of faith and sent her off to college nine months early. Thankfully, she demonstrated the fortitude and courage she always has, and she rose to the challenge. Her grades were good, and she loved it! Honestly, it’s a huge relief because it really could’ve gone either way. But we should’ve known that, as a person who generally gets what she wants when she sets her mind to it, she would be successful. And that certainly made that transition just ever so slightly easier. (But not much.)

She came home at the

From the Executive Director

Stacy Frizzle-Edgerton



beginning of May, to reconnect with all of her high school friends, participate in the senior carnival, senior skip day, the senior pranks, etc., and it was incredibly fulfilling and gratifying for her to do all of those “life transitional” events.

Honestly, I think it might’ve been more important for me than her. She has sort of already moved on per se, to her college life. She has new friends and has mentally shifted into the world of being an adult.

So I’m trying to catch up with her! We had our little family graduation party at the house, and her graduation banner is still hanging over the fireplace. But I guess it needs to come down probably this weekend. As well as the signs at the end of the driveway. Sigh. Sniff.

I’ve been a parent for 24 years and I’ve been lucky enough to also raise my niece and nephew. Consequently, I’ve had a child living in my home, in high school for 20 consecutive years. So my transition is really more about letting go of those youth-filled years and accepting all of my children as young adults now. I need to transition into helping them finish school, launch careers, and prosper.

But, of course, going to Liz’s wedding made me wonder who my daughters will marry and when.

There’s no rush, of course, and I definitely want them to finish their educations, travel, find good jobs, etc., and then transition to the next stage in life with shared partners, and hopefully children!

So I guess that’s the next leap of life for me — being a grandparent! Although ... that’s a leap that can wait a while!

So as Henry David Thoreau wrote in 1859, “We must walk consciously only part way toward our goal, and then leap in the dark to our success.”

Jonathan and I will walk hand-in-hand toward these shared life transitional leaps and we’ll just have to see what we find when we get there.

4th of July in the Adirondacks

For the last several years I have written about all of the family that arrives at our camp that my grandparents bought over 70 years ago. The refrigerators are so full it is hard to know what is in them. By the end of the weekend things usually run smoothly and most of the food has been consumed.

This year may be a little bit different. My daughter is getting married two weeks before the 4th! Some of the family has to

From Anita’s Plate

Anita Nugent
(207) 504-6439

info@nutritionforeveryday.com



travel a distance, so I am not sure how many people will be there for the 4th. I am sure there will still be a crowd. I was out running today and started to think about what might be some food items to have for the weekend. I thought of the ‘cook once, eat twice’ concept and here are some ideas:

- Grill chicken and then use the leftovers to make chicken salad.
- Grill corn and use the remaining ears for a corn salad.
- Grill zucchini and then make a ratatouille for another meal.
- Make some cabbage steaks and coleslaw with a head of cabbage.

These ideas will keep the number of items that I need to purchase to a minimum. The food will be tasty, easy, and healthy.

Grilled Cabbage Steaks

Ingredients:

- 1 large head of green cabbage
- 1-2 Tbsp. olive oil

Seasonings:

- ½ tsp. smoked paprika
- ½ tsp. onion powder
- Black pepper

Directions:

1. Place the flat bottom stem on a cutting board. Cut straight down on the cabbage to make multiple ½-inch steaks.
2. Brush each side with oil.
3. Rub in the seasoning.
4. Put on a preheated grill for 5-6 minutes. Flip and grill the other side.
5. Cabbage should be tender and outer leaves charred and crisp.



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ALL HAIL, THE QUEEN! Happy 92nd birthday to one of our favorite, longtime People Plus board and development team members! Jeanne Mayo first got involved with the People Plus organization when she was 70 years old and taking the yoga class at the Center. She has fallen in love with the place since then, as we have fallen in love with her, and we think it's reflected in the warmth of her face in this photo. For her birthday last month, we showered her with 92 items of her favorite things, including 92 pieces of black licorice, 92 Chiclets, 92 bags of her favorite tea, 92 dark chocolate Hershey's kisses, and more. And if given the opportunity, we would all easily come up with 92 different ways that we love her. Happy birthday, Jeanne!

Have a seat – on us!



THIS YEAR, THE PEOPLE PLUS CENTER GOT NOT ONE BUT TWO of the Brunswick Downtown Association fundraiser "have a seat" chairs to paint! Riley Insurance Agency sponsored one of the chairs which was painted with classic summertime beach imagery, and the theme "life's a beach" on the back. You take your life in your own hands by sitting in the jaws of the amazing great white shark painting on the front. It's a really fun project for our People Plus art class and many of the students get involved.

The second chair was painted by the Brunswick Area Teen Center! With a theme of rainbows, curly cues and squiggles, it's a whimsical youthful chair, which is fun for everyone to sit in! Both chairs can be found on Maine Street. If you are interested in bidding on either of these beautiful, hand-painted Adirondack chairs, visit brunswickdowntown.org for more information (bidding opens in September).



"Brunswick Area Student Aid Fund, along with a lot of hard work, allowed me to go to the University of Maine which then led to a legal career, ten years as Maine Attorney General and a position now as a teacher at both Columbia and Harvard Law Schools. BASAF changed my life and it will change the life of others."

-- James Tierney, BHS Class of 1965

Visit www.studentaidfund.org
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What's Happening at the Center!



IT WAS A "JELL" OF A GOOD TIME at the People Plus Center last week for the monthly luncheon! Over two dozen of the members brought their favorite Jell-O summer salads, and we had a Jell-O potluck! Everything from mini marshmallows to coconut to fresh and frozen fruit were featured in these traditional Jell-O mold salads. And the members had a fantastic time trying all of them. Just look at these smiling faces! Join us at the Center for next month's luncheon as you'll never know how much fun you're missing!

Exercise is COOL 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!

Explore with People Plus & Collette Travel!

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>



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.



Wednesday Walkers Club Destinations for July:

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.**

July 5 - Planning meeting & coffee at PP @9:30 am. Come share your ideas and help plan the walks for August!

July 12 - Captain Fitzgerald Recreation & Conservation Area, Brunswick (located at the end of Lindbergh Crossing, accessed from Old Bath Road). We'll check out the blueberry picking, so bring a container! Carpool: Meet at PP by 9 am or head to trails by 9:30.**

July 19 - Swinging Bridge Walk. Arrive at PP by 9:30 am.

July 26 - Pettengill Farm, Freeport. Carpool: meet @PP by 9 am or arrive at the site by 9:30.**

Medicare 101

Tue, July 11, 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

Easy Riders Bike Club - It's back!
Tues, July 11, 12:30 pm. Bring your bike and meet at the Center for a local hour-long bike ride led by Cathy Cooper. Weather permitting.

Apple Club
Thu, July 27, 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.

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.

Lunch & Connections Frank's Grilled Chicken

You really don't want to miss lunch at the Center on July 20! Retired Center Chef Frank Connors continues his annual tradition of fresh chicken thighs and breast meat – marinated overnight in melted butter and lemon juice then grilled to perfection right on the lawn of People Plus. "Tell me a better way to welcome summer," Connors said, "This is always a fun one." Our sides this month include a sautéed vegetable medley, cheesy potato casserole, corn bread muffins, and, of course, our famous lightly-dressed green garden salad. Our drinks will include steaming decaf and regular coffee, tea water, and juice. Our dessert for July will be strawberry shortcake.

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 and make new ones, plus 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 for July:

- Center closed Tuesday, July 4
- Center closed Monday, July 31 - Friday, August 4
- Language clubs - Cantina Espanol, Kaffeestunde!, Cafe en Francais - will not meet in July or August
- No Men's or Women's Breakfast in July or August

Register for activities @729-0757

Building Better Caregivers 101

Mon, Aug. 14, 1:30 pm. Join Healthy Living for ME on Monday, August 14 to learn about their upcoming 6-week workshop on effective caregiving (Sept. 18-Oct. 30). Building Better Caregivers is an interactive group workshop where participants learn key strategies to increase their caregiving skills, knowledge, and confidence – while also reducing stress. Ideal for caregivers looking to increase confidence in their ability to manage their health and their care partner's needs while maintaining active and fulfilling lives. FMI or to register contact Monica Hawk, 207-620-1642 or mhawk@spectrumgenerations.org.



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Mon	Tue	Wed	Thu	Fri	Sat
3 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge	4 Center Closed 	5 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 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Tutoring 11:00 Yoga 6:00pm Belly Dancing	7 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	1/8 9:00 Zumba 10:15 Table Tennis
10 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge	11 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis 11:30 LUNCH OUT 12:30pm Medicare 101 12:30pm Easy Riders Bike Club 1:00pm Qigong	12 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	13 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Tutoring 11:00 Yoga 2:00pm Bowdoin Intl Music Festival Community Concert 6:00pm Belly Dancing	14 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	15 9:00 Zumba 10:15 Table Tennis
17 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 7:00pm SAGE Dance	18 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis 1:00pm Qigong 2:00pm Books a la Carte 7:00pm English Dance	19 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	20 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Tutoring 12:00pm Lunch & Connections 6:00pm Belly Dancing	21 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	22 9:00 Zumba 10:15 Table Tennis
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People Plus will be closed July 31-Aug. 4

People Plus calendar sponsored by  Mid Coast-Parkview Health MaineHealth



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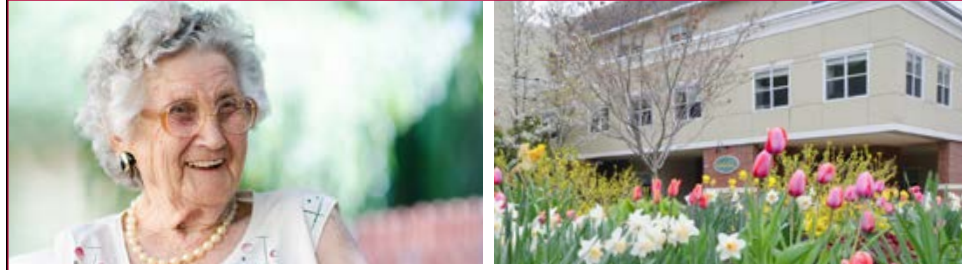


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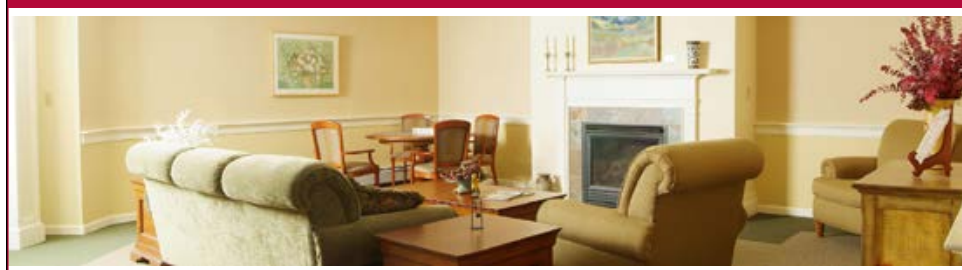
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 **Mid Coast Senior Health**
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Meet Emely Reyes

Emely Reyes is the latest Bowdoin College Maine Community Fellow here at the Teen Center, and she's getting to know the kids and helping out where needed – and having fun doing it. About to enter her junior year, Emely hails from Houston, Texas, and is studying psychology and education as majors and digital and computational studies as a minor. This summer Emely is staying on campus and also working as a Fellow for Housing Resources for Youth. She will be at the Teen Center with us in the afternoons until early August.

Emely attends Bowdoin College through a program called QuestBridge, which helps talented students afford prestigious colleges. On campus, during the academic year, she is part of the Latin American Organization, a Residential Life proctor, and a Student Activities manager. That sounds like a busy student!

For fun, Emely likes art, specifically painting, drawing and digital animation. For adventure, she likes getting out in nature, biking, and hiking with friends.

What has she noticed as far as differences between Brunswick and Houston? "People stop for pedestrians here and the trees are really tall ... the trees in Texas are all short!"

Welcome, Emely. We hope you enjoy your stay with us. Summer hours are underway at the Teen Center. It is open Monday through Thursday, from 1:30 to 5:00 pm. Come visit!

Summertime, sweet summertime

School's out! June was a busy month for us as well as for the kids. The kids had end-of-year finals and field trips, had to return school laptops (the sad part of their summers ☹), there were graduations and celebrations, and travel plans to be made. Some of our members headed off on trips of various lengths right after school ended, and we can't tell yet if it will be a slow July or a busy one. We do hope it is a summery one and it stops raining so much. We at least need more rainbows if we continue to have lots of rain!

I've already got makings for root beer floats, and we are looking forward to summertime walks to The Gelato Fiasco!

We got artsy in June and painted a chair for the Have a Seat event in downtown Brunswick. The minivan went in for its annual inspection, meaning we have had it for a year now! Our summer Bowdoin

Fellow, Emely Reyes, joined us and will be with us until August. Emely and Teen Program Assistant Eli manned the Teen Center table at the Pride event on the Mall on June 10th. I attended the Unitarian Universalist Church's last Concert for a Cause that evening. We felt busy.

Now July 4th is on the horizon ... last year we got a personal fireworks display over the water at a home in Harpswell, which was very nice. There are other special days in July, like July 1st is International Joke Day (for one), and I checked out July 9th, my birthday, which is also National Sugar Cookie Day and Kebab Day. I would choose the Kebabs! July 6th is, for one, International Kissing Day (I hope that the kids are not aware of that!). I don't know where some of the special days I have read about come from, but some are crazy and unusual.

Brunswick Teen Center News



Jordan Cardone-Ruwet

As I am writing this, I am listening to a song from The Lion King that one of the teens put on – that's quite a change from the music choices we regularly hear in here ☺

Hard to believe the school year has ended. I hope July goes slowly with lots of sun and flowers and outings to the water somewhere and maybe some lobster eating and, of course, some s'mores over a campfire. Sounds summery, eh?

Enjoy whatever July brings your way, Jordan and the gang



THE TEEN CENTER WAS REPRESENTED AT PRIDE DAY! The Brunswick Area Teen Center was honored and proud to have a tent and booth set up for the Pride festival in Brunswick last month. With face painting, teens from the program playing music and teens hanging out all day, the midday downpour didn't stop anyone from having a great time! And, as always, the Brunswick Area Teen Center program supports and welcomes all people.



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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Weekly Winners

Senior Intermediate Cribbage

May 31 Rollande Fortin, 713
David Bertocci, 694
Leo Robichaud, 689
Jen Haskins, 689

June 7 David Bertocci, 726 (Perfect Score)
Donna Dillman, 722
Rick Fortin, 705

June 14 Rollande Fortin, 718
George Tetu, 708
Patricia Johnson, 704

June 21 Anne Bouchard, 706
Jim Cherry, 688
Judy Hardin, 686
Trenna Crabtree, 680

Senior Duplicate Bridge
(Top ranked teams and win percentages)

May 29: 7 teams

1st Linda McIntosh & Tony Belmont, 63.9%

2nd Donna Dillman & Liz Glover, 58.3%

June 5: 10 teams

1st Norm Curthoys & Richard Totten, 61.1%

2nd Sherry Watson & Don Caton, 52.8%

June 12: 11 teams

“North/South”

1st Bobbi Robertson & Lloyd Jones, 65%

2nd Martha Cushing & Jeff Lauder, 58.3%

“East/West”

1st Barbara & Don McHarg, 55.6%

2nd Gail & Cy Kendrick, 50.7%

June 19: 13 teams

“North/South”

1st Donna Dillman & Liz Glover, 60.0%

2nd Jane Roy & Ellen Toomey, 57.6%

“East/West”

1st Norm Curthoys & Richard Totten, 59.4%

2nd Judy Johanson & Tinker Hannaford, 54.4%



Lunch Out!

July 11th at 11:30 am.

515 Basin Pt Rd, So. Harpswell

WHAT A TREAT IT WAS TO CELEBRATE OUR 10TH ANNIVERSARY of the Maine State Music Theatre summer singers entertaining our People Plus members at the Center! And this year's crowd was bigger than ever with 100 people enjoying lunch at the Center and this fantastic show! We love when the singers come to entertain us, and they also share tidbits from their lives. They tell us how old they are, when they got started in showbiz, how long they've been dancing and singing, and what their most embarrassing moment on stage has been so far. It's a great time and we love it. If you missed the show, please check our website for a link to the video!



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Summertime By Doris Weinberg

It's now the month of June, and half the year is over. The fireflies are showing up, and I might even spot a four-leaf clover!

The days are at their longest, and vacation is in the air. School will soon be over, then time to go anywhere.

I do remember those lazy times, and sleeping later in the morn. Going barefoot, playing tag, and enjoying fresh-picked corn

A favorite spot on very hot days, was on the porch floor playing jacks. An easy game to avoid the heat. What could be more laid back?

I was a good player, could use either hand, I even got a ribbon at camp! I wore it proudly around my neck, And was known as that year's champ!

My dad always took off in August – the same two weeks every year. A car trip though New York State was planned. Finding waterfalls, sights, and maybe a rare deer.

We were an average family, enjoying simplicity, Like feeling grass with our bare toes. You could even hear us laughing next door, as we ran under the hose!

Each season has special events, and summer has quite a few. And now that June is starting, it's like we are beginning anew.

Yes, summer is starting very soon, but will fly by much too fast. So, make your plans and have them in place, before the season has passed!

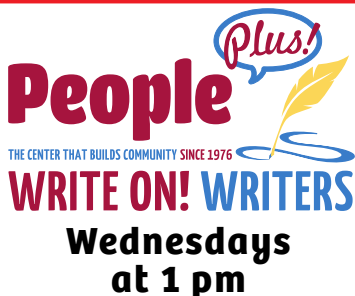
Changes By Bonnie Wheeler

Life changes at 82. Memorial Day parade today. I want to be standing on Maine Street watching. Instead, I'm seated on my front porch. A few blocks away I hear the band music, in my mind, I see them marching. People standing, hands over their hearts as American flags proudly float by. Kids so excited waving their flags, veterans stand tall saluting. It's all happening as I sit on my porch.

Jazz (An Ode to the Sax)

By Deb Noone

I have always loved jazz
Evoking emotion
Stirring the heart
Engaging the brain
Lifting the spirit
Jazz
My go-to for setting mood
Sultry
Haunting
Smooth
Playful
Eerie
Upbeat tempo that has you dancing in your seat or slow and easy, swaying in the arms of a lover
And saxophones ... oh, my
So many words describe the sound
Both powerful and mellow
Soft and loud
Deep and low, or high
Hearing sax seems to drill into my very soul
Taking me away from all my troubles
And at the same time ...
Pulling the emotion from the depths
I miss my Sunday afternoons in Washington, D.C., where I used to join co-workers
In a tiny bar the width of a train car,
In an old inn, on the shores of the Potomac
Each week, a few regular musicians
Joined by others who could stop by on any given weekend
Drums, by another co-worker, who had been my high school English professor
A bass played by a tiny woman, the instrument towering over her
Saxophone ... many Sundays – several
Tenor, alto, soprano
... whoever showed that week
Keyboard
Every now and then a clarinet, or trombone, or flute, or guitar
Each Sunday different
Each Sunday a balm to the soul
Reenergizing us to face a new week of work



Favorite Summer Spot in Maine

By Alene Staley

My basic requirements for my favorite places list are the following: It must have water, particularly fresh water. I am fond of ponds, lakes, rivers and streams. It must have sand. I favor comfortable walking trails. I like people, but not too many. Birds and animals are essential.

All of the above characteristics are abundant in Maine. My current favorite spot is Range Pond State Park located in Poland Springs. It is a relatively small state park.

The park has a good-sized beach area offering sunning, swimming and relaxing. Shady as well as sunny spots are abundant. The water temperature of the pond is warm most of the summer. The pond is large and home to many birds and animals. During my most recent visit, we were able to watch loons. There were people in the water, but the birds were not disturbed. We did not see any eagles during the visit, but eagles are a common sight. Canoeing, kayaking, and wind sailing are available, including some rentals. No speed boats are permitted.

The park has picnic tables and a beautiful group picnic area, one of the best in the state park system. Beautiful trails along the shore are easy to follow and come with descriptive educational markers. In addition to the large beach, along the trails there are small secluded beaches that are delightful.

Range Pond State Park is open year-round. In the winter it offers ice fishing, snowshoeing, and cross-country skiing. The park is staffed throughout the year. Range Pond State Park is a charming small state park that is only a short distance from the Auburn exit on the Maine Turnpike.

Good Morning By Bonnie Wheeler

The morning starts out all wrong, in pain, little sleep, all the coffee gone. By noon the pain is no better, it's cold, I put on a sweater. Darkness falls, praying for sleep and a helping hand As I pull Mama's quilt up to my chin, Remembering the hands still comforting me.

Wiser By Fred Cheney

He wasn't a nosey person, but it was impossible to ignore the argument going on behind him as he waited for his bus. Just two young people, a boy and a girl, definitely in high school. He lost the thread of the conflict early on, and found himself concentrating on the tones of the pained and aggrieved voices. The boy's was a bit empty, with the crispness of a soprano saxophone. Hers was thin and continuous and plaintive, a violin played in a minor key.

Suddenly, the voices stopped, without coda or crescendo. He turned to see if they were hugging or had drawn swords. He saw the young man walking away, shoulders hunched, both hands jammed into pockets, head down. She was walking into a deli.

He glanced up the street, confirming that the bus was nowhere near, and decided to buy a bottle of water. As he entered the deli, the girl was putting an apron on and wiping tears from her eyes. An older man sliced salami, and without looking up, asked her, "Okay, Gina, did you learn a lot at school today?"

The girl, still looking down, replied, "Yes, Papa, I am much wiser now."

Hello, Mom, "I would like to celebrate my birthday playing mini golf at the Desert of Maine!" "Yes, perfect for your birthday party!" was my reply to the request.

I know about the Desert of Maine and have read how the new owners are developing it for visitors to explore, learn its history, geology, ecology, and have fun. This is the quote in the brochure: "The Desert of Maine has been reimagined to inspire the next generation. It is built for the young and the young at heart!"

A beautiful sunny day greeted us as we arrived at the Desert of Maine with much to explore. It has a campground with updated A-frame cabins. A building similar to the original 1800's farmhouse is restored as a museum. The mini golf course we were

about to play was completed in 2022 and is landscaped with unique waterfalls, sculptures, and modern hole design. We enjoyed the challenge at every hole.

This adventure brought back a memory for me. My grandmother, the 7th of 15 children, had a sibling living in Fitzwilliam, N.H. We visited this grand aunt in the late 1930s or early 1940s. Somehow we drove to the Desert of Maine at the time. I was 8 or 9 and I recall it was a long ride. I remember thinking the farmhouse looked like the one we lived in on our farm in Massachusetts. A fellow took us for a walk and showed us a pile of sand, explaining it was growing. He said, "Look at that tree; all you can see is the leaves at the top!" Today, it's sand, sand, sand – this fellow was right. More

than 12,000 years ago during the Ice Age, this glacial sand depository was created. Science and technology folks continue to research this iconic landscape that came about after farming in the 1800s eroded the topsoil and exposed the sand.

How fortunate the present owners have restored this valuable Maine attraction with dignity, historic detail, shops, and a variety of interesting activities. Don't miss it – it's a great place to take your summer visitors.

Our birthday celebration will be a forever memory and I look forward to another Desert of Maine experience, maybe a weekend of camping at one of Maine's earliest attractions.

Company, 3 days By Bonnie Wheeler

My sister and her daughter are coming for a visit on Saturday from Kansas City. Oh, dear. I have not done a spring cleaning in several years. The reason or excuse is heart failure. I decided we would be using the kitchen and bathroom most, so start there, right? So far, I've cleaned out two drawers in my bedroom. Will they have a need to open them? Nope. Three more days to do spring cleaning. Maybe we can just go out to eat, so forget the kitchen. Now the bathroom may be a problem, so I guess I'll roll up my sleeves and get it done. Surely by three days it will be ready for company. If any of my friends are bored, drop over in the next three days and bring your cleaning supplies and chocolate cake.

Thank you

By Bonnie Wheeler

My husband headed to Hannaford to pick up a few groceries wearing his U.S. Navy veteran hat. At 84, his ability to walk is limited, so he rides around the store. Today a gentleman began to follow him and asked to help him reach products. He also suggested my husband get in his short line to check out, and helped him unload. Garry got his card out to pay and was told it's paid for. "Thanks for your service." He thanked the stranger, shook his hand, and left with tears in his eyes.

Human Intentions

By Robert Mulligan

My intention was fixed, the goal had been set. My focus was clear I couldn't forget.

The time had arrived, finally, I thought. Now to get started, a location was sought.

Uniquely peaceful and void of distractions. Where body mind connection functions without infractions.

The pen glides smoothly across the page. Ideas flow easily with wisdom and sage.

So intentions can work given patience and care. With rewarding results for brave ones who dare.

Contradictions By Robert Mulligan

Softly radiant waving spectrum, music to the eyes. Scarcely abundant resources flowing like manna from the skies. Ever never almost always, contradictions abound. Life's surprises come in all shapes and sizes just waiting to be found.

Family Tree By Bonnie Wheeler

Every family tree has fruit and nuts. Are you sharing your fruit? Or living like a nut? It's time to grow up. Show the world good roots.

Plus and Minus By Sally Hartikka

I've noticed creatures missing from when I was a child. Where have they gone? I wonder. Is it climate getting mild?

How many years has it been since you've noticed an inch worm? Those humorous little creatures who oddly move and squirm.

Their disappearance a plus, I guess since they eat vegetation. With enormous appetites, they eat more than their ration.

Lightning bugs were common, but I've not seen them around. Also known as fireflies they used to really abound.

Children loved to watch them and catch them in a jar to better scrutinize them up close, not from afar.

The sad loss of these insects that brightly lit up the night is a definite minus for those they used to delight.

Where have all the ladybugs gone? Those consumers of plant pests, their loss is a definite minus; they were welcomed guests.

The hordes of newer arrivals of unwanted irksome insects include the brown tail moths and many kinds of ticks.

The moths, as you well know, are very definite minuses. They often generate rashes and tend to bother sinuses.

They decimate stately trees and have become a real threat, with no way to get rid of them that has been found as yet.

Ticks have always been here, or so I have been told. As a kid I never saw one ... I guess it was too cold.

They're a really big nuisance, a valid minus for sure. They cause many illnesses for which there is no cure.

A truly significant plus since my childhood days is the return of the bald eagle, a stunning sight always.

Once essentially extinct as a result of DDT use, the ban of that toxic product has let them again reproduce.

Our esteemed national bird again soars overhead with its impressive demeanor and gargantuan wingspread.



WE WERE THINKING THAT BARBARA NEEDED MORE TO DO right at the end of the fiscal year so lots of people came in and donated money to finish off our annual campaign! Thanks to everyone for donating a little last something to knock it out of the park for us! We exceeded our fundraising goal by \$1,000, reaching \$71,000!!! And we're so honored to be able to use these funds to serve all of you, our amazing People Plus members. Thanks to everyone who donated through the year!

We will miss two of our favorites who passed away last month



JUDY MICHAUD was a regular volunteer on the front desk for over 20 years. We'd be hard-pressed to remember a Tuesday at the Center without Judy. And she worked the Tuesday before she passed away. She was in the Center and so excited about moving from her home to The Highlands. She wanted to eat in the dining room with all of her new friends and tell them all about People Plus. We're sorry she's not gonna get that opportunity and we're even more sorry that we won't see her lovely smiling face every Tuesday afternoon at the Center. We will miss her deeply.



ANNE BRAUTIGAM was an exceptional and dedicated bridge player, and could be found at the Center for almost anything that was considered intellectual. She came to the World Affairs Conversation Group, played all of the "hard" games and gave generously of her time and home for fundraising. She and her husband, Dick, offered their beautiful camp in Moosehead Lake as a fundraising item for our Music in April auction every year and it brought in nearly \$20,000 over the last 15 years. Anne had a warm and quiet persona, and she will be missed.

Gone but not forgotten –

Judy Michaud Aug. 17, 1940-June 12, 2023	Anne Brautigam Jan. 3, 1932-June 2, 2023
Ernie Stallworth May 22, 1944-May 27, 2023	Dorothy Boyett July 21, 1930-May 18, 2023
Franklin Wezner Aug. 15, 1956-May 18, 2023	



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Central Maine Area Agency on Aging
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Monthly Update

July 2023

In observance of Independence Day, Spectrum Generations will be closed Tuesday, July 4.



People *Plus!*

Hats off to the People Plus Team who competed in Spectrum Generations' Golf Fore a Cause fundraiser June 9 at The Meadows Golf Club in Litchfield.

Thank you for your support!



Spectrum Generations trains volunteers to EMPOWER, EDUCATE, and ASSIST our community members in need of Medicare services! We want you to become a volunteer; to help individuals make informed decisions about the programs that affect their quality of life, such as Medicare, Medicaid, and other benefit programs. Volunteers are trained and supported on-going by our friendly, professional staff. YOU can make a significant difference!

If interested, please contact Jeanne McIntyre at 207.701.5089 or email jmcintyre@spectrumgenerations.org.



Wende Chapman of Coldwell Banker Realty in Brunswick (Coldwell Banker Real Estate Group) recently presented a donation check to Rachael Gerow, Assistant Nutrition Director and Lindsay MacDonald, V.P. Community Engagement to support Spectrum Generations' Meals on Wheels program. Funds were raised through the Coldwell Banker Cares program in which agents voluntarily contribute a portion of their personal commissions to local organizations. "Our agents are passionate about supporting our communities. The Meals on Wheels direct to residence service is essential to those that are homebound and in-need of nutritious food. We are pleased to contribute," said Kevin Kirby, Sales Support Administrator for Coldwell Banker Realty.



Walter (on left) is a Meals on Wheels and AniMeals recipient who lives in Lincoln County. He recently turned 96 and MOW volunteer driver Terry Reddy (on right) brought a birthday cake to celebrate. Terry said, "It doesn't take too much to make someone's day!"

Terry has been delivering meals to Walter for the last five or six years. When he found out that it was Walter's birthday, he surprised him with a piece of cake and a candle. Terry said not only was Walter overjoyed, but his own expression in the photo is indicative of the emotion in the spur of the moment.

The photo was taken by Walter's caretaker, who comes about once a week to care for him. Aside from seeing Terry on delivery days, the only other person Walter sees is his caretaker and even at 96 years old, Walter is still raising and selling eggs!

Overall, this photo is a wonderful representation of the many relationships our MOW volunteers build with the recipients they deliver to. According to Terry, and I can agree with this, "sometimes it is difficult to leave because more than wanting you to take out the trash or fix the toilet, they just want to talk."

Proud to partner with People Plus

Searching for “T.T.”

Bowdoinham has a legitimate hero in Thomas Tyler Rideout. A member of Maine’s 19th Infantry Regiment in the Civil War, he’d seen his share of action before he took to the field at Gettysburg. On July 3, 1863, (160 years ago) he was a Sergeant of Company F, telling his boys of the 19th to “hold steady” at an infamous place called the Peach Orchard. They turned Pickett’s Charge just before he went down to hostile fire.

Fellow sergeant Samuel Smith, in a regimental history written years later, recounts that day: “While we were making the flank movement at the time of Pickett’s Charge, he fell by my side. I stopped and asked him where he was hit and he replied, ‘I’m hit in the back.’” He was lying in a very exposed position, so I took hold of his shoulders and dragged him to a place behind a large boulder.

Rideout was taken later to a field hospital, where I visited him. There (I was told) he’d been shot through the lungs and the bullet lodged in his shoulder. He was cheerful and fully expected to recover and live to go home. When I saw the surgeon in charge, he told me that Rideout would not live. I afterward learned that he died about 15 days after he was wounded. Sergeant Smith added, “No better soldier, nor one more highly esteemed by his comrades, ever lived in the State of Maine.”

The Adams history of Bowdoinham says

he died July 8, 1863, and “his body was returned home by a friend.” It adds with a certain amount of confidence that he was, “buried in the Village Cemetery.”

You have to accept that I’m a local historian of almost no note, and I’ve spent more time than necessary trying to research this story. Imagine my consternation when I uncovered a Maine Adjutant General’s report from 1865 reporting that he was buried in what’s now Gettysburg National Cemetery, Section C, Grave 10. You can see my confusion, and from that date to this spring, you need to expect that I spent way more time than necessary wondering about this problem ...

My Jane is a delight about this shortcoming of mine (usually), so last April we set off to Gettysburg to see about the truth. It didn’t matter that I baited her with visits to friends and spring gardens; we both knew the real reason for the trip. We staired in wonder at those peaceful rolling fields. Jane even sat through a guided tour as we both tried to absorb the details of this monumental, three-day battle. The guide pointed at the National Cemetery as we rumbled past, and I knocked Jane with my elbow, pointing at the next day’s work.

We got to the cemetery shortly after breakfast, and after some Google wizardry (by Jane), we found Section C, but the find only suggested there would be no problems solved here today. Grave 10 has a tastefully

engraved stone reading ‘MAINE,’ and gathered around it are a few dozen on-grade stones with names and a tablet saying there were 104 “unknown” buried nearby.

We were standing there, wondering what to do next, when that bus arrived.

Maybe 100 yards from us, this big old tour bus pulled up, expelled some air brakes and the door flew open. Thirty-six kids burst out, like rats off a sinking ship. We watched with a mixture of horror and disgust as they ran in the wind, yelling to each other, waving arms and pounding legs. Without another word, Jane and I admitted defeat and headed for the car.

“But wait,” said I with all the optimism I could muster. “Maybe there’s a park ranger on that bus who might help.” I walked to the bus, got there just as this lovely young woman stepped off the bus. I knew she was no ranger, but I could see nothing wrong with chatting her up. Lisa was her name. She apologized for the kids. I told her my story, and she told me they were from the Trinity Lutheran School of Bend, Oregon, and on a history tour to end the school year.

She asked if I’d tell her kids of my search. I said I was no “public speaker,” that my brother was the teacher, that I was scared of teenagers. Lisa insisted, blew a whistle and those kids came in like homing pigeons.

They sat on the grass around us and seemed genuinely interested when I told the story one more time. Me being me, I

Speaking Frankly

Frank Connors
(guest contributor)



repeated the T.T. Rideout name, and added I’d give \$2 to the first kid who could find the grave. Jane rolled her eyes, I could hear her saying “big spender!” Well, those kids covered more ground in the next 10 minutes than I could have in a week. They found the Maine section, and one kid found a TIMOTHY Rideout, but he was a veteran of WW I.

Lisa finally blew that whistle again and the kids got to the bus almost as fast as they got off. I thanked them for their help, and turned to the car, but stopped when I heard this little voice say, “Sir?” I turned back, was confronted by this sweet little girl. “Good luck with your search,” she said. “It’s important all these men are remembered.” She paused, took my hand, and said, “You have a blessed day.”

There might have been tears in my eyes when I walked back to the car, and Jane and I agreed there might be some “hope” for the coming generations after all.

On the drive home, talking more about “T.T.,” we decided that we’d accept that he was buried in Bowdoinham, surrounded by the folks who loved him ... but it’s nice to think he’ll always have a place in Gettysburg, just in case.

New and renewing members for June				Memberships received as of June 17.		
				*indicates new membership	•indicates donation made with membership	
Bath: Joan Smith	Jonathan Coffin Karen Davidson*	Clara Hutchins* Rory Keefe•	Sue Pinette Bob Pinette	Dresden: Stephen Gross	Jane Roy Sherry Saxton*	Kathleen Connors• Wayne Davis
Brunswick: Wanda Barlag Maureen Bence Frank Broadbent Eleanor Brown Marlene Budd• Louise Burgess Annette Caron* Michel Chalufour	Rosalie Deri* Janet Doehring Richard Fortin• Rolande Fortin• Elizabeth Glover Midge Hart• Marge Himmer Ron Himmer Sally Hoople	Priscilla Lee Karen Madsen William Mason Jennifer Mason William McCullough Linda McCullough Gail McDougall• Elizabeth Newman• Janet Ostron* Nancy Pennell	Lauralee Poutree Janet Pulsifer* Nancy Reisinger Nancy Scheeler* Priscilla Smith Frances Weatherbie Rupert White Ruth White Sue Wright	Durham: Donald Caton Laurie Caton Lemos James Cherry	Virginia Scholomiti Ellen Toomey George Waldman	Ann Henke Marsha Mogk Wayne Mogk Alice Ponziani• Julie Silverman
				Harpwell: Barbara Bunker* Cheryl Demers* Wendy Legg	Portland: Susan Waller	West Bath: Susan Gardenier Rodgers* Philip Rodgers*
					Topsham: Elizabeth Bavor• Florence Carter	

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Peter W. Ladner, President, circa 1980

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Artist honors nature's beauty with bold, majestic use of color

Our newest art show here at the Cafe Gallery features member Edward McCartan of Brunswick. He creates semi-abstract art that bursts with rich, vibrant color and shapes that embrace his love of nature.

"I love color," McCartan says. Growing up in an Irish Catholic family on Chicago's South Side, McCartan started painting when he was 10. He was encouraged by his parents and brother, but at 17 he entered the seminary and was a priest for eight years before leaving to study and teach art. He taught for 22 years at the Emma Willard School in Troy, N.Y., as well as at community colleges and universities. Along the way, he became a social activist as well.

McCartan paints big, typically 36" x 36," though the work at People Plus will have smaller pieces as well. Clearly inspired by nature, he says he tries to be a spiritual person. "I look at nature from a spiritual point of view. I try to have an inner life. I meditate," he states.

Simply put, McCartan says he loves making beautiful things. "I revel in the beauty and design of nature."

In his Bath studio, he paints mostly in acrylics and without a drawing or

preliminary study. "I put the marks down and see where they go. I let the painting tell me where it wants to go," he says, in a nod to his affinity for Asian influences like Taoism and Buddhism. Currently he has 15 pieces in progress and works on them collectively rather than one at a time.

Though he has been in many shows and sold many paintings, he concentrates not on making what sells, but rather on images that satisfy him. "Painting to sell work can be a drawback because you might end up with formulaic art," he says. "The way you treat your subject is a spiritual thing."

McCartan, 85, states he's far less judgmental of his work and process now than when he was younger. "At my age, I know there are fewer answers," he says. "The process becomes more important as you age, not so much the product."

He's leaning toward getting more involved at People Plus. "It's a good place and people here are fascinating and have led rich lives." Yes, kind of like he has.

Note: To view more of McCartan's excellent work online, go to www.emccartan.com. During the July-August art show, 10 percent of all sales will go to People Plus. The exhibit is open to the public during regular office hours.



NATURE'S EDGE, Ed McCartan, acrylic

Books a la Carte

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

FICTION

Small Mercies by Dennis Lehane. An engrossing story set in South Boston in 1974 when school busing would begin in the fall. A fierce, gritty woman searches for her missing daughter who may be connected to a murder.

Trust by Hernan Diaz. Pulitzer Prize winner. A New York financial tycoon during the 1920s and stock market crash tells his story. Is it the truth?

Lungfish by Meghan Gilliss. Maine Humanities Council recommended. Features a young family who squats on an island that once belonged to the woman's grandmother. The husband disappears in a rowboat for days at a time. What is going on?

The Beekeeper's Apprentice by Laurie R. King. Set in England in 1915, tells of Mary Russell who will be entering Oxford. She meets semi-retired Sherlock Holmes. He is impressed by her powers of observation. She quickly becomes his partner in solving local crimes.

Slightly Dangerous by Mary Balogh. A new book of romance and seduction set in the

1800s in London. A fun read involving two romantic, independent people.

NONFICTION

Camera Man (Buster Keaton. The Dawn of Cinema and the Invention of the 20th Century) by Dana Stevens. This biography takes a modern view of the film genius of 100 years ago.

Child Star by Shirley Temple Black. This autobiography gives a detailed look at Hollywood in the 1930s and 40s.

The Naked Don't Fear the Water by Matthieu Aikins. True story of a young Afgan man who had been an interpreter for the Americans. He decides to flee and his friend goes with him on an underground journey with harrowing experiences and glimpses into the politics of immigration and borders.

The Brain Behind Pain by Akhtar Purvez, MD. A comprehensive view of how chronic pain is felt and transmitted and modified by the nerves and brain. He provides hope to readers as he outlines ways of treating pain and new approaches which are becoming available.

MYSTERIES

The Lighthouse by P. D. James. Commander Dalgliesh must determine if a guest on a private island committed suicide or was murdered.

A Ghost in the Machine by Caroline Graham. Set in the small English town of Forbes-Abbot in the 1990s. Chief Inspector Barnaby solves the mystery of an untimely death.

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