



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

August 2023

Volume 23, No. 8



IT WAS SO LOVELY FOR JOHN ELDRIDGE, Brunswick Town Manager, to present the People Plus funding check from the town of Brunswick at lunch last month. Without the support of the town, People Plus would never be able to do all of the good work that we do. The funding enables us to keep the cost of membership low, provide many free services, clubs and classes, and serve over 1,500 members from the greater Brunswick area! Thanks to John and all of the Brunswick Town Council for supporting the organization!

For lunch we got to enjoy Frank Connors' legendary lemon butter chicken on the grill! This annual culinary delight is a fan favorite. Thanks to his good buddy and People Plus member Chuck Annable for coming over to help with the prep work. Charmaine Daniels, our new newspaper gal, also pitched in running the fresh hot chicken into the kitchen! Thanks to Frank, Chuck and Charmaine for feeding us!



Here's the scoop on the ice cream social!

- ~ Ice Cream Social ~
 - ~ Volunteer Awards ~
 - ~ Giant Puzzle Reveal ~
- Thursday, August 10th at 1:30 pm.

Don't miss out on our annual Ice Cream Social for summer fun with friends! All our members are invited to attend.

Cool down the heat of August with a special '3-fer' event featuring ice cream with all your favorite toppings, a puzzle reveal, and a celebration of our wonderful, dedicated volunteers. (A 3-in-1 event should be hard to top, but we'll have a variety of toppings for those tasty scoops!)

We will debut the completed 60,000-piece puzzle that includes 60 individual 1,000-piece puzzles put together by our members to create the larger "What a Wonderful World" puzzle! We will be revealing the



giant puzzle on tables in the hall and will get a picture of the puzzle makers with the puzzle. We hope to then display the puzzle on the wall in the cafe in September.

As part of the fun, we will recognize the important contributions our volunteers have made in the past year. We simply couldn't do what we do without them! From lunch crew to club coordinators to volunteer drivers and more, our volunteers are the heart of the People Plus. We will announce this year's volunteer awards at the social as well.

Please come and enjoy. Members only. Registration required, just call the front desk at 729-0757.



Register NOW!

Annual Member Picnic at Thomas Point Beach – Yum!

Thursday, Sept. 14, 11 am

Join us for our annual member picnic! Enjoy games, chatting with friends, fresh air, delicious food, live music from *Off Their Rockers* and beautiful views. Lunch will include Stacy's slow-cooked, pulled pork sandwiches, along with baked beans, coleslaw, watermelon, and dessert. Is your mouth watering yet? In addition, canned sodas and bottled water are also available. Registration is now open

and includes lunch and beach admission: \$7 members, \$10 non-members – just see Sarah at the front desk to make your payment. (Registration is required.)

Check-in starts at 11 am, lunch is served at noon. We really want you to come! To avoid the long line at the gate, please register in advance either at the Center or by calling the front desk. Don't forget to bring your own chair, sunscreen, a hat – and your appetite!



2023 Senior Health Expo!

October 19, 2023, 9-1. Exhibitor and Sponsorship opportunities still available! See page 4 for details.

Three Senior Days at the Topsham Fair!

Tuesday, Aug. 8 * Wednesday, Aug. 9 * Sunday, Aug. 13

\$20-regular admission \$5-Senior admission (65+)

The 169th Topsham Fair will take place at the Topsham Fairground on August 8-13, 2023. A regular \$20 admission gets you an unlimited ride bracelet, and on August 8, 9, and 13 seniors 65 and older can get in for just \$5.

CENTER CLOSURE: JUL 31- AUG 4

People Plus will be closed for the first week of August for annual deep cleaning and staff vacations! See you at the beach!



Building memories one sandcastle at a time

From the Executive Director



Stacy Frizzle-Edgerton

People Plus!

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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Eben Rowe
Meals on Wheels Coordinator
erowe@spectrumgenerations.org
207-607-4406

Check out past newspapers at www.peopleplusmaine.org



As we are producing this newspaper, I'm packing for our annual trip to a Popham Beach house rental that we've been using now for nearly two decades. We teamed up with another family in 2004, so I guess that officially makes this our 19th year of spending a week in the same house with all the same folks – for what has become a magical and incredibly important family tradition.

We actually started coming to Popham for this week at the beach before my daughter Juliet was even born! And this year she is 18 years old. It's so interesting when a family begins traditions like this and they don't realize the long-term impact it will have on their children and the family dynamic. Our week at the beach with friends has become some of the most defining and wonderful memories that my family makes every year.

The trip to the beach begins a few weeks in advance as we begin planning the meals for the week – which, of course have to be exactly the same as they've been every year beforehand – and figuring out who is sleeping where, what kids can come, for when, and how many cars we can squeeze into the driveway.

Maybe it was a lot easier in some ways when the kids were little and I just threw them all in the minivan and they went wherever we said they needed to go. Nowadays they bring their life partners, their work



schedules, and their vehicles with them, but I wouldn't have it any other way, as they are such a wonderful part of the beach experience now that they're so much more grown-up.

We have several different "theme" evenings, including a Mexican food night that has become a birthday party for one of our crew, a Hawaiian luau evening with pineapple upside down cake, my slow-cooked pulled pork, a lobster feast with several other families that join us

out for the night, and then steaks on the grill rounds out the week!

And while some of the peripheral people have changed through the years, the general family nucleus is the same. We have teamed up with two other families, and it's become a real friend/family affair! And it got even better about five or six years ago when my older brother Gary started to join us for the week as well. He doesn't have an official

bedroom, but a blow-up air mattress in the TV room does the trick.

My girls have spent their whole lives going to Popham Beach for our rental house and it has proven to be some of our favorite time together as family. Life slows down there.

They still have



When does a small step equal a big one?

I often keep a list of all the phrases that I might use when meeting with a client. An example is: When does small equal big? The answer is always! I realized a long time ago that by making small goals, the gains were easier to achieve. Long-term success was much more of a reality.

I have been working with one of my clients since February of this year. He has taken this concept and run with it. He has been successful in reaching his goals of losing weight, decreasing his A1C, and being

From Anita's Plate

Anita Nugent
(207) 504-6439



info@nutritionforeveryday.com

active. He shares with me that he has never been able to stay with a plan for this long. But then again he is doing it much differently this time. Just last week he said to me, "By not trying to do too much, you can do more!" I said to him, "That is such a great statement." I asked his permission to use it in my article.

Have you ever experienced setting a small goal only to achieve a bit more than you had established? Well it happened to me while I was on vacation. My goal while in the Adirondacks was to do two activities each day. It could be a kayak, paddleboard, or swim. On four of the days I did all three activities!

So the next time you set a goal for yourself, I am going to encourage you to think about the concept of "when does small equal big?" You, too, might experience accomplishing more than you set out to!

their phones and electronics with them, but there's no cell reception on the beach – so we do crossword puzzles, play cribbage, and play lots of family games at night like Rummikub, Bananagrams, and charades.

There have been years where we've had a motorboat or a sailboat with us (and we've had shark sightings). We've also had paddleboards, inflatable kayaks, and other various beach toys! And, of course, the sandcastles have become a thing of legend! Jonathan, our in-house engineer and sculptor, has developed an "around-the-world" theme



that he works on every year. His sandcastles have taken us to Egypt, Notre Dame, and an English castle complete with a moat.

So as we head out on our beach adventure for this summer, I hope that there has been a similar situation in your life with family traditions, unstructured and relaxed downtime, and the making of memories that last a lifetime. These moments and minutes in our lives are so fleeting. I will try to hold them tightly, but I suspect they'll flow through my fingers like the grains of sand on the beach; yet we'll keep building memories like sandcastles, and hope they never get washed away.

I look forward to this year's memories and sharing them all with you soon!

Ricotta and Tomato Toast

Ingredients:

- 1/2 cup whole-milk ricotta cheese
- 1/4 cup coarsely chopped fresh basil, plus more for garnish
- 1/8 cup chopped fresh chives, plus more for garnish
- 1 Tbsp. extra-virgin olive oil, plus 1 1/2 tsp.
- 1 tsp. grated lemon zest
- 1 Tbsp. lemon juice
- 1/4 tsp. pepper
- 2 slices (3/4-inch-thick) crusty whole-grain bread, toasted
- 1 small multicolored heirloom tomato, sliced 1/4-inch thick

Directions:

1. Combine ricotta, basil, chives, 1 table-spoon oil, lemon zest, lemon juice, and pepper in a mini mixer; process until smooth, about 1 minute.
2. Spread the mixture evenly over toast slices. Top with tomato; drizzle with the remaining 1 1/2 teaspoons oil. Garnish with additional basil and chives before serving.



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People Plus welcomes new and returning board trustees

We take great pleasure in welcoming three members to the People Plus Board of Trustees. Joining this important part of our Center are Terri Burgess, Charlie Gordon, and Joe Palma. Welcome to the People Plus family and thank you for your service on the Board!

TERRI BURGESS



Terri Burgess lives in Brunswick with her husband, Rob. She is originally from Indiana and went to nursing school there at Vincennes University. She moved to Maine more than 20 years ago and has worked doing home care and working with the elderly. She currently does freelance work at Horizons Living & Rehab Center. Together, Terri and Rob have five children and three grandchildren. She loves to garden and claims she is better at growing flowers than vegetables. She also loves arts and crafts and putting that to good use with volunteering projects, including nearly 20 years working as part of the Music in April fundraising committee for People Plus.

Terri says, "I am thrilled to be a new trustee for the board!"

CHARLIE GORDON



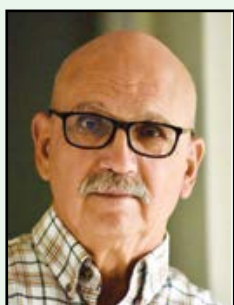
Charlie Gordon lives in Brunswick with his wife, Andrea. Originally from Winthrop, Maine, he earned undergraduate and master's degrees at the University of Southern Maine. He recently retired after 51 years of teaching, with the last 46 of those years at Brunswick High School. In addition to teaching, he served as senior class advisor for 41 years.

While working at the high school, he served as the men's assistant basketball coach for Bowdoin College for 18 years.

Charlie and Andrea have three sons, all of whom Charlie had as students at Brunswick High, and he also has three children from a previous marriage.

Charlie is an avid sports fan and enjoys golf, biking, hiking, travel, and spending time at his lake house in Winthrop. He has recently served on the Teen Center Advisory Committee and is looking forward to joining the Board of People Plus as a trustee.

JOSEPH PALMA



Joe Palma lives in Harpswell with his wife, Audrey. After previously serving for one term beginning in 2017, Joe is happy to be rejoining the Board. Born and raised in New York, Joe worked in the financial industry for more than 35 years as an equity trader. An avid photography fan for years, Joe became a professional photographer following 9/11. He is one of 1,500 professional photographers worldwide with the Certified Professional Photographer designation. His work is in private collections and in the media.

Joe has served in the United States Army Infantry. He started practicing yoga in 1990, began his yoga teacher training soon after that, and now teaches yoga in the Midcoast. Joe loves fishing, gardening, landscaping, cooking, and being with his family. Welcome back, Joe!



WE LOVE OUR FRESH VEGGIES here at the People Plus Center! Thank you so much to the Merrymeeting Gleaners, a program of Mid Coast Hunger Prevention Program. The Gleaners is a group of volunteers that harvests surplus food from local farm partners year-round and redistributes it to more than 30 locations in the greater Brunswick area. We are thrilled that People Plus is on their distribution list.

Food pantry opens its doors for indoor shopping again

Mid Coast Hunger Prevention Program's food pantry opened for full-choice indoor shopping on July 18. The pantry is stocked with dry goods, meat, deli items, dairy products, fresh produce, bread, desserts, as well as household, toiletry, and baby care items when available.

The food pantry will be open on a new schedule going forward (Tuesdays from 12-6 pm, Wednesdays and Fridays from 12-3 pm, and Saturdays from 1-4 pm). This adjustment was made to give the agency adequate time to process food and prepare

for distribution after morning retail pickups.

Upon arrival, guests will complete a short intake process. Guests may elect to access services anonymously and no proof of residency, income, or use of other benefits is required. Volunteers will then assist each guest individually with the shopping process. The organization encourages shoppers to bring reusable bags when possible.

The pre-order grocery service remains available at orderahead.org. All questions about the pantry can be directed to pantry@mchpp.org or 725-2716 x311.



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.”

Sunnybrook
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Two Northbridge communities conveniently located in Brunswick, ME

Sunnybrook: 340 Bath Road | sunnybrookvillage.com

Avita: 89 Admiral Fitch Avenue | avitaofbrunswick.com



What's Happening at the Center!



WE WERE HONORED last month to host the 16th annual classical music concert as part of the Bowdoin International Music Festival Community Concert series. Over 60 guests were treated to cellos, violins, violas and double base solo and duet performances as they played beautiful melodies from Bach and more! Guests also had the opportunity to learn about each musician, including where they are from and how they became interested in their instrument of choice. Pictured left to right are students Daniel Cavari, Grace Leonard, Zoe Yost, Phoebe Jenkins, Yoonsa Lee, Jesse Xiaojian Zhu, Rina Kubota, and Chia-Lin Chen.

Information Session for Building Better Caregivers 101

Monday, August 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. The workshop is 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 for the information session, contact Monica Hawk at 207-620-1642 or mhawk@spectrumgenerations.org.



Building Better Caregivers 6-week workshop

Mondays, September 18 - October 30, 1:30 - 4 pm. This 6-week program covers a variety of topics, including self-care methods to improve a caregiver's health, dealing with difficult emotions, managing difficult care partner behaviors, planning for the future, finding resources, improving communication skills with family and friends, family meetings, communicating with health professionals and health care systems, action-planning, problem-solving, and decision-making. FMI or to register, contact Monica Hawk at 207-620-1642 or mhawk@spectrumgenerations.org. You do not have to attend the 101 information session (listed to the left) in order to attend the workshop.

People Plus Open House!

Thu, Sept. 21, 1-3 pm. Enjoy refreshments as you tour the Center on Union Street, chat with representatives of classes and clubs, and meet the staff.

CENTER CLUBS

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

Apple Club

Thu, Aug. 31, 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.

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.

Exercise Time is COOL at the Center!

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

Anyone can try a class/club once for free!



Wednesday Walkers Club Destinations for August:

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.

Aug. 2 - Planning meeting & coffee at PP picnic tables @9:30 am. Come share your ideas and help plan the walks for September! (Please note, the People Plus Center will be closed on Aug. 2.)

Aug. 9 - Papermill Trail, Lisbon. Carpool: meet @PP by 9 am or arrive at the site by 9:30.**

Aug. 16 - Swinging Bridge Walk. Arrive at PP by 9:30 am.

Aug. 23 - Cathance River Education Alliance trails, Topsham. Carpool: meet @PP by 9 am or arrive at the site by 9:30.**

Aug. 30 - Merrymeeting Park Trails. We are hoping the new trails at the site of the old Merrymeeting Park will be open to visitors by this date. Access is from the bike path (or from the river!). Carpool: meet @PP by 9:15 am or arrive at the Water Street parking lot by 9:30.** Watch the weekly e-mails for more information!

Note: In case of rain on any of the dates, bring your umbrella to the Center and meet at 9:30. We'll walk to the Bowdoin Arctic museum for a visit.

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>



Registration is open for Senior Health Expo 2023!

Please mark your calendar for one of the People Plus Center's top events, the Senior Health Expo 2023! It is scheduled for Thursday, Oct. 19, from 9 am to 1 pm.

The highly successful and well-attended Health Expo will take place at the Brunswick Recreation Center, located 220 Neptune Drive (on the former Brunswick Naval Air Station).

Table and sponsor registration is open. Please note these key dates: "Be on the bag"

sponsor deadline is Sept. 1, and table registration deadline is Sept. 15.

The Senior Health Expo will showcase resources in Medical Services, Fitness and Health, Technology, Legal, Financial/Banking, Food/Nutrition, Housing/Respite Care, Community Services and more!

There will be free swag bags for the first 500 attendees! Admission and all services/demonstrations are completely free!

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



Apple Device Tutoring

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

Calling all game players!

Play Bridge, Cribbage and Mah-Jongg several days a week. Free, members only.

Medicare 101

Tue, Aug 8, 12:30 pm. Spectrum Generations provides information regarding Medicare, drug coverage, and Advantage plans, Free, open to the public (\$15 suggested donation appreciated). Registration required.

Programming Notes for August:

- Center closed Monday, July 31 - Friday, August 4
- Books a la Carte and all Language Clubs will not meet in August
- No Men's or Women's Breakfast in August
- No Lunch and Connections in August
- No Yoga or Table Tennis on August 10
- There WILL be yoga on Thursday, August 17 (normally a lunch day)

Register for activities @729-0757

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John Fischer 207.522.1238 john@carpediem-me.net

Mon	Tue	Wed	Thu	Fri	Sat
People Plus Center Closed July 31st - August 4th					9:00 Zumba 10:15 Table Tennis
<p>7</p> <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge</p>	<p>8</p> <p>9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 11:30 LUNCH OUT 12:30pm Medicare 101 1:00pm Qigong</p>	<p>9</p> <p>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</p>	<p>10</p> <p>9:30 Apple Tech Tutoring 9:30 Art Class 1:30pm Ice Cream Social 6:00pm Belly Dancing</p>	<p>11</p> <p>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</p>	<p>12</p> <p>9:00 Zumba 10:15 Table Tennis</p>
<p>14</p> <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 1:30pm Building Better Caregivers 101 7:00pm SAGE Dance</p>	<p>15</p> <p>9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 1:00pm Qigong 7:00pm English Dance</p>	<p>16</p> <p>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</p>	<p>17</p> <p>9:00 Table Tennis 9:30 Apple Tech Tutoring 9:30 Art Class 11:00 Yoga 6:00pm Belly Dancing</p>	<p>18</p> <p>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</p>	<p>19</p> <p>9:00 Zumba 10:15 Table Tennis</p>
<p>21</p> <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge</p>	<p>22</p> <p>9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 1:00pm Qigong</p>	<p>23</p> <p>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</p>	<p>24</p> <p>9:00 Table Tennis 9:30 Apple Tech Tutoring 9:30 Art Class 11:00 Yoga 6:00pm Belly Dancing</p>	<p>25</p> <p>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</p>	<p>26</p> <p>9:00 Zumba 10:15 Table Tennis</p>
<p>28</p> <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge</p>	<p>29</p> <p>9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 1:00pm Qigong 7:00pm English Dance</p>	<p>30</p> <p>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</p>	<p>31</p> <p>9:00 Table Tennis 9:30 Apple Tech Tutoring 9:30 Art Class 11:00 Yoga 1:30pm Apple Club 6:00pm Belly Dancing</p>	<p>Scan QR code for People Plus online calendar</p>  <p>HOURS Mon-Thu 9 am - 4 pm Fri 9 am - 1 pm</p>	

People Plus calendar sponsored by  Mid Coast-Parkview Health
MaineHealth

Scan QR code for People Plus online calendar



HOURS
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Fri 9 am - 1 pm

Call 729-0757 to register for activities



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CHAPEL

www.coastallanding.com
142 Neptune Drive, Brunswick, ME, 837-6560




Welcome Home



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

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



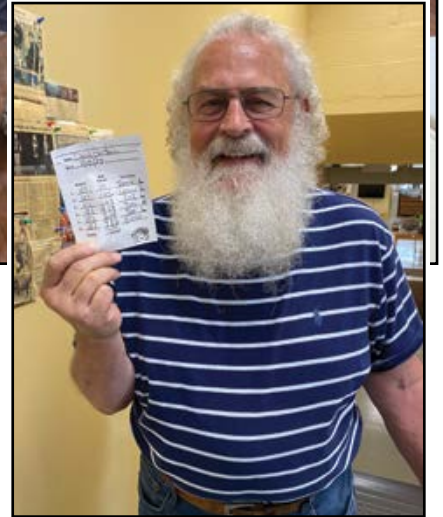
Mid Coast Senior Health
MaineHealth



ANGIE GEORGE OF BRUNSWICK SETS OUT TO HOE WEEDS at the Senior Garden sponsored by People Plus. She recently retired and says her garden plot has been great because at home she had too much shade and too many deer. FMI on the Senior Garden program, call the Center at 729-0757.



THE WEDNESDAY CRIBBAGE PLAYERS are a faithful bunch! They come every week to set up their cards, little wooden boards, and pegs. Lucky number 15 is, of course, what they're always looking for and last week David Bertocci (right) had a perfect score 6 times, finishing every round with the score of 121! Cribbage is a great camaraderie-building card game because you play in pairs so you're always making new friends while having fun at the Center!



Gone but not forgotten –

Yoshiko Kilgore
Jan. 8, 1933 – May 20, 2023

Marguerite Miller
July 7, 1937 – May 28, 2023

Susannah MacDonald
Apr. 30, 1932 – June 14, 2023

Patricia Longworth
Jan. 13, 1927 – June 26, 2023

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Pat Longworth gave so much to People Plus...

We will all deeply miss longtime member and volunteer extraordinaire Pat Longworth. She was surrounded by her family when she passed peacefully in June, at the age of 96.

As a volunteer, Pat was the Monday morning receptionist for more than a decade. She also delivered newspapers and was a volunteer driver.



Her daughter, Amy Rogers included People Plus in the eulogy, "because it was so important to my mom." She had nice connections, loved the lunches, had fun, and loved Frank.

In a profile from a 2019, Pat said, "If there is one thing from my life I would like people to know about me, it's that I've had a happy life."

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Weekly Winners

Senior Intermediate Cribbage

- June 28 Jen Haskins, 716
Sherrill Morgan, 710
Anne Bouchard, 708
Trenna Crabtree, 702
- July 5 Rick Fortin, 717
Anne Bouchard, 713
Rollande Fortin, 706
David Bertocci, 699
- July 12 Jerry Donovan, 722
Joe Tonely, 703
David Bertocci, 685
Jen Haskins, 681
- July 19 David Bertocci, 726
(Perfect score)
Leo Robichaud, 710
Sherrill Morgan, 699
George Tetu, 697

Senior Duplicate Bridge

(Top ranked teams and win percentages)

- June 26:** 11 teams
 "North/South"
 1st Linda McIntosh and Tony Belmont, 52.8%
 2nd Jane Roy and Ellen Toomey, 52.1%
 "East/West"
 1st Gail and Cy Kendrick, 68.3%
 2nd Martha Cushing and Jeff Lauder, 65.8%
- July 3: 9 teams
 1st Martha Cushing & Jeff Lauder, 57.3%
 2nd Gail & Cy Kendrick, 56.3%
- July 10:** 11 teams
 "North/South"
 1st Cathy Cooper & Rick Simonds, 66%
 2nd Norm Curthoys & Richard Totten, 55.6%
 "East/West"
 1st Martha Cushing & Jeff Lauder, 64.2%
 2nd Cotheal Linnel & Keith Rattue, 55.8%
- July 17:** 9 teams
 1st Martha Cushing & Jeff Lauder, 61.5%
 2nd Gail & Cy Kendrick, 57.3%

Do you get our weekly email?

Jill sends a weekly email with all the events happening the following week at People Plus. It's the quickest way to get updated news about the Center! 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.

If you aren't getting it, just email programming@peopleplusmaine.org or leave a message at 729-0757 and Jill can add your email address to the list!



Lunch Out!

August 8th, 11:30 am



1 Bowdoin Mill Is, Topsham



IT WAS A SPONTANEOUS SURPRISE CUPCAKE CELEBRATION last month in the art class when we realized several of the artists were celebrating birthdays! We grabbed one of the giant cupcakes from the bakery across the street and all the birthday girls got to share! Happy Birthday to members Lauralee Poutree and Beth Aldenberg (left to right) and former board member, Ann Frey (not pictured).

"Clynk" is solid fundraiser, one nickel at a time

The "CLYNK" returnable program, sponsored by Hannaford Supermarkets and endorsed by the Center, is one of those "under the radar things we do," that benefits both the Center and our community.

Green "CLYNK" bags, pre-barcoded with the Center's unit numbers, are always

available at our information desk. You need only to fill the bag with your returnables, scan and drop it at the store when you next shop, and the Center receives credit for the accumulated deposits. Thank you for recycling, and thank you for supporting your Center.



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(207) 725-4900

info@midcoastseniorcollege.org

Poems & Prose

Stormy Night *By Laura Perkins*

We never know what a day will bring.
 Tonight it's wind and rain,
 howling up the bay it comes
 with a rhythm that seems insane.
 First the fog came creeping in
 as daylight faded fast.
 Then gentle rain began to fall,
 the calm was not to last.
 The wind bore down fast and hard,
 racing up the shore,
 the boats tugging at their lines
 as waves grew more and more.
 Pelting rain fell on the roof
 as water dripped from eaves,
 summer flowers all curled up,
 also the tree's green leaves.
 I love to hear the rain drumming
 outside the cabin door,
 inspiring my imagination,
 as a ghost crosses the floor.

Good or bad

By Bonnie Wheeler

Do you feel good today?
 Then sing out loud.
 In the future there will be pain
 you are forced to endure.
 So, enjoy the good times.
 Put up with the bad.
 Life is filled with ups and downs
 Until the golden trumpet sounds.

Yay, School Is Out *By Doris Weinberg*

The last day of school always felt special.
 It was like no other day of the year.
 With report card in hand and no more books,
 one thing was very clear.
 Tomorrow morning, there would be no alarm clock.
 I could stay in bed really late!
 And for the next two months there was little planned.
 The calendar was an empty slate.
 My bike was waiting and my roller skates ready.
 My neighborhood had many friends.
 And with the girl next door, my closest pal,
 there would be plenty of "Let's pretend!"
 I didn't have electronic toys.
 Or things to keep my thumbs in a tizzy.
 Instead, I used my imagination.
 My days would be physical and busy.
 The city park was close enough and
 there, many hours I could spend.
 I usually rode over on my bike,
 most often with a friend.
 We'd swim in the pool or row on the lake.
 Never worrying about any sort of crime.
 I knew I had to be home for supper.
 And I would always watch the time.
 July would be over before I knew it.
 The weeks went by too fast.
 But the best part was still ahead,
 when August was here at last.
 That's when Dad took his vacation.
 All winter we planned what to do.
 With five of us in the car,
 we'd always head somewhere new.
 I ice skated at Lake Placid,
 saw Niagara Falls and hiked Watkins Glen.
 I never tired of what we saw.
 I would love to go back again!
 I didn't appreciate it at the time –
 being young and with the whole summer free.
 I had such a close family and
 we enjoyed the mountains and the sea.
 Now, I have lived more than 90 years.
 I look back on those memorable times.
 Everyone has their story to tell.
 But notice that mine came out in rhyme!

A dove *By Bonnie Wheeler*

One dove alone,
 sitting, waiting
 for my attention.
 We stared at each other.
 I waited for a message.
 She flew away.
 Was that the message?
 That you can still fly alone?



A Moving Story *By Sue Linkel*

We have moved several times
 in our life, but the one that was
 the most dramatic was the one
 from La Habra, California,
 to Harpswell, Maine – in the
 middle of winter. My husband,
 John, was asked to be engi-
 neering manager of Maine
 Electronics in Lisbon, Maine.
 He went there to work imme-
 diately, so the family and I
 stayed behind to sell the house
 and prepare to move. He came
 home every third weekend to
 help till the actual move. While
 I was preparing the move and
 dealing with selling the house,
 he was looking for a new home
 for us to move into. When he
 found something, I made a
 quick trip to see and okay his
 choice.

During all this activity I
 gave birth to our 11th child.
 He was three weeks old on
 moving day. The company was
 covering the expenses for the
 move. We decided to make the
 long diagonal trip across the
 country in winter in our own
 camper, a renovated school bus.
 Moving day was a gorgeous
 90-degree Southern California
 day. The kids were in shorts
 and barefooted. I knew we
 were heading for weather of
 another extreme, so I needed
 to outfit all the family in winter
 clothing. Fortunately, people
 moving into California usually
 brought their winter clothes and
 after a couple years took them
 to Goodwill and Salvation

Army. I was able to get some
 real bargains.

In order to save time, we
 ate breakfast and lunch in the
 camper while traveling. The
 day before we moved, a friend
 who owned three KFC fran-
 chises came by and gave us two
 very large batches of chicken
 that had been slightly over-
 cooked, but were very edible.
 We ate a lot of chicken lunches.
 When we stopped to spend a
 night at Grandma and Grandpa
 Linkel's house, Grandma
 ordered a large bucket of KFC
 chicken. Bless their hearts, the
 kids never said a word.

But for dinner every evening,
 since the company was cover-
 ing travel costs, I told the kids
 they could order anything they
 wanted from the menu – but
 no desserts unless they ate it
 all. The older ones took advan-
 tage of that rule, but the only
 items the younger ones wanted
 were hamburgers and French
 fries.

We stopped and visited
 family along the way and were
 given outgrown winter stuff
 like ice skates and boots. We
 arrived mid-January during a
 blizzard. At my first grocery
 store stop, I was greeted with a
 sign on the door, "No bare feet
 allowed!" I thought to myself
 "You've got to be kidding! It's
 10 degrees outside!"

Adapting to winter life is
 another story.

The 4th: Celebration and Reflection *By Deb Noone*

The air, heavy with humidity,
 spells summer in D.C.
 The sidewalks crowded ...
 Most wearing the colors of the flag
 'Tis the day for the red, white, and blue
 The sun begins its drop to the west
 reflecting off the white stone of the monuments
 causing an orange glow, spreading across
 marble and granite mined from around the country
 The throngs make their way to the mall
 spanning the length of museums and memorials
 from the Washington Monument to the Capital
 Live music plays—the National Piharmonic—
 echoing along the grassy expanse and beyond
 Sunlight fades to darkness
 The signal
 And soon... the boom of eruptions overhead
 As the sky lights up
 colors and shapes rain down from above
 in a explosively choreographed dance
 The crowds clap and exclaim in oohs and aaahs
 Our country's birthday, now a year older
 With history all around us
 Symbols of the blood, sweat, tears, and jubilation
 Of all who built this country—our forefathers
 The hopes and dreams of what still lies ahead
 Can we keep us safe, and happy, and free for another few centuries?

The Real Story Behind Jack and Jill

By Sally Hartikka

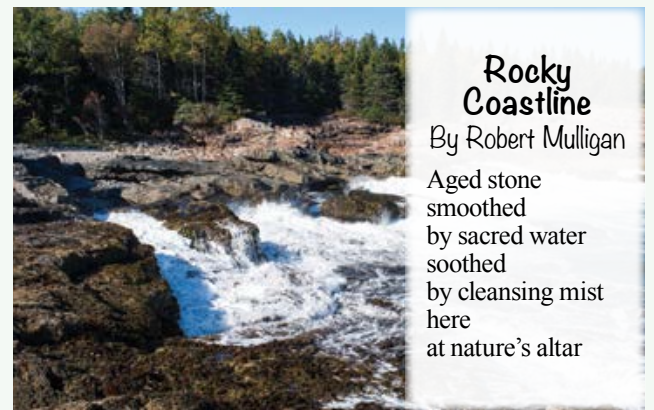
Jack and Jill went up the hill
 To fetch a pail of water.
 Jack fell down and broke his crown
 And Jill came tumbling after.

Jack didn't actually hurt his head;
 He hurt his manly pride instead.
 Jill just laughed at his clumsiness
 Which caused poor Jack additional stress.

As for the water, that of course spilled.
 They had to go back to get it refilled.
 This time Jill carried down the pail;
 She was sure she wouldn't fail.

But, alas, a bee got under her bonnet
 And she whacked at it as it sat upon it.
 Now stung, she had a big welt on her head
 So it was Jill who was hurt, and not Jack as said.

All these years, folks have got it all wrong.
 Even when they turned the poem into song.
 Poor Jill was the one who suffered the pain
 While Jack had no reason to complain.



Rocky Coastline

By Robert Mulligan

Aged stone
 smoothed
 by sacred water
 soothed
 by cleansing mist
 here
 at nature's altar

Treasures at Farmers Market *By Betty Bavor*

Brunswick Mall sparkles as white tents line Park Row
 overflowing with Maine grown produce. Energetic farmers
 unload fresh vegetables, cheeses, baked treats, flowers,
 plants, fruits, and more from their vehicles early Tuesday
 and Friday mornings. They arrange tantalizing displays with
 care and precision at their kiosk, ready for eager customers to
 purchase.

Treasures are found, maybe a new vegetable or cheese
 flavor to experience. Fridays there is a table of Maine-made
 crafts located in the shade beside the mall walkway near
 the Veterans Memorial. Talented women from Mid-Coast
 Presbyterian sew, knit, croquet, and create unique craft items
 – children's sweaters, hats, mittens, scarfs, jar openers, book
 covers, and more. It is a treasure trove of one-of-a-kind items.
 Greeting tourists and local residents purchasing gifts and
 souvenirs is a pleasure. People are friendly and like to share
 an experience or story. They even tell us a memory related to
 these handmade crafts.

Many shoppers bring their dog to the market. We have
 a box of dog treats that are fun to give if the owners say
 okay. By the way, one member made dog raincoats to sell, a
 handy item this past rainy period. If this is your first trip to
 Brunswick Farmers Market, check the food trucks parked
 on the Maine Street side of the mall. Enjoy a tasty snack or
 lunch while people-watching! Have a fun-filled day at the
 Brunswick Farmers Market. Farmers, thank you!

Happy Bird *By Nonie Moody*

The happiest bird I know is the small house wren. A
 light brown bird with a gray-brown breast. When it is
 spotted, its tail is always slanted upwards and it doesn't
 stay long, but is constantly on the move. This bird is not
 quickly seen, but it is heard. You hear its sweet songs long
 before ever sighting it.

I start to listen for my sweet-singing wren here in Maine
 about the middle of May.

How I enjoy my time on our backyard porch swing or the
 front porch rockers with eyes closed, listening to the rep-
 ertoire of many birds, picking out each time my favorite
 wren is singing.

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Looking forward, looking back

I have news! Many of you may already have heard that I will be retiring from my position as Teen Center Coordinator in the Fall. I have been the Coordinator for 14 years and have been involved with the Teen Center program since before the doors even opened in 2005! That's a lot of years!

Between raising my four children and then working at the Teen Center, I have spent much of my adult life with teens! I have loved it and will miss it, the teens, my fellow staff, and the many people involved over the years!

I am not going far and I am not starting a new job. I am going to spend more time being a mom, grandmother, and wife!

I feel very grateful for being able to work in a job I am passionate about. I see and feel that I have made a difference in the lives of hundreds of youth over the years!

I have gotten as much out of working with pre-teens and teens as they got from me. They get a bad reputation sometimes but believe me, they are just children trying to deal with what life has given them.

In the meantime, August is here! Next newsletter will be about the new school year! The kids go back to school August 28th.

As most summers at the Teen Center are, it has not been as busy as during the school year. It is a good time for new kids who join during the summer to get acclimated before the place is full and noisy! We also get to know them a little before we are too busy.

Most of August will be spent stocking up food program supplies and finishing the Back-to-School letter. This one mailing we do each year brought in 1/3 of our budget last year, it was amazing! We will also put out school supplies sooner rather than later

Brunswick Teen Center News



Jordan Cardone-Ruwet

because we have learned that school shopping and haircuts happen by mid-August for many of our members.

The Teen Center will close the week of August 21st and re-open Monday the 28th.

I am including one of my favorite pics from our 10th anniversary celebration, next summer will be 19th year celebration!

Enjoy the rest of the summer.

See you in September!
-Jordan and the gang



Help Wanted! Seeking Teen Center Coordinator!

People Plus is seeking a Program Coordinator for the Brunswick Area Teen Center Program (TC), located in the People Plus building.



OVERVIEW: Program Coordinator is responsible for planning, organizing, and directing daily activities and operations of our free, after-school/summer program for teens in grades 6-12. Coordinator oversees all TC staff and volunteers, training as needed. Coordinator reports directly to the Executive Director, working together on hiring, program and financial oversight, and production of events including fundraisers. Coordinator represents TC publicly and is expected to develop strong working partnerships with community organizations and businesses.

HOURS: Approx. 32 hrs/week including 20 hours on-site, remaining hours can be remote, Mon-Fri with rare night/weekend events

BENEFITS: 32 hrs/week qualifies for health and life insurance, paid holidays, matched IRA, vacation & sick time accrual

QUALIFICATIONS:


- BA/BS, preferably in related field
 - Three years relevant work experience
 - Working knowledge of program administration with the ability to meet deadlines
 - Ability to coordinate and manage employees and volunteers; previous grant writing and event planning preferred
 - Proficiency with Microsoft Word and Excel; experience with Mac computers preferred
 - Excellent communication skills in writing, public speaking and social media; ability to take good photos and write program updates
 - Comfort with teen noise, music, language and topics of conversation
 - Comfort working with all races, genders, religions, and people with disabilities
 - Clean background check and driving record; must maintain a valid driver's license
 - Physical ability to lift at least 30 pounds, remain standing and active for long durations, and engage in regular use of stairs
- TO APPLY: Send cover letter and resume to: peopleplusmainejobs@gmail.com

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— James Tierney, BHS Class of 1965

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Monthly Update

August 2023



Building Better Caregivers 101
Monday, August 14 | 1:30 - 3 p.m.
People Plus, 35 Union St., Brunswick

Building Better Caregivers is an ideal workshop for caregivers navigating the challenges of providing care to recipients with difficult behaviors. Join us for this introductory session to learn more about the upcoming six-week workshop. Additional topics include increasing knowledge and confidence while maintaining a fulfilling life, dealing with emotions, future planning, decision making, finding help, and more!

Please register in advance by contacting Monica Hawk, Spectrum Generations' Healthy Living Coordinator, mhawk@spectrumgenerations.org or (207) 620-1642.

Save the Date

3 Courses + dessert | Cash Bar | Hors d'oeuvres
Music | Auction



11th ANNUAL
Celebrity Chef Challenge

Three chefs will each create a beautiful meal for you to sample!
All funds raised will support Spectrum Generations' programs.

\$75 per person | \$300 table of 4
\$450 per table of 6 | \$550 table of 8

September 18, 2023
at 5 p.m.

Augusta Elks Banquet Hall
397 Civic Center Drive, Augusta

Sponsorship opportunities available at spectrumgenerations.org/chef

This year's chefs include Rob Christerson of Rí Rá Irish Pub + Restaurant of Portland, Sheila Iveson of Sheba's Wicked Kitchen of Oakland, and Bath's own Mollie Jellison of Long Reach Kitchen & Catering.

Our notable judges include Margaret Noel, Augusta Civic Center Director; Lori Dumont, owner and chef of The Parsonage House in Vassalboro; and 2023 James Beard Award winner Lulu Ranta, owner and chef of The Quarry restaurant in Monson. Dessert catered by Brunswick's own Gelato Fiasco.

Cohen Deck Underway



WITH GOLDEN SHOVELS IN HAND, several community partners gathered July 5 to break ground on the much-anticipated Cohen Community Center Deck Project in Hallowell.

Construction of the atrium style deck on the centers' east facing-side is receiving ongoing support from corporate partners and private donations. The structure will overlook bucolic rolling fields, where visitors will enjoy beautiful views and fresh air while sharing a meal, socializing with friends or participating in one of the centers' many activity offerings.

The Cohen deck will increase service capacity at the center and elevate awareness of Spectrum Generations' programs, services, and activities. A ribbon cutting and grand opening event will be planned for the fall.

Pictured from left is Anne Conners, Director of Community Health, MaineGeneral Health; Ellie Espling, State Office Representative, U.S. Senator Susan M. Collins; Gary Lamb, City Manager, Hallowell; Gerard Queally, President & CEO, Spectrum Generations; Shawn Forkey, Regional Center Director (Cohen); Daniel Shagoury, State Representative; Justin Morgan, Architect, Maine Design + Build; Teague Morris, Outreach Director with U.S. Senator Angus S. King Jr.; Bob McIntire, Hallowell Age Friendly Committee; Linda Ball, V.P. Central Maine Power Company Customer Service.

Contributions to the Cohen Community Center Deck Project are graciously accepted here:
<https://donatenow.networkforgood.org/spectrumgenerations>

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Can I get back to you on that? In writing!

I've written news stories and feature stories and poems and photo captions and headlines and obituaries and even a novella, but never a column. A column means I get to give voice to things I've noticed or heard about or have wondered about – maybe even have an opinion about. It's a little daunting, but as I've said a number of times, "I write better than I talk."

And that's true. A lot of times I look in the rearview mirror of a recent situation and say to myself, "If only I could get back to that person I was talking to with this great comeback or seriously astute comment." Hours later, after I've had enough time to reflect and sharpen my reply, I'm able to speak right up, loud and clear. Of course, that chance doesn't come along, probably because conversation is less a spectator sport than it is a rollicking soccer match where talk quickly pinballs across the field until someone occasionally scores. I often can't keep up; I'm not quick enough. Also, I am

shy. I want to speak, but don't find it easy. All this has come to a head recently. Did you ever try to get in your 2 cents on Zoom with a group of 12 people gathering for a discussion? I can never figure out when to jump in. Is it just me? I joined an online group six months ago and have said approximately two things. They were short and tidy. The pressure I put on myself to sound articulate was so pronounced, I thought it better to keep quiet. How can some people speak so easily that it comes out in a smooth stream – and even manage to be articulate and coherent (at least sometimes)? I marvel at that.

Don't get me started on using the phone and how it demands you keep talking in a steady way without benefit of the body-language cues you get from being with a live person. Are they done talking? Should I jump in? How do I wind this down and get off? For me, writing an e-mail is much, much easier.

So, as you can see, I'm thrilled to be writing this column. Here I can share some thoughts and observations and wonderments without talking. Of course, one of the really cool things about writing as opposed to speaking is the ability to instantly delete anything that you regret 'saying.' Or you can rewrite it to 'say' it better. Most writers embrace editing as a way to improve their wording. I know that I love editing – even self-editing is a pleasure – because what I write can probably be made better by a round of edits – or 8 or 10 rounds. (I could use some lessons on when to stop.)

In the beginning of this adventure to write a column, I had to come up with a name for it. And that was fun until I decided to ask a bunch of my friends for their opinion and ranking of several possible names. Wouldn't you know that they all had different opinions, and one even suggested one that wasn't on the list? (In fairness, I said they could do that.) Anyway, the winner turned out to

Thinking out loud

Charmaine Daniels



be "Thinking out loud." I hope you like the name, and, if not, I hope that you enjoy the column.

By the way, I have been reading the "Speaking Frankly" column that Frank Connors wrote for many years for the People Plus newspaper. They are delightful. I sometimes read them before bed and fall asleep with a smile on my face. Frank's column was followed by Patrick Gabrion's wonderful "Simply Put" column. I'm not sure I can match its charm, but it's an honor to try.

Anyway, as I mentioned before, I'm thrilled to write this column. I'm just so glad I don't have to speak it.

Can YOU help a Neighbor in NEED?

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

FMI call 729-0757 or email driver@peopleplusmaine.org

New and renewing members for July

Memberships received as of July 17. * indicates new membership • indicates donation made with membership	Tom Broussard Ellen Brown Sally Clifford Victoria Farsaci Edith Francisco John French• Gwenyth Gilson• Marji Greenhut• Fred Homan Naomi Homan Trish Hustvedt*	George Quittmeyer Constance Rutter• Pam Smith Joan Springer Susan Stoddard Brooks Stoddard Rose Sutherland* Pilar Tirado Cheryl Tyler Janet Watkinson•	Naples, FL: Linda Earle
Lifetime Members: Charlie Gordon-Brunswick Terri Burgess-Brunswick	Jonathan Hyman Diane Jewell Linda Laferriere Eileen Manglass Carol Markell Margaret Miller Jean Mulligan• Dean Murray* George Potter JoAnne Quittmeyer	Bowdoinham: Margaret Campbell Jeffrey Lauder	Orr's Island: Nancy Bennett Jean Richter
Bath: Robert Mulligan		Freeport: John Krainis*	Portland: Ronald Leax*
Brunswick: Julie Andrews* Walter Bayerle* Nancy Biggs Philip Brackett* Nancy Brackett*		Harpwell: Carrie Bubier•	Phippsburg: Leonard Rainey
		Lisbon Falls: Lucy Derbyshire	Richmond: Roger Cobb*
			Topsham: Lorraine Briggs Diane Lavallee• Laura Lee Perkins Judy Vandenberg* Diane Wyman*

Do you live alone?

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 DIONNE COMMONS 24 Maurice Dr, Brunswick (207) 725-4379	 Neighbors, Inc. The Home Care Company 142 Neptune Dr, Brunswick (207) 725-9444	 Horizons Living & Rehab Center 29 Maurice Dr, Brunswick (207) 725-7495

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Come see paintings perfect for summer season of blooms

Don't forget to check out our current art show at the Center's Cafe Gallery. The display of Ed McCartan's work continues through August, and his large paintings of flowering plants give the walls a colorful, vibrant lift. The paintings almost appear to be in bloom themselves!

Ed says the very first thing he drew was the Scotsman with a plaid kilt on the label of his father's Dewar's whiskey bottle. He was 10. He also painted animals for his Boy Scout merit

badge and liked to draw cartoons.

He ended up majoring in art at Notre Dame, after getting degrees in philosophy and theology. Eventually, he earned a Master of Fine Arts at the State University of New York at Albany.

After teaching art for many years, he believes that anyone can paint "if given the support and gentle advice that good teachers afford. I think a creative and enthusiastic atmosphere go a

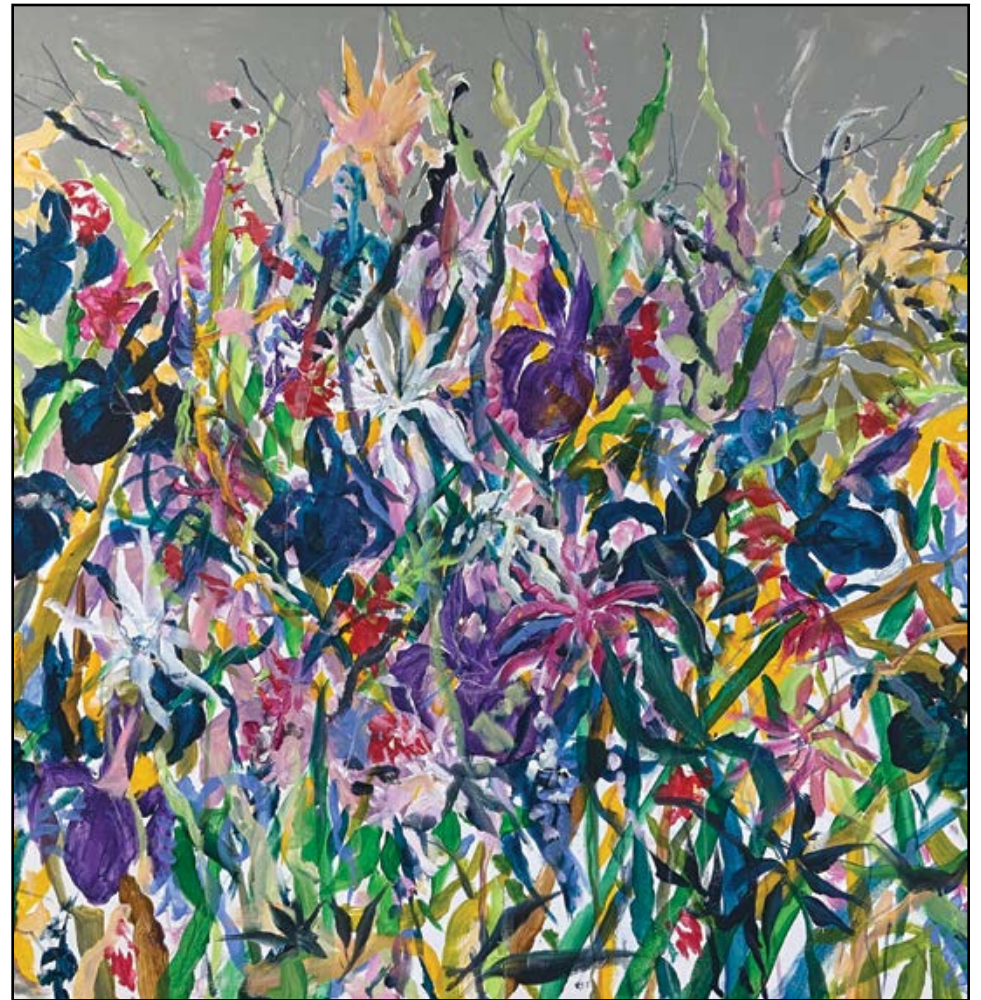
long way in aiding people who lack confidence in their own ability to try things..."

Ed now paints about four times a week and likes the philosophy of just "doing it" – putting marks on canvas, even if he doesn't feel very creative that day. "Sometimes I just sit in my studio and read magazines and books on art," he notes.

When he paints, Ed says he feels energized. "It's nice to be in control of one's little world where there aren't "mistakes" – or ones that can't be painted over!"



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



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 talk about books of all types. Here are some recommendations:

FICTION

Out to Canaan by Jan Karon. This is one of a series of uplifting, feel-good books by Karon. The story focuses on an Episcopal priest who marries late in life. He and his wife love their North Carolina friends and parishioners, and they impact their world in a wonderful way.

All That Is Mine I Carry With Me by William Landay. A wife and mother disappears. Her family lives their lives without her. Remains are found 40 years later, but the mystery continues. A very good read.

Harlem Shuffle by Colson Whitehead. 1960s Harlem comes to life in this fine and fun evocation of the times. A sequel, *Crook Manifesto*, has now been published.

Over by the River and other stories by William Maxwell. A collection of short stories, some set in rural Illinois and others in New York City, in which people live ordinary lives in ordinary settings. The stories are rich in subtle observation of human interactions. William Maxwell was a fiction editor for the *The New Yorker* for 40 years.

The Summer of Lost and Found by Mary Alice Monroe. A wonderful group of people

is featured. New love interests, caring for someone in need, sexual attractions, and sea turtle season in South Carolina during the pandemic are all included.

Matters of the Heart by Danielle Steel. Love, mystery, lies, and a sociopath and his victim are included in the author's 100th book. Interesting characters and well-researched backgrounds are features of Steel's work.

MYSTERY

Bury Your Dead by Louise Penny. Chief Inspector Gamache is in Quebec recovering from trauma. He is pulled into the investigation of a man killed in an English library.

Hard Frost by R.D. Wingfield. Unorthodox Detective Frost cuts corners to solve numerous crimes.

The Cold Moon by Jeffrey Deaver. Psycho killer 'The Watchmaker' leaves a clock at the scene of his killings. Police consultant Linc Rhyme and Detective Amelia Sachs search for the killer.

NONFICTION

The First Survivors of Alzheimers by David S. Bredesen, M.D. The author states that a patient can regain cognition through testing, eating, and lifestyle. The recovery of seven survivors is described in detail.

The Norm Chronicles: Stories and Numbers about Danger and Death by Michael Blastland and David Spiegelhalter. Probability and statistics are used in an attempt to put everyday dangers in perspective. A fun guide to the odds of living.

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