



Plus! People NEWS!

THE CENTER THAT BUILDS COMMUNITY SINCE 1976

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

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

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

September 2023

Volume 23, No. 9



WE DID IT! It took over 30 people nearly five months to complete the world's largest puzzle! Donated by Bob Tate of R.M. Tate's Salvage Warehouse, the puzzle is comprised of sixty 1,000-piece puzzles that combine into one "What a Wonderful World" masterpiece! See page 8 for more info and pictures.



MORE THAN 70 MEMBERS ENJOYED CELEBRATING our volunteers at last month's ice cream social. Some of the top awards went to, from left, Margarita Day, Golden Shears Award; Marjory Himmer, Teen Center Volunteer of the Year; and Judy Hardin, People Plus Volunteer of the Year. See page 9 for more about the event.

'Aging Well' Lunch & Learn:

All hands on deck!

(And wrists, elbows and shoulders)

Mon, Sept. 25, 12 noon. If you or someone you know suffers from chronic pain in the hands, wrists, elbows, or shoulders (and who doesn't?), please join occupational therapist Mary Woodbury for "You're in Good Hands," a discussion about easy-to-perform techniques to ease discomfort in the hands and upper extremities.

Some of the many hand and upper-extremity conditions benefiting from these self-care techniques are osteoarthritis, tennis elbow, trigger finger, radial nerve palsy, and mallet finger, to name a few.

Woodbury is the owner of Hand Therapy Treatment and Education Center in Brunswick. She evaluates and rehabilitates a wide variety of upper-extremity injuries and complications that limit patients' functional abilities. With more than 30 years of clinical experience as a hand therapist, she also holds an advanced designation as a certified hand therapist and has served patients across the country.

The Hand Therapy Treatment and Education Center rehabilitates many common upper-extremity injuries, including lacerations, tendinitis, burns, sprains, fractures, and arthritis. Woodbury also specializes in rehabilitating traumatic injuries, such as amputation, and training patients to function with prosthetics. In addition to providing personalized hand therapy and patient rehabilitation, the Center is a teaching clinic that trains students and professionals in the foundations of occupational therapy, including self-care awareness, treatments that use physical agents, and custom splinting.

Bring your own lunch; we'll provide drinks, chips, and dessert. Registration required; just call the front desk at 729-0757. Free and open to the public.

Have you signed up for the member picnic?

See page 4 for picnic information.



CHECK YOUR MAILBOX FOLKS! And be on the lookout for the Teen Center back to school annual campaign letter! Last year this campaign brought in over \$30,000, enabling hundreds of visits where kids have a great time laughing, playing games, sharing a meal, and getting help with homework when they need it. I hope you'll help us support them this year! Thanks so much!

SAVE THE DATE: Oct. 5 at 1:30 pm

FYI! Revolutions in the Sky!

See page 4 for more information.

People Plus Open House!

Thu, Sept. 21, 1-3 pm. Don't forget to stop by the Center on September 21 for the annual People Plus Open House! Enjoy refreshments as you tour the Center on Union Street, chat with representatives of classes and clubs, and meet the staff. This event is open to the public, so join the fun and see what we're all about! And don't miss the open house membership deal - new members can join on Sept. 21 for just \$25 each for the first year! Bring a friend!

Open House Membership Deal!

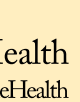
\$25 membership for one year for new members who sign up at the Open House!



SAVE THE DATE!

Senior Health Expo
October 19, 9-1,
Brunswick Rec. Center

Space is still available for exhibitors or to join these generous lead sponsors:



Registration deadlines are Sept. 1 for sponsors and Sept. 15 for exhibitors! Check out page 13 for more Expo news.



Sharing the journey of life

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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207-607-4406

Check out past newspapers at www.peopleplusmaine.org



Well, I'm on the road again! It's a month of college dropoffs, so I've been to Radford, Virginia, and back again, and I will drop Violet in Boston right after Labor Day.

Last week, Jill also took her son Brandon back to Elon University in North Carolina. So we were traveling the same highway at the same time headed south. It's a beautiful route on I-81 through the Shenandoah Valley, however it's famous for traffic jams. Jill and I were comparing notes through the journey to see who was sitting completely stopped on the highway at any given moment. :)

During this trip, Jenn Felkay's daughter Libby started her junior year in college, and son William started this year as a freshman. And he is only 17!

While driving, I couldn't help but reflect on how far I have traveled with these two ladies and that we've been raising our children together. Experiencing motherhood and supporting each other through it all.

I've known Jenn for 14 years because we worked together at the YMCA, and when I joined People Plus in 2011, she began contracting at the Center a year later. She is a whiz when it comes to technology and graphic design. She took over the newspaper production with Frank, and it has never been the same since! The photos, the layout, and the quality has improved drastically, and I don't know how we would advertise and manage the organization without her.

"It has been a real blessing having co-workers who are in the same stage of life, or pretty close to it. From T-ball signups to college applications, chances are one of us has been through it," says Jenn when I asked her about her experience at People Plus.

Jill started a decade ago this month as



the programming coordinator, and we have seen our programming go from 50 options a month to more than 200! She manages fundraising events, the Collette travel trips, the Senior Health Expo, and more. When I asked Jill how the last 10 years of her life at People Plus has gone for her, she responded, "I joined People Plus 10 years ago for the perfect mom job – my daughter had just started first grade and, after staying home for eight years, I was ready to get back to work. People Plus made it possible for me put the kids on the bus and be back there in the afternoons, plus be able to attend all their activities. I even work from home on snow days! I've gotten to work with amazing staff and volunteers to make people happy every day – that's what we do at the Center."

So you see, all of us had young children when we started. And we needed flexibility more than anything. Our kids ranged in age from Caitlin Ellis who was 6 years old through my daughter Daphne, who was 11. And now they're all driving, going to college, and basically adulting.

Those kids might tell you how annoying it's been that their moms work at People Plus, as we constantly put their pictures in the newspaper, and make them come to the Center all the time, but working here allowed us to be moms when we needed to be. Every one of us has brought a sick kid to work or dropped off lunches or sports bags at school, or left early for the first

lacrosse game. Whatever it was, working at People Plus provided us the flexibility to be engaged mothers while creating an amazing senior community center that enriches the lives of both seniors and teens.

And through these travels we often compare notes on when things happened at the Center based on our children's ages. Like, "What year did we have Angus King speak at the Center?" And the answer will be along the lines of, "Oh that was when Violet was in sixth grade, so it must've been 2014."

None of us really knew what we were getting into when we started at People Plus. We had no idea how rewarding it would be to help improve the lives of so many older adults in our community, and we had no idea how grateful we would all be for the support the organization provides its staff.

In my phone, I've got a text thread, called "Office gals." It's the thread I go to when anything important happens in my life so I can share it immediately with the women with whom I work. So while we celebrate a decade of Jill and Jenn, they are not the only members of this team of incredible women at People Plus. It's also Barbara, and Sarah and Lynne and Jordan. We've all been together now for years and years, and it's amazing how much we rely on each other as we support an entire community with the work we do at People Plus.

So, as we travel this highway of launching our kids out into the world, we will continue to share their successes with all of you and to support each other as we do it!



From Anita's Plate

Anita Nugent
(207) 504-6439

info@nutritionforeveryday.com

The idea behind mindful eating is to pay attention to what you are eating. Focus on chewing, tasting, savoring, and enjoying your meal. By doing this you will be able to listen to your body's cues. Eating mindfully will allow your gut to send signals to your brain, letting you know when you have had enough to eat. This usually takes about 20 minutes. If we listen to our body,

Mindful Eating

it will let us know when we are satisfied.

If we feel full after a meal, then we have overeaten! I realize that each person's situation is different. So if you find yourself watching TV, reading a book, or working on the computer, you can still be mindful. Just make sure that you are still making that connection with your food and it can work! Just like distracted driving isn't good, neither is distracted eating.

I had a great experience a few weeks ago when I was eating in a Thai restaurant. I was asked if I wanted chopsticks. Even though I am sure that I do not use them correctly, I wanted to give them a try. The chopsticks helped me to eat slower and helped me make that connection with my meal. I left the restaurant feeling satisfied and brought home half of my pad thai!

I hope that mindful eating will be helpful to you. If you get a chance, try chopsticks to help you eat slower.

Tofu Poke Bowl

Ingredients:

- 1 16 oz. package super-firm tofu
- 1 tsp. cornstarch
- 3 Tbsp. reduced sodium soy sauce
- 1 tsp. brown sugar
- 1 cup shredded red cabbage
- 1 Tbsp. white balsamic vinegar
- ¼ cup mayonnaise
- 1 Tbsp. grated ginger
- 1 tsp. sesame oil
- 2 Tbsp. peanut oil
- 3 cloves garlic, minced
- 1 ½ cup cooked warm brown rice
- 1 ½ cup cooked edamame
- 2 green onions, sliced

Directions:

1. Cut the tofu in ½-inch cubes. In a small bowl, whisk together the cornstarch, soy sauce, sugar, and ¼ cup of water.
2. In another small bowl, toss the cabbage with the vinegar. Add the mayo, ginger, sesame oil, and 2 tsp. water.
3. In a large skillet over medium heat, heat the peanut oil until shimmering. Saute the tofu until browned. Remove from the pan. Stir fry the garlic, then stir in the soy sauce mixture and simmer until it thickened slightly.
4. Toss the tofu in the soy sauce mixture.
5. Divide the rice, edamame and tofu into 4 bowls. Drizzle with mayo sauce. Tops with scallions and cabbage.

Note: Cooked chicken or shrimp would work great for this recipe. Serves: 4



Celebrating Lives Well Lived
DIGNITY | RESPECT | COMPASSION

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Cheers to 10 Years!

We are so excited to be honoring two decades of service between Jill Ellis, our programming coordinator, and Jenn Felkay, our marketing and in-house graphic designer. These two women make the magic happen at People Plus! Jill arranges all the programming, and coordinates events and fundraisers, while Jenn designs all the newspapers, advertisements, auction and Senior Health Expo Guides, and handles the technology end of most things. And they work together seamlessly! Thank you ladies for your decade of service!



Meet our Caregivers

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
A Northbridge Senior Living Community

207.443.9100

Avita of Brunswick
— A Northbridge Memory Care Community —

207.729.6222

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!



Register now for our annual picnic!

Thursday, September 14 at Thomas Point Beach with music by Off Their Rockers

Come join us for our "Picnic at the Point" on Thursday, Sept. 14! Register and pay now at the Center, and don't forget to mark your calendar for a day of music, food, and fun. Registration includes lunch and beach

admission: \$7 for members, \$10 for non-members. Lunch will include Stacy's pulled pork sandwiches (she cooks the pork low and slow to keep it juicy), along with Frank and Jane's baked beans (an old family recipe!), coleslaw, green salad, watermelon, and dessert. Canned sodas and bottled water will also be available.

Enjoy live music from Off their Rockers, games, chatting with friends, fresh air and beautiful views. Check-in starts at 11 am, lunch is served at noon. To avoid the long line at the gate, please register in advance at the Center. Registration is required. We really want you there, so register early and don't forget to bring your own chair, sunscreen, hat, and appetite!

Note: The Center will close at 10 am the day of the picnic so we can all go set up for the event. Some classes will be rescheduled or held at the beach!



Breakfast is B A C K !

Enjoy our monthly breakfast while socializing with friends, old & new. Members only. Call to register. \$4 suggested donation.

Women's Breakfast: **Thu, Sept. 7, 8:30 am**
Men's Breakfast: **Thu, Sept. 21, 8:30 am**

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.

CENTER CLUBS

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

Table Tennis

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

Fiber Arts

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

Fiber Spinners

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

Wednesday Walkers

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

Write on Writers

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

World Affairs

1st & 3rd Fridays, 11 am. Meet to discuss topics of the week.

Civil War & History Book Club
3rd Monday, 7 pm. Meet to discuss and debate historical books pertaining to Revolutionary War though WW II eras.

Cantina Espanol

1st Tuesday, 2:30 pm. Spanish language club meets to chat in Spanish.

Kaffeestunde!

2nd Tuesday, 2:30 pm. German language club meets to chat in German.

Books a la Carte

3rd Tuesday, 2 pm. Join an interesting and fun discussion about books and authors with varied genres and no assigned reading list.

Cafe en Francais

4th Tuesday, 2:30 pm. French language club meets to chat in French.

Save the Date: FYI! Revolutions in the Sky!

Thu, Oct. 5, 1:30 pm. Dan Dolan, retired U.S. Navy Commander and part-time professor at University of Maine Augusta, will discuss aviation history during the exciting years following WWI, when iconic names such as Lindbergh, Earhart, Boeing, Douglas and Northrup made their mark in the world of aviation! Free, open to the public. Call to register.



Calling all game players!

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

Programming Notes for September:

- Center closed Monday, Sept. 4
- No World Affairs on Friday, Sept. 1
- No Tai Chi on Sept. 6 or 13
- No Qigong on Sept. 5, 8, 12 or 15
- No Apple Club in Sept.
- Men's Breakfast is on Sept. 21 (3rd Thursday instead of 2nd)
- No Lunch and Connections in September (picnic instead)
- Changes for Sept. 14 (Picnic Day):
 - * The Center will close at 10 am so staff can help set up for the picnic
 - * Art Class will be at the beach, starting at special time of 10 am
 - * Table Tennis will begin at 8:30 am instead of 9 am.

Register for activities @729-0757

Medicare Open Enrollment FAQ Information Session with Spectrum Generations

Thu, Sept. 28, 2-3 pm. Get answers to some of the most commonly asked questions during Medicare Open Enrollment Period, which runs Oct. 15-Dec. 7. Also learn about opportunities to make changes to your Medicare plan. Free, non-biased information. Hosted by Chelsea Allen, Aging & Disability Resource Specialist with Spectrum Generations. Free, open to the public. Call Spectrum Generations at 873-4745 to register.

Exercise at the Center!

Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, Zumba, and Gentle Barre - \$5/class for members (\$10 for non-members) and you can try any class once for free! You can try a class/club for free!



Wednesday Walkers Club Destinations for September:

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.

Sept. 6 - Planning meeting & coffee at PP @9:30 am. Come share your ideas and help plan the walks for October!

Sept. 13 - Wolfe's Neck Woods State Park, Freeport. Carpool: meet @PP by 9 am or arrive at the site by 9:30.**

Sept. 20 - Swinging Bridge Walk. Arrive at PP by 9:30 am.

Sept. 27 - Twin Ponds, Topsham - at the Lover's Lane entrance to the trails (end of Bay Park Road). Carpool: meet @PP by 9 am or arrive at the site by 9:30.**



Come hear all about these 2024 & 2025 trips at the Collette Trip Talk on Thursday, Oct. 26 at 1:30 pm!

Discover Canyon Country
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 gateway. gocollette.com/link/1133942



Alaska Discovery Land & Cruise
July 31-Aug. 11, 2024. Trip features a 7-night Holland America Cruise. Highlights include Fairbanks, Sternwheeler Discovery, Music of Denali Dinner Theater, Denali National Park, Tundra Wilderness Tour, Luxury Domed Rail, Anchorage, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, and Inside Passage. FMI gateway. gocollette.com/link/1190235






Majestic Cities of Central & Eastern Europe
Sept. 29-Oct. 12, 2024. Collette Small Group Excursion with just 12-24 passengers for more personal adventures. Highlights include Berlin, Dresden, Prague, Prague Castle, Vienna, Schonbrunn Palace, Viennese Candy Workshop, Impact Moment, Budapest, Dinner with Locals, Matthias Church, and choice of House of Terror Museum or Szechenyi Thermal Baths, Krakow, Auschwitz. FMI gateway. gocollette.com/link/1190186



The Plains of Africa
April 27-May 10, 2025. Collette Small Group Excursion with just 12-24 passengers for more personal adventures. Highlights include Nairobi, Aberdare National Park, Shaba National Reserve, Samburu National Reserve, Sundowner, Lake Nakuru, Masai Mara, Karen Blixen Home, Amboseli National Park, 11 Game Drives, and Africa's "Big 5". Visit with Rothschild giraffes up-close at a sanctuary, learn the traditions of the Saburu people during visit with a tribe member and enrich yourself in the culture during a visit to a Masai village. FMI gateway. gocollette.com/link/1190216



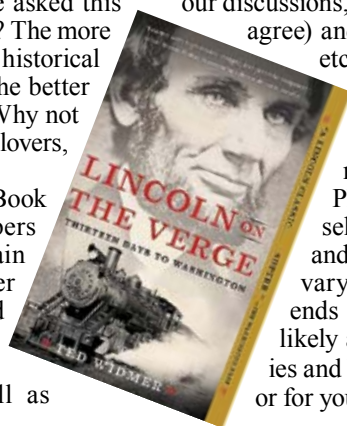
Mon	Tue	Wed	Thu	Fri	Sat			
 <p>THE CENTER THAT BUILDS COMMUNITY SINCE 1976</p>			 <p>Scan QR code for People Plus online calendar</p>		<p>HOURS Mon-Thu 9 am - 4 pm Fri 9 am - 1 pm</p>	<p>Call 729-0757 to register for activities</p>	<p>1 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick</p>	<p>2 9:00 Zumba 10:15 Table Tennis</p>
<p>4  Center Closed</p>	<p>5 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 2:30pm Spanish Club 6:00pm Belly Dancing - FREE TRIAL CLASS 6:30pm Toastmasters</p>	<p>6 8:45 Cribbage 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 9:30 Wednesday Walkers 10:00 Meals on Wheels 12:00pm Gentle Barre 1:00pm Write on Writers 6:00pm Belly Dancing</p>	<p>7 8:30 Women's Breakfast 9:00 Table Tennis 9:30 Apple Device Tech Tutoring 9:30 Art Class 11:00 Yoga 6:00pm Int/Adv Belly Dancing</p>	<p>8 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Fiber Spinning Club 11:45 Chair Yoga 4:00pm Folk Dance Brunswick</p>	<p>9 9:00 Zumba 10:15 Table Tennis</p>			
<p>11 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>12 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 2:30pm German Club 6:00pm Belly Dancing</p>	<p>13 8:45 Cribbage 9:00 Mah-Jongg 9:30 Wednesday Walkers 10:00 Meals on Wheels 12:00pm Gentle Barre 1:00pm Write on Writers 7:00pm English Country Dance</p>	<p>14 8:30 Table Tennis 10:00 Art Class at the Beach 11:00 Annual Member Picnic at Thomas Point Beach 6:00pm Int/Adv Belly Dancing</p>	<p>15 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick</p>	<p>16 9:00 Zumba 10:15 Table Tennis 5:30pm Folk Dance Brunswick</p>			
<p>18 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 Civil War Book Club</p>	<p>19 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 1:00pm Qigong 2:00pm Books a la Carte 6:00pm Belly Dancing</p>	<p>20 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>21 8:30 Men's Breakfast 9:00 Table Tennis 9:30 Art Class 1:00pm People Plus Open House 6:00pm Int/Adv Belly Dancing</p>	<p>22 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick</p>	<p>23 9:00 Zumba 10:15 Table Tennis</p>			
<p>25 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Lunch/Learn: You're in Good Hands 1:00pm Bridge</p>	<p>26 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Apple Picking at Rocky Ridge 11:00 Table Tennis 1:00pm Qigong 2:30pm French Club 6:00pm Belly Dancing</p>	<p>27 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 7:00pm English Country Dance</p>	<p>28 9:00 Table Tennis 9:30 Art Class 11:00 Yoga 2:00pm Medicare Open Enrollment FAQ Info Session 6:00pm Int/Adv Belly Dancing</p>	<p>29 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick</p>	<p>30 9:00 Zumba 10:15 Table Tennis</p>			

People Plus calendar sponsored by  Mid Coast-Parkview Health
 MaineHealth

Civil War & History Book Club is back in September!

Mon, Sept. 18, 7 pm. Does our history matter, and why? If you enjoy reading or studying history, you may be asked this question. How do you answer? The more history you read and the more historical characters you get to know, the better you are prepared to answer. Why not join other like-minded history lovers, buffs and readers?

The Civil War and History Book Club was created by members of The Joshua L. Chamberlain Civil War Round Table. Over the years we have expanded our reading selections to Revolutionary and World War I & II history as well as



continuing our reading on the Civil War era. Anyone and everyone is invited to join our discussions, debates (we sometimes disagree) and treats, cookies, brownies, etc. (We don't disagree about these.)

We generally meet the third Monday of each month at 7 pm at People Plus. See below for the books selected for this coming year and the exact schedule as we do vary to avoid three-day weekends and other conflicts. All are likely available in our local libraries and bookstores, Amazon books, or for your Kindle.

Sept. 18: Discussion lead & treats - Peter. **Lincoln on the Verge: Thirteen Days to Washington** by Ted Widmer. Simon & Schuster. New York, 2020.

Oct 16: Discussion lead & treats - Noma. **The Real Horse Soldiers: Benjamin Grierson's Epic 1863 Civil War Raid Through Mississippi** by Timothy B. Smith. Savas Beatie. 2018.

Nov 13: Discussion lead & treats - Mike. **Embattled Rebel: Jefferson Davis and the Confederate Civil War** by James H. McPherson. Penguin Books. New York, 2014.

Dec 11: Discussion lead & treats - Ted. **Arab and Israeli Wars: War and Peace in the Middle East** by Chaim Herzog and Shlomo Gazit. Vintage Books. New York. Revised 2010 edition

Jan 15: Discussion lead & treats - Steve. **Press Divided: Newspaper Coverage of the Civil War** David B. Sachsman, Editor. Transaction Publishers. New Brunswick, New Jersey, 2014.

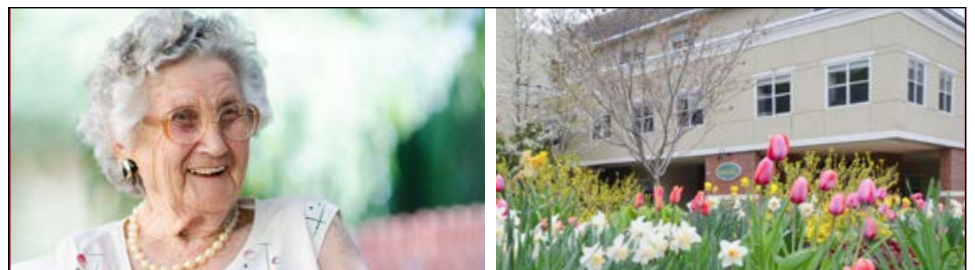
Feb 12: Discussion lead & treats - Jim. **And There Was Light: Abraham Lincoln and the American Struggle** by John Meacham. Random House. New York, 2022.

Mar 18: Discussion lead & treats - Mike. **General James Longstreet: The Confederacy's Most Controversial Soldier** by Jeffery Wert. Simon & Schuster. New York, 1994.

Apr 15: Discussion lead & treats - Noma. **With Grant and Meade from the Wilderness to Appomattox** by Theodore Lyman. University of Nebraska Press. 1994.

May 13: Discussion lead & treats - Joe. **Franklin and Winston: An Intimate Portrait of an Epic Friendship** by John Meacham. Random House Trade Paperbacks. New York, 2004.

Jun 17: Discussion lead & treats - Peter. **The Fall of the House of Dixie: The Civil War and the Social Revolution That Transformed the South** by Bruce Levine. Random House. New York, 2013.



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



SARAH BOOTHBY HAS GARDENED ORGANICALLY for nine years at the community plots sponsored by People Plus. Sarah gets help from her husband, Albert, and they call it their 'vacation spot.' They visit the plot often, hoeing repeatedly to keep ahead of the weeds. Each year, Sarah boosts the amount they grow and says their harvest now lasts all year because they can and freeze their bounty.

Concerts for a Cause spark Teen Center donation

The Unitarian Universalist Church of Brunswick's Concerts for a Cause held six well-attended concerts during the 2022-23 season that got rave reviews – and resulted in a contribution of \$2,608 to the Brunswick Area Teen Center, one of the congregation's chosen charities.

The first concert for the 2023-24 season features Magic 8 Ball, at 7:30 pm on Saturday, Sept. 30, at the Unitarian

Universalist Church of Brunswick.

Magic 8 Ball – a Midcoast acoustic band that plays Americana and folk music – is known for its outstanding musicianship, soaring three-part harmonies, and good-natured humor.

For the 2023-24 series, there will be nine concerts, and net proceeds will be donated to the MidCoast New Mainer's Group and to Oasis Free Clinics.



Concerts for a Cause

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Weekly Winners
CRIBBAGE

July 26 Joe Tonely, 726
Jim Cherry, 721
Sherrill Morgan, 709
George Hardin, 703 (tie)
Rick Fortin, 703 (tie)

Aug. 9 Rollande Fortin, 716
Lorraine LaRoche, 715
Rick Fortin, 700
George Hardin, 699

Aug. 16 Lorraine LaRoche, 723
George Tetu, 717
Anne Bouchard, 708
Joh Bouchard, 706

Aug. 23 Sherrill Morgan, 726
Rick Fortin, 721
Patricia Johnson, 706

DUPLICATE BRIDGE

July 24: 11 teams *“North/South”*
1st Bobbi Robertson & Linda Earle, 56.9%
2nd Judy Johanson & Tinker Hannaford, 54.2%
“East/West”
1st Barbara & Don McHarg, 75%
2nd Gail & Cy Kendrick, 57.5%

July 31: 11 teams *“North/South”*
1st Martha Cushing & Jeff Lauder, 68.1%
2nd Donna Dillman & Judy Fossel, 51.4%
“East/West”
1st Barbara & Don McHarg, 67.5%
2nd Norm Curthoys & Richard Totten, 52.1%

Aug. 7: 10 teams
1st Gail & Cy Kendrick, 63.2%
2nd Norm Curthoys & Richard Totten, 61.1%
3rd Barbara and Don McHarg, 60.4%

Aug. 14: 11 teams *“North/South”*
1st Norm Curthoys & Richard Totten, 56.3%
2nd Donna Dillman & Liz Glover, 52.1%
“East/West”
1st Martha Cushing & Jeff Lauder, 58.3%
2nd Marcia Good & Woody Townsend, 54.2%

Aug 21: 12 teams *“North/South”*
1st Duffy Tyler & Rick Simonds, 58.6%
2nd Donna Dillman & Liz Glover, 53.3%
“East/West”
1st Gail & Cy Kendrick, 65.6%
2nd Cotheal Linnell & Keith Rattue, 62.8%



WE WILL MISS YOU, GEORGE HERMANS. Rest in peace, you lovely man. We could always count on you to be the life of the party, wear a costume or tell an off-color joke. One of the most intelligent people in the room at any given moment, you were an incredible part of the People Plus membership, and we loved getting to know you and your bride of 70 years, Merry. It was an honor to attend your funeral, and hear your children tell wonderful stories about what an amazing father and community member you were. To see the U.S. Navy rendering honors for your military career brought tears to my eyes. And I'm so glad I have a picture of you in that tuxedo shirt! That shirt meant so much to your family that they put it up front by your casket. Well, George, I'm glad that you've gone to be with Merry, who you've missed every single day since she passed. When I last spoke to you a month or so ago, you told me you couldn't wait to see her. Please give her a hug and a kiss from all of us at People Plus, and know that we will miss you both.
*-With love,
Stacy and your People Plus family.*



Gone but not forgotten –

George Hermans	Beverly Gelwick	Norraine Burnett
<i>June 9, 2027 - Aug. 1, 2023</i>	<i>Sept. 6, 1932 - July 21, 2023</i>	<i>June 12, 1939 - July 9, 2023</i>

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

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

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midcoastseniorcollege.org

18 Middle St., Ste 2, Brunswick, ME 04011

(207) 725-4900 **info@midcoastseniorcollege.org**



MEMBERS HAD A BLAST taking home puzzles and working on them for up to a week or two and then bringing them back completed. The puzzles were glued together and compiled into a 29-foot by 8-foot picture of the world and all its famous landmarks, and it was displayed at a recent ice cream social at the Center. Thanks so much, again, to Bob Tate for offering the Center this amazing puzzle! It brought hundreds of hours of fun to members!





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A sweet celebration for our volunteers!



Combo ‘3-fer’ social event draws a happy crowd

What do People Plus volunteers, giant jigsaw puzzles, and ice cream topped with crumbled cookies have in common? They all combined for a fabulous, fun-filled event at the Center on Aug. 10.

More than 70 members enjoyed ice cream sundaes and two other treats in the form of celebrating volunteer awards and delighting in a 60,000-piece puzzle put together by members.

Volunteers are the heart and soul of the People Plus Center, and to honor them, we wanted to make the day special with an ice cream buffet and the premiere showing of a giant puzzle of the world. (At 8 feet high and stretched to 29 feet wide when all laid out, Frank called it ‘crazy special’ and asked if it was Brunswick’s biggest ever.) By the way, only two pieces out of 60,000 were missing! Know also that of the 60 units (of 1,000-pieces each!) required for

the whole array, Linda Tetreault did 10 and Gail Kendrick did 12. Gail says she woke up in the morning thinking of the puzzle and hoping that she had solved where to put several stubborn pieces while she slept.

Top volunteer awards went to: Judy Hardin, People Plus Volunteer of the Year, who steered our kitchen crew by providing structure, recipes, and a cheerful and enjoyable atmosphere while feeding our community; Marjory Himmer, Teen Center Volunteer of the Year who made hundreds and hundreds of cookies for the hungry kids; and Sonia St. Pierre, Board Member of the Year for stepping up as treasurer of the board, facilitating thousands of free tax preparations, being our Quickbooks guru and financial authority, and pitching in where needed.

In addition, special awards went to Bill Perry for his Apple Club and unflinching

tech support; Margarita Day for offering countless haircuts, hundreds of hugs, and dozens of birthday songs; Chrissy Six for her Wonder Woman-like powers of volunteerism, cleaning efficiency, table tennis ability, and general upbeat and happy nature; and VTN driver Judith Wylie for providing 173 rides totaling 2,293 miles, and providing a lifeline to one rider by bringing her to nearly all of her appointments and activities.

Lastly, Bob Tate was given the 1st Annual Bob Tate Award in appreciation of a philanthropic, non-monetary donation that brings joy and happiness to the members of People Plus! Bob donated the amazing ‘What a Wonderful World’ puzzle, which had a stylized, global theme that provided hundreds of hours of entertainment, fun, and learning.

For the ice cream sundaes, Board members

Gail Kendrick and Allison Crosscup, along with Board vice-president Jim Burbine and his wife, Jean, scooped and served up the creamy dishes for umpteen topping choices.

More than 200 people volunteer at the Center every year as receptionists, drivers, cooks, lunch help, instructors, callers, greeters, event help, board and committee members, hair cutter, club coordinators, newspaper delivery, tax filing aides, bulk mailing helpers, and more, for nearly 8,000 volunteer hours.

“There is just no way the People Plus Center we all know and love could exist without the daily contributions of our volunteers,” said Executive Director Stacy Frizzle-Edgerton. “They remain and will always be the heart and soul of our organization, and we love them!”



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Say YES to a BETTER YOU!



The McLellan

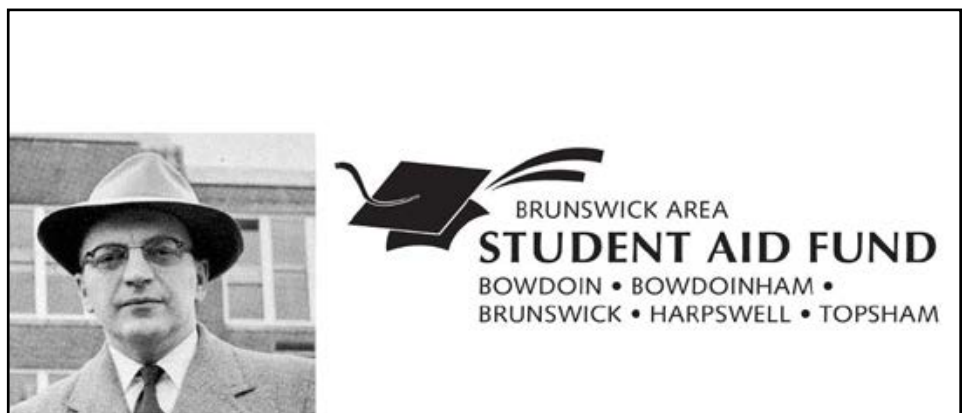
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Where we live influences how we think and feel. When we get into daily life patterns, it is easy to say, “No, not right now.” When we change where we live there’s a new sense of self exploration. What we thought we lost in a “house,” we gained in the “home” of our heart, soul and mind. New windows of light, new smiles of friends, new possibilities for a “BETTER YOU!” The McLellan is an independent lifestyle community in the heart of downtown Brunswick for those 62 or BETTER. For those who want to focus on the home in their heart rather than the home in their house!

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

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

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



Maine's Seafood

by Laura Lee Perkins

What kinds of fish live in the ocean
Way up in the state of Maine?
Where the water is cold all year round
And summer folks come, fancy and plain.
There are bluefin tuna
And, of course there are always cod.
Maine is a wonderful fishing ground
So it really doesn't seem odd
That there are so many kinds of fish
Almost anything one might want on their
plate,
From flounder and salmon and haddock
To bluefish little skate.
There's mackerel, shad and mako,
Which is a form of shark,
And sturgeon, halibut and herring
Boats fish during daylight and in the dark.
Spiny dogfish, sturgeon and pollock
Longhorn sculpin and herring galore
Striped bass and smelts and alewives
There are sharks and a whole lot more!
Because they live in the water
There are many that we might never see
Like the black sea bass, wolffish and tautog
And rosefish, ocean perch we eat happily!
And there are also the shellfish,
Including clams, crabs and lobsters
Did you know little crabs are peekytoes?
And Damariscotta brags about its oysters.
There are shrimp, mussels, and scallops
The sweetest you'll ever eat.
There are so many different kinds of fish
That you'll always find a treat.
When you shop for fish at a market
Or buy some straight off the boat
Maine has delicious, fresh seafood
So be sure to always bring a tote
When you are visiting the state of Maine,
We would love to have you come by
To sample our seafood and Maine wares –
Next vacation, give us a try.

Poems & Prose

The Lost Tooth By Doris Weinberg

I didn't feel it when my molar was pulled.
Plenty of novocaine was injected.
Although it had never bothered me,
there was fear it would become infected.
So, I put on my brave face.
And hurried to the dentist.
A place I would rather avoid!
He took his time with the preparations,
and I was a little annoyed.
I was surprised at how fast it came out.
And how painless it actually was!
I guess I now appreciate,
all that the dentist does!
Now I have a big hole in my jaw.
And my tongue keeps wanting to explore.
However, I do discourage that,
because it is still so very sore.
Today is day 4 and it feels somewhat better,
I guess I am on the mend.
The first few days were pretty nasty,
and I was at my wit's end!
I think I am "over the hump" as they say.
It should only get better from here.
And with a little patience from me,
this annoyance will disappear!

The Ending Time of Summer By Alene Staley

The ending time of summer, long hot sunny days.
Cool evening breezes, earlier sunsets.
Garden bounty: corn, squash, watermelon, zucchini, blueberries.
Pumpkin spice and apple cider hiding in the wings.
Ice cream flavors still abundant.
Goldenrod, Queen Anne's lace, lingering wild roses, hydrangeas, soon asters.
Leaves still bright green, grass too.
Birds quiet, building strength.
Squirrels and chipmunks operating in overdrive.
Perseid meteor showers amid longer nights.
Human urgency to visit and vacation before the weather turns.
Remember that summer lasts for at least another month, probably.

Late September Sun

By Laura Lee Perkins

Late September sun
Warming my soul,
Seeping into my bones.
How to contain a few ounces
Of your warmth
To savor in frigid January
When bitter winds blow
Freezing the blood in my veins,
Chilling my creative spirit
Along with the tender flesh.

People *Plus!*
THE CENTER THAT BUILDS COMMUNITY SINCE 1976
WRITE ON! WRITERS
Wednesdays
at 1 pm

My Toby By Doris Weinberg

He's always going where he shouldn't.
A very curious cat!
He hides down low or way up high.
I think he's an acrobat!
Toby's his name and he's a wonderful pet.
Always found by my side.
I can trim his nails or groom his fur.
In his appearance, I take great pride.
His favorite spot is my computer chair.
And he meows until I move out!
And if I am not quick enough,
I'll get nipped; I have no doubt!
In spite of this, he's a wonderful pet,
and we can read each other's minds.
He seems to know when I'm feeling down.
And he will be extra kind.
I sometimes come home and don't see him around.
He will hide in some favorite place.
But as soon as I sit down on the couch,
He joins me in his usual space.
This morning he got himself stuck,
behind my washer and drier.
He loves to hide, this I know.
But this time his antics backfired!
I had to call someone in to help.
And they moved the whole machine.
And they fixed it so he won't
get caught again, right in between!
Toby's his name and he's fat and black.
Together we make quite a pair.
He's such good company. I care for him deeply –
Except when he's in my chair!
But I give in and use another.
I don't argue with my cat.
I may be bigger and louder,
But, THAT IS WHERE IT'S AT!

A day of boating like long ago

By Betty Bavor

I enjoyed years of gunkholing on our vacations around Long Island Sound. Gunkholing is a boating term related to cruising small waterways and exploring, meandering place to place, and spending nights in quiet secluded coves. My Connecticut son and girlfriend arrived with boat in tow for a weekend visit. Our family stayed together at my daughter's house from where we prepared lunch and gear to spend a day on the water. We launched the boat in Harpswell with a destination to Eagle Island. This island belonged to Admiral Robert Peary and was his summer home when he was not in the Arctic. He gave it to the state of Maine in 1967 as a historic site and the house became a museum. The women of the family developed gardens and trails, which are maintained today by island caretakers.

Arriving at the island dock, the visitor center attendant greeted us with a smile and directed us to tie up. She also informed us the museum was closed for renovation. A 20-minute video is shown in the visitor center. We could also walk around the porch of the house to look in the windows, which have informational signs. The trails are open and well maintained. What a lavish summer residence and fine gathering location for the pleasure of all the Peary family for many years.

We returned to the dock, reboarded the boat and beached on another island for lunch and beachcombing. Islands are everywhere just like Norwalk, Connecticut's archipelago islands. Rivers and coves offer adventure, unlimited variety of boats, and yachts at moorings, plus nature and residences. It was fun passing under the 1,150 foot Cribstone Bridge connecting Orr's and Bailey Islands, which we had just driven over. Built in 1928 using 10,000 tons of granite, it is the only one of its kind in the world.

It was such a joy to see my son at the helm and my daughter as navigator providing a day of exploring Midcoast Maine islands, the coastline, bays, inlets and sea life. One small Island was laden with seals – we counted more than 30. The engine was silenced as we listened and watched the seals lumber on shore or glide through the water. It was a day to remember memories of past gunkholing experiences. The difference of this day is that we returned to Harpswell to load the boat trailer and make ready for its return trip to Connecticut. The statement, "We will be back," was nice to hear! I thought my boating days were over, not so. Maine's Midcoast offers boating grandeur, ocean vistas, and adventure. Maine has over 3,000 islands off the coast, so many more opportunities for gunkholing!

August Sunsets By Deb Noone

The low thrum of thunder rolls in, ending in a muted bang
Still a distance between me and the rains sure to follow
Clouds tell the story
Triangles of vivid blue sky, encased in fluffy white clouds
Slowly pushed away by darkened grays and vivid black cloud towers, building tall toward the sky
as the sun dips below the bank of tall pines
Air heavy, like a blanket
smothering
The sun dips to brush the horizon,
Hidden by neighbor's roofs
The gray clouds turn to dull pink, while others show a menacing black underbelly
Then the pinks turn to a fiery gray-hued orange.
More thunder roaring low to send shivers down my spine
Growing up in Washington D.C., I should be used to the late-day thunder storms
Instead, the low moan and roar infuse me with fear
And I pray the storm skirts around me
... the lightning flashes elsewhere
As childhood memories play havoc with my nerves
And I resist the temptation to bury my face against the couch pillow
I remind myself, the air will soon clear, as big drops splat against the wooden deck
And the wonder of a summer sunset,
The hot pink corner of a black cloud ... nature painting a picture ...
leaves me in awe

Word Magic By Lucy Derbyshire

Where did the word "butterfly" come from? As a child I pictured butterfly as a stick of "Oleo" margarine with wings on it. And the word "hot dog" gave me the picture of a small dachshund boiling in a pot of water.

After googling "butterfly," I saw the word came from England and they would say "flutterby." And also some English folks thought witches would steal milk and butter and change themselves into "butterflies."

Did you know there are many slang words for coffee? High octane, 12-wakey-juice, morning jolt, liquid energy, and java are a few of them.

Did you know locusts are grasshoppers but not all grasshoppers are locusts? Grasshoppers can live alone, but locusts live in groups. Locusts mainly live in Asia, Africa, and the Middle East. Locusts

jump when scared. Grasshoppers prefer to regurgitate when afraid. Locusts are smaller but eat anything, whereas grasshoppers prefer blades of grass. Locusts have wings so can fly. Locusts swarm and consume big amounts of food, so farmers do not like seeing them.

As a registered nurse in Illinois, we called four-wheeled carts for our patients "stretchers." When I moved to Brunswick, my nurses' aides called these carts "gurneys." The difference between a gurney and a stretcher is gurneys have wheels. A stretcher may or may not have wheels. Stretchers are used on battlefields. Stretchers are two poles with a canvas stretched between them. Two people have to carry a stretcher but one person can move a gurney. "Gurney" was a Pacific slang word started back in the '30s. The British have an interesting word

for "stairs." "Apples and pears" was used years ago. "Pears" was dropped a little later. "I'm going up the 'apples'" means "I'm going up the stairs."

I wondered what the difference was between an "umbrella" and a "parasol?" I saw many beautiful pictures drawn by past artists with women carrying parasols. I carried my umbrella at the Clam Festival in Yarmouth. Several thousand of us got rained on before the parade. I discovered that a parasol protects from sun and an umbrella protects from rain.

I moved to Maine 2004 and learned many new local colloquialisms. They were words like "moxie," "whoopie pies," "soft pretzels," "soft dough," and "L.L. Bean."

Do you know any "magic words" from your "neck-of-the-woods?"



HAPPY BIRTHDAY TO US! The People Plus writers group has a fun annual summer birthday celebration every year. And this year was no different with a group of around 20 folks gathering for a potluck luncheon complete with birthday cake! The Write On Writers have been sharing poetry and prose for 28 years. This welcoming group meets every Wednesday at 1 pm at the Center and encourages newcomers to come try it out!



CONSTRUCTION HAS BEGUN on the Midcoast Athletic and Recreation Complex (MARC) at Brunswick Landing. "The MARC is an investment in the community and one that's going to benefit Brunswick residents for a long time," said Jim Howard (left), president and CEO of Priority Real Estate Group. "It's going to be a great asset."

People Plus! PEOPLE PLUS MEMBERSHIP APPLICATION Date _____

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 Email _____ Emergency Contact _____ (name) (phone) (relationship)

Name (2) _____ Phone _____ Birthdate _____ Female Male
 Email _____ Emergency Contact _____ (name) (phone) (relationship)

Mailing Address _____ City _____ State _____ ZIP _____

Yearly Dues (Scholarships Available) <input type="checkbox"/> Brunswick (___ New ___ Renew): \$35 <input type="checkbox"/> Other towns (___ New ___ Renew): \$40 <input type="checkbox"/> Lifetime Member (65 or over) : \$350	Cash/Check (Payable to People Plus) Membership Dues: \$ _____ Additional Donation*: \$ _____ (*donations above membership dues are tax deductible) Total: \$ _____	Volunteer Opportunities at People Plus I'd like more information about: <input type="checkbox"/> Lunch Crew: cook/setup/cleanup <input type="checkbox"/> Reception: check-in/phone <input type="checkbox"/> Volunteer driving: rides to appts/shopping <input type="checkbox"/> Meals on Wheels <input type="checkbox"/> Teen Center
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 www.billdodgeautogroup.com

Darling's Ford, 10% off up to \$50, parts/service
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 www.darlingsbrunswickford.com

Lee's Tire & Service, 10% off parts (not tires)
 35 Gurnet Road, Bruns., 729-4131
 27 Monument Pl., Topsh., 729-1676

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Thomas Point Beach, \$1 weekdays admission
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**Benefits subject to change*

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

Pauline's Bloomers
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 153 Park Row, Bruns., 725-5952
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Thomas Point Beach
 \$1 weekdays admission
 29 Meadow Road, Bruns., 725-6009, thomaspoinbeach.com

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Here Comes the Bus!

Brunswick Teen Center News

Jordan Cardone-Ruwet



The kids are back in school, and another school year has begun. What happened to summer? I am still waiting for all those sunny weekends.

The kids always have mixed feelings about school starting back up; some who were bored during the summer are glad, others not so happy. The biggest change for many of them will be having to get out of bed at the crack of dawn again!

The beginning of the year the kids come in sporting new haircuts, new shoes, and usually a “first day of school” outfit. Remember those days?

We have enjoyed our summer of root beer floats and air conditioning, welcoming new members and hanging out with our Bowdoin Fellow, Emely.

We finished up the Back-to-School letter mailing and you should receive it soon in your mailbox! This campaign brings in a big portion of our program budget each year. It's also exciting to get to work and check the mail and watch the donations come in. Thank you in advance for your support!!

We are in the midst of hiring a new coordinator for the fall, so big changes to come! After a quiet summer, September will feel busy, busy.

We will change our hours back to 2:30-5:30 for the school year. We have gassed up the van, stocked up on food program items and await the days of seeing the bus pull up outside. It feels very different when most of the kids come in at the same time as opposed to summer when they wander in and out at various times.

So, goodbye summer, hello fall!
– Jordan and the gang

“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.



Lunch Out!

September 12th, 11:30 am



161 Main St, Woolwich

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!

Brunswick Area Teen Center Annual Appeal

Can you help support our community youth?



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Nathaniel Shed
Town Council

Jordan Cardone-Ruwet
Coordinator

Stacy Frizzle-Edgerton
Executive Director,
People Plus

Dear Friend,

August, 2023

The Brunswick Area Teen Center is entering its 18th year as a FREE and SAFE after-school/summer program providing meals, games, crafts, technology, events, socialization and FUN for area youth in grades 6-12. We have hundreds of teen visits every year, creating thousands of moments of support, mentoring and growth for the kids.

Most teens attend the program for as many years as possible (up to seven!) starting in 6th grade. Once they graduate, many “alumni” members have returned to share photos, bring snacks, hangout, volunteer, or even work for the program! Our members have gone on to college, marriage, good jobs and children! We love to see them happy and prospering!

“The Teen Center was like a second home for me and many others - it literally saved my life.” said Kelly, a program member for seven years.

With your help, we support kids during their most vulnerable years. Life can be confusing, scary and overwhelming for young adults and we nurture them through all of life’s challenges. We are here when they need someone and someplace the most. They love being heard, valued, and accepted while having a place to be with friends, relax and have fun – something we all need in our lives!

Will you help us support our kids? Please use the strip below to send in a donation that pays for food, staff and programs! We can’t do it without your support and generosity!

Thank You!

Jordan + the Gang!

Jordan Cardone-Ruwet
Teen Center Coordinator



- \$25 – Sponsor a teen member for a year!
- \$50 – Buy a week of fresh food for the kids!
- \$100 – Help support the staff!
- \$500 – Fund Drivers Education for a teen!

_____ Additional amount
_____ Total

Detach and return with your check Brunswick Area Teen Center.
All donations are tax deductible. Thanks!



Kelly joined the Teen Center in 2012, graduated in 2018, and has since returned as a volunteer.

If you ‘parlez,’ ‘habla,’ or ‘sprechen,’ come join us!

Connect and have fun with French, Spanish, and German clubs



MEMBER HEIDI HARTZ SURPRISED the German Club one day with this beautiful almond cake for the club members to share.

Have you ever wanted to brush up on another language that you learned in high school or one that was spoken in your home or neighborhood? Our language clubs start back up this September after a summer break, and everyone is welcome to join, whether it's Cantina Espanol (Spanish), Café en Français (French), or Kaffeestunde (German). Come one, come all. Bienvenida, bienvenu, empfang!

Language club, says her group sometimes reads stories or poems, or even recipes. “Although it is good to have some background in Spanish, anyone is welcome to join us no matter what level of Spanish they have already attained,” she notes.



LANGUAGE ENTHUSIAST MARY HEPBURN points out the meeting times of the three language clubs.

Members of these clubs get together in a fun and relaxing atmosphere to immerse themselves in a different culture and language. Mary Hepburn recalls a fun time playing a 20 Questions game in the Spanish group: Objects were placed inside paper bags and while one person checked contents inside the bag, the others would try to guess what was in it by asking that person 20 questions in Spanish.

Joanne McDermott, the coordinator for the French Language club, says about her group: “Many grew up here speaking French, but had not spoken the language for many years. Others were French teachers, while still others had taken French courses in school.”

Mary says the club meetings aren't beginner classes, per se, but rather a chance to develop fluency through whatever means make it enjoyable. She adds, “I do it for my brain.” (By the way, there's now scientific evidence that exploring other languages can delay the onset of Alzheimer's!)

“The group meets in a very relaxed and non-threatening setting, with ample time to socialize and chat in French. A leader plans the activities for each session, whether it be reading, translating, writing, or playing French word games.”

Linda Trapp, coordinator of the Spanish

Heidi Hartz, who has been a longtime participant in the German club, says, “I want everyone to know that new members are welcome.” Heidi notes the Covid pandemic affected the number of folks who came and that anyone with background in the German language will enjoy the group's conversational focus.



FRENCH CLUB MEMBERS at a People Plus Open House. From left Bob Biette, Claire Holmblad, and Denise Deshaies, who recently moved back to Massachusetts. “Denise, tu nous manque beaucoup!”

If you want to get back into speaking any of these three languages, please come join in the fun! The clubs meet once a month on a Tuesday at 2:30 pm: Spanish club is on the 1st Tuesday, German club is on the 2nd Tuesday, and French club is on the 4th Tuesday. It's a great way to have some fun, meet new friends, and keep your brain lively!



Here's to good health!

Senior Health Expo slated for Oct. 19

Don't miss the 12th annual People Plus Senior Health Expo, in partnership with Spectrum Generations, to be held at the Brunswick Recreation Center on Thursday, Oct. 19, from 9 am to 1 pm. Admission is free, and the first 500 people at the event will get a free swag bag. The Expo showcases resources in our region that can help you live healthier, happier lives – and this year will include a Mid Coast-Parkview Health station offering flu shots and COVID booster shots.

The Brunswick Recreation Center is located at 220 Neptune Drive in Brunswick Landing (the former Brunswick Naval Air Station). The venue has ample parking, along with bathrooms.

Come and learn about products and services in the categories of medical services, fitness and health, technology, legal, community services, housing/respite care, finance, and more.

People Plus Programming & Event Coordinator Jill Ellis reports early registration for the Expo is “strong.” This is certainly the premier event of its kind in our community,” Ellis said. “At our last in-person event more than 600 people participated, and our sponsorship and exhibition opportunities were sold out!” She added that the Expo is always a “great meet and greet opportunity” for vendors and for visitors.

Maine has the highest percentage of older adults in the country, and the Midcoast senior population is growing the fastest. “By the year 2025, one-quarter of Maine's population will be over age 65,” said People Plus Executive Director Stacy Frizzle-Edgerton. “Our job is to connect this increasingly important segment of our community with a variety of resources, and the Expo is the perfect place to do it!”

Sponsorship and exhibitor opportunities are still available. Tables are released on a first-come, first-served basis, and the registration deadline for exhibitors is Friday, Sept. 15. The sponsor deadline is Sept. 1 in order to be on our Expo Swag bag. Mark your calendars to come see this showcase of what the Midcoast has to offer seniors.

People Plus will be registering folks for the Good Morning and Volunteer Transportation Network programs, along with offering book signings and sales with the People Plus Write On Writers group. Drinks and treats will be provided at the snack tables. Also, don't miss out on the special Expo-only membership deal – just \$25 for the first year for new members!

This essential community event would not be possible without the support of our 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, The Vicarage by the Sea. And sponsors: AAA Northern New England, Avita of Brunswick & Sunnybrook, Brackett Funeral Home, Insurance & Retirement Solutions, Maine Community Bank, Martin's Point Health Care and The Highlands. (List is current as of print date.)

Exhibitors as of print date: Aging ME-GWEP (Maine's Geriatrics Workforce Enhancement Program), Area First Responders, Bath-Brunswick Respite Care, Bridges Home Services, Brunswick Fire Department - “Stay Safe - Remembering When...”, Brunswick Parks & Recreation Department, Brunswick Sustainability Committee, Carpe Diem Tech Support, Catholic Charities SEARCH Greater Bath Program, CenterWell Home Health Care, CHANS Home Health Care, College Guild, Comfortably Home, Curtis Memorial Library, Disability Rights Maine (DRM), Good Morning Program, Habitat for Humanity 7 Rivers Maine, Harpswell Aging at Home, Healthy Living for ME, Live Better Health Services, LLC, Maine Bureau of Insurance, Maine CITE, Maine Death with Dignity, Maine Department of Labor - Bureau of Employment Services and Bureau of Rehabilitation Services, Merrymeeting Bay Triad, Mid Coast Hospital, Mid Coast Senior Health Center, Midcoast Literacy, Midcoast Senior College, Neighbors, Nor'easters Barbershop Chorus, Norway Savings Bank, Penquis Foster Grandparent Program, People Plus, Plant Memorial Home, Project Lifesaver Program, Reform Physical Therapy, Renewal by Andersen, Repair Cafe, Spectrum Generations - Aging and Disability Resource Center, Spectrum Generations Meals on Wheels, The Gathering Place, The McLellan, Topsham Dental Arts, Topsham Public Library, Volunteer Transportation Network (VTN), Western Maine Transportation, Winship Green Center for Health & Rehabilitation, and Write On Writers.

Get your new art class note cards!



Thanks to the creativity of Alison Coffin and the People Plus art class, we have several brand new note cards in stock for you to purchase. With original artwork created by the students in the class, the sale proceeds of these cards benefit the Center!

“I'm carrying on the tradition of making art like my grandfather, Robert P. Tristram Coffin,” says Alison. “Art has always been very important in my family, and my mother produced her own note cards, as well. We are honored to have the proceeds get back to the People Plus Center.”

The colorful cards are just \$2 each.



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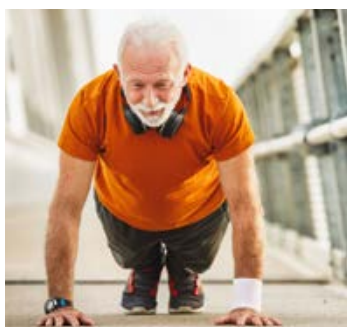


Co-located at People Plus
35 Union Street, Suite 1
Brunswick, ME 04011
729-0475
www.spectrumgenerations.org

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

Monthly Update

September 2023



Falls Prevention Awareness Week Sept. 18-22

Did you know that you can prevent your falls risk with just a few simple steps? During Falls Prevention Awareness Week Sept. 18-22, the Maine Falls Prevention Coalition will be sharing tips that highlight how to make your home safe, sharing falls and balance concerns, finding a local exercise program, and more!

Additionally, we encourage you to take the National Council on Aging’s Falls Free CheckUp to get a personalized overview of your falls risk and find ways to remediate your risk so you can stay healthy and protected. Then help us spread the word to friends and family. Falls are not a normal part of aging and can be prevented!

To get your free, personalized checkup, visit <https://ncoa.org/age-well-planner/assessment/falls-free-checkup>.



Learn about Medicare options, including eligibility and how to avoid penalty fees. Free support and resources will help navigate you through the Medicare enrollment process.

Sept. 12 • 12:30 - 2 p.m.
Midcoast Regional Center
35 Union Street, Brunswick
(classes offered second Tuesday of the month)

Sept. 7 • 10 a.m. - Noon
Lincoln County Regional Center
767 Main St., Suite 5, Damariscotta
(classes offered first Thursday of the month)

For more information, call

1.800.639.1553.

According to the National Council on Aging, here are six steps to prevent a fall and take control of your health:

<p>Find a Good Balance and Exercise Program <i>Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.</i></p>	<p>Get your Vision and Hearing Checked Annually and Update your Eyeglasses <i>Your eyes and ears are key to keeping you on your feet.</i></p>
<p>Talk to Your Healthcare Provider <i>Ask for an assessment of your risk of falling. Share your history of recent falls.</i></p>	<p>Keep your Home Safe <i>Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.</i></p>
<p>Regularly Review your Medications with your Doctor or Pharmacist <i>Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.</i></p>	<p>Talk to Your Family Members <i>Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.</i></p>

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



11th ANNUAL
Celebrity Chef Challenge

You are invited to Spectrum Generations' 11th Annual Celebrity Chef Challenge! This year, we are introducing a group of three chefs who will each create a beautifully crafted meal for you to sample!

Join us as we experience the culinary delights from well-known chefs, thrilled to be competing to have their dish incorporated into the Spectrum Generations' Meals on Wheels program.

September 18, 2023, 5 p.m.
Augusta Elks Banquet Hall
397 Civic Center Drive, Augusta

To purchase tickets or become an event sponsor, visit spectrumgenerations.org/chef.

September song: Hit the pause-and-picnic button

Every Memorial Day, we Mainers shoot out of the gate and rush off to the races, the races being the short season we call summer. We definitely need at least two more months of summer to catch our breath and be outside with no thought about what layer to wear.

In early September, the carefree, summer me reluctantly gets ready to buckle down and do something besides eat ice cream and show off Popham Beach to visitors. However, I don't want to give up on summer because it isn't really over yet – which means it's not too late to go for a picnic.

For me, picnics are like hitting the pause button after the dash of July and August. They are a way to go somewhere without really going much of anywhere. Growing up, I went for Sunday rides with my family that often turned into spontaneous picnics. We might as well have had a bumper sticker that said, "I brake for picnics." Many times the picnic involved driving somewhere, picking up a hoagie (that's Pennsylvanian for an Italian), and pulling off the side of the road next to a creek.

One of the first places I remember becoming aware of nature's picnic potential was Mosquito Valley Road near my hometown.

Bad name for a possible picnic place, right? It was only about 10 minutes from our neighborhood, but it was like entering a faraway magical forest. A babbling brook ran next to the road, and sometimes my dad would find a pullout, build a makeshift fire, and we'd have a 'weenie roast.' Hot dogs never tasted so good.

In any case, September is a great time of year to picnic because it's still warm(ish), there are fewer bugs, and we get to use all the lovely local harvest from our gardens or farmers market or stands. We can reap the bounty of what we have sown or what others have sown. All that hard work can now be enjoyed. Plus food always tastes better outdoors!

For what to bring on your picnic, there's always making a simple sandwich or wrap. To make it really easy, you can even bring leftovers. In any case, potato chips are a must, and can even be part of the sandwich! And don't forget to enjoy fresh, local tomatoes (my family used to bring along some salt and eat them like they're apples). Some trail mix or chocolate pieces can even serve as dessert.

Where to find a place with picnic tables? Brunswick has the Town Commons and

the Tom Settlemire Community Garden (at the end of Maurice Drive off Baribeau Drive). The Harpswell Heritage Land Trust website lists four preserves with picnic tables: (Curtis Farm Preserve, Houghton Graves Park, Mitchell Field and Johnson Field Preserve). And Topsham has the Head of Tide Park along the Cathance River.

Wherever you go, share the experience with a friend or family member and then share what you each brought. Or expand the picnic idea as my friend Sandy suggested: Take the picnic wrapped and placed in a pretty basket to someone in a nursing home.

Even as late fall or winter rolls around, you still have the option of a car picnic. Basically a car picnic is just like a summer picnic except you dress warmly, roll down the window a tad, and enjoy a hot beverage with your sandwich. (Don't forget to turn off the motor, the planet thanks you!) Place your food on a tray or short cardboard box like you get at nurseries when you buy seedlings. You can throw in dish towels to wear as a bib if you want. The important thing is to ride out and enjoy a spot like Wharton Point or Simpson's Point in Brunswick, with their amazing views of Maquoit Bay and Middle Bay.

Thinking out loud

Charmaine Daniels



Don't give up on summer quite yet. Set out, get away. Go somewhere little. Go somewhere quiet. It can even be a cemetery. Right, Frank? Maybe check out one of Frank's 200 favorite places in Maine (a future People Plus book!). In any case, hit the pause button. Even if you picnic a block away, it will feel special and you can say you went out for lunch!

Sometimes on those Sunday afternoon rides with my family, we would start up singing and end up stopping for ice cream. Sometimes life is no picnic, but memories can be. And when you hit the pause-and-picnic button, you make more of the good ones.

PEOPLE PLUS COMMUNITY BOARD

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Items to sell? Services to offer or request? Advertise in these classifieds. Cost is only \$10 per inch, per month, paid in advance. Call 729-0757

Outdoor White Elephant Sale & Craft Fair

Creekside Village, 50 Baribeau Dr, Bruns. Sat, Sept. 9, 9 am-2 pm (rain date Sept. 23). Plenty of items to choose from and snacks available. To reserve a table (\$10 each) call Becky at 207-725-5119. Deadline: Sept 7.

New and renewing members for August

Memberships received as of August 17.

* indicates new membership
• indicates donation made with membership

Lifetime Members:

Cathy Cooper-Brunswick
Richard Cooper-Brunswick

Bath:

Cindy Brouwer*
Kathy Sprague

Brunswick:

Elaine Archambault
Suzanne Austin•
Lillian Bates
Albert Boothby
Sarah Boothby
Jo Bouchard
Laura Broussard
Pat Cannon•
Donna Chale
Newton Clark
Patricia Clark•
Newton Clark•
Bonnie Connolly•
Joseph Connolly•
Nancy Curtis-Strange

Debbie Deveaux
Mary Hazelton*
David Hirth
Dana Hirth
Herman Holbrook
Thomas Korzen Jr
Bonita Labonte
Mollie Moore
Mary O'Brien*
Pamela Perry
Rick Simonds
Monique Sondheim
Sandy Sondheim
Michael Strange
Maybelle Sturgeon
Denise Swyers•

Willam Swyers•
Pauline Thorpe
Art Treffry
Sue West
Douglas Wood*
Bowdoin:
Janis Parent•

Durham:

Donald Sawyer•

Freeport:

Judith Burwell*
Gail Morgan

Harpswell:

Calvin Hooker
Constance Hooker

Linda May Lawler
Lisbon:
Alene Staley

Topsham:

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



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Peter W. Ladner, President, circa 1980

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

Art display for September showcases Jane Page-Conway works

A new show by artist and member Jane Page-Conway of Bowdoinham graces our Café Gallery during September. Jane has been exploring diverse aspects of photography for more than 40 years, starting with hand-colored black-and-white photos and then moving on to images made with pinhole, infrared, Polaroid transfer and, of late, encaustic, methods. She calls herself “an inquisitive experimenter, open to new technologies and ways of creating an image.”

In all her varying approaches, the images are striking and show a mastery of technique. Several years ago she took a class in encaustic painting and now paints her photos with this method that uses layers of beeswax to create depth and luminosity that can make a work look 3-dimensional. She says this process gives her a new way to work with light.

Jane, who grew up in Boston, has a degree in photography and ceramics from the University of Central Florida, along with a degree in art education from the University of Southern Maine. She taught for a while at the Maine Correctional Center and really liked teaching the inmates. “They’d never had art in their lives and it’s a thing people need to have in their lives,” she notes. She also did a lot of long-term substitute teaching in local high schools. In addition, many of her early hand-colored images were made for the greeting card industry and often sold out.

Jane works from a studio in her home, has shown in many galleries, and belongs to the Cathance River Gallery in Bowdoinham, an artist coop. As well as being a fine art photographer, she is a documentary photographer for a project of the Union of Maine Visual Artists that chronicles artists and activists making display banners for their nonprofit organizations.



We hope you come in to the gallery area and enjoy looking at Jane’s dramatic works. To view more of Jane Page-Conway’s work online, go to janepageconway.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. Our next meeting is on Sept. 19th at 2. Here are some recommendations:

FICTION

The Covenant of Water by *Abraham Verghese*. This is a family saga set in southern India. In each generation someone dies by drowning, setting events in motion. This is a very engaging read.

The Sweetness of Water by *Nathan Harris*. This tale is set in the South during Reconstruction. One family’s son comes home a coward and deserter. Two black freedmen encounter the family, and a great story follows - ending in hope.

The Boyfriend Candidate by *Ashley Winslet*. Shy elementary school librarian Alexis gets dumped by her boyfriend, decides to try on a new persona ending up in a meet-up hotel with young Texas gubernatorial candidate Logan. When the hotel catches fire, paparazzi catch Logan carrying scantily dressed Alexis out. Then the fun begins. As the story goes through twists and turns, Alexis and Logan find themselves on paths to self-discovery.

REPEAT RECOMMENDATIONS

Horse by *Geraldine Brooks*. This book of historical fiction is set in three time periods tied together by connections to Lexington, the greatest thoroughbred horse ever.

Untold Power: The Fascinating Rise and Complex Legacy of First Lady Edith Wilson by *Rebecca Boggs Roberts*. This work of nonfiction describes how Edith Wilson actually ran the country during the illness of President Wilson.

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