



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

October 2023

Volume 23, No. 10

## People Plus member Claude Bonang receives award



**THE ROTARY CLUB OF BRUNSWICK SURPRISED AND HONORED** longtime People Plus member, Claude Bonang, with a well-deserved service and community volunteerism award.

### A well-deserved accolade for a marvel of a man

Longtime People Plus member Claude Bonang (inset photo) got a big surprise last month when he showed up to perform at a Brunswick Rotary lunchtime meeting. When he tried to take the stage to play music with his beloved spoons, rhythm bones and musical saw, he was asked to hold on for a minute. What followed was a standing ovation for Claude as he was given the club's Paul Harris

Award for community service and generosity. The 93-year-old teacher, historian, author, musician, artist, gelato scooper extraordinaire, and YouTube star admits he was stunned.

For 32 years, Claude taught biology at Brunswick High School, where his enthusiasm, creativity and class field trips to Harpswell to collect sea life in the tide pools

*continued on page 6*

— Mark your calendars for October 19th —

## Expo! Extra! Read all about it!

The 12th annual People Plus Senior Health Expo, in partnership with Spectrum Generations, is back. The place to be on Thursday, Oct. 19, is the Brunswick Recreation Center from 9 am to 1 pm. Plan on finding out what resources in the Midcoast region will help you live longer, healthier, and happier lives. Admission is free and open to the public.

“By the year 2025, one-quarter of Maine’s population will be over age 65,” says People Plus Executive Director Stacy Frizzle-Edgerton. “Our job is to connect all those residents with area providers, and the Expo is the perfect place to do that,” she adds. (Maine has the highest percentage of older adults in the country and the Midcoast senior population is growing the fastest.)

This year’s list of sponsors and exhibitors is even bigger than last year’s Expo, which had 600 participants and more than 80 businesses, programs, and services represented. See page 8 for a list of sponsors and exhibitors. Folks who come will learn about products and services in medical services, fitness and health, technology, legal, community services, housing/respite care, finance, and more. Activities, information, and entertainment will happen throughout the morning.



Free activities throughout the event include a flu shot and Covid booster walk-in clinic with Mid Coast-Parkview Health, Technology Help Desk, performances by Nor’easters Barbershop Chorus, Mid Coast Hunger Prevention Program Sharing Table, Curtis Bookmobile, Curtis Memorial Library Repair Café, free vascular ultra-

sound screening for vein disease and carotid artery disease courtesy of The Vascular Care Group, plus a chance to win two round-trip tickets on the Amtrak Downeaster and a chance to win a People Plus lifetime membership! Additional activities include Yellow Dot registration, Good Morning and Volunteer

Transportation Network program registration, along with book signings and author chats courtesy of the People Plus Write On Writers group. Free Wicked Joe Coffee and treats will be provided.

The Brunswick Recreation Center is located at 220 Neptune Drive on Brunswick Landing (the former Brunswick Naval Air Station). The venue has ample parking, along with bathrooms. The event is open to the public and the first 500 people at the event will get a free swag bag.

For more information, visit [www.peopleplusmaine.org](http://www.peopleplusmaine.org) or call 729-0757.



## Hi! (and) Bye!

### Farewell, open house scheduled

Please join us on October 12 from 1 to 3 pm as we bid farewell to Jordan Cardone-Ruwet, our Teen Center director for the last 15 years, and as we meet and greet Taylor Carter, our new Teen Center director! There will be light refreshments at the event, and we hope you will all stop by to see the Teen Center space and to say hi and bye to Jordan and Taylor!



## FYI! Revolutions in the Sky

**Thu, Oct. 5, 1:30 pm.** This multimedia presentation will cover a period in aviation history spanning the exciting years following World War I, when iconic names such as Lindbergh, Earhart, Boeing, Douglas, and Northrup made their mark on the world of aviation. Noted aviation historian Dr. Tom Crouch titles this period of

history, ‘Revolutions in the Sky,’ and a lecture by Daniel Dolan, a retired U.S. Navy Commander, will offer insight on this chapter of history.

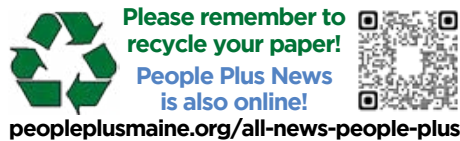
During his last active duty tour, Dolan served as a military professor of Strategy and War at the U.S. Naval War College in Newport, R.I., from 2010-2014. Since retiring from the Navy, Dolan has continued to teach online history and strategy courses for the U.S. Naval War College, and he is also a part-time professor at the University of Maine-Augusta, where he teaches an aviation history course. Dolan holds a master’s degrees from the Naval War College and Southern New Hampshire University. He looks forward to your questions and comments.

The event is free and open to the public. Registration is appreciated by calling 729-0757.



## “Trip Talk” with Collette Travel

**Thu, Oct. 26, 1:30 pm.** Learn about planned Collette trips: Alaska Discovery Land & Cruise summer 2024, Majestic Cities of Eastern and Central Europe fall 2024, and The Plains of Africa safari spring 2025. Open to the public. Call to register. FMI about the individual trips see page 5.



# People *Plus!*

Monthly publication serving the Brunswick-Topsham-Harpswell area. For comments, suggestions or news submissions, please email [news@peopleplusmaine.org](mailto:news@peopleplusmaine.org).

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

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207-607-4406

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



# She will be missed...

A couple weeks after I met Jordan Cardone, the Teen Center Coordinator, she quit.

I hadn't been with the organization for very long in the fall of 2011 and I was getting to know all the staff. It was harder to know the Teen Center crew because they were upstairs in the afternoons and didn't really overlap with the daytime staff. So several weeks after I had met Jordan, when I still didn't really know her well, she came into my office and handed me her resignation letter.

She had been through a difficult period of growth with the Teen Center program moving into the new building; there were space challenges, organizational leadership challenges, and changes in the demographic of the students. And I actually wanted her to take on more leadership and autonomy as she'd been with the organization for several years



already and I don't like to micro-manage. I wanted her to "run" the program!

So her leaving the organization was not really in MY plans... And I suspected that what Jordan really needed was a nice long break. So we chatted about her job and her need for a rest and landed on a type of "sabbatical" versus leaving completely.

Thankfully, we came to an agreement! And as soon as she "quit," she reengaged. She got excited about taking a break, but not leaving for forever – and helped me create a job posting, screened the applicants and essentially found her own (temporary) replacement. AND then she stayed on to train him!

## From the Executive Director

Stacy Frizzle-Edgerton



Over the next 12 months she got much-needed rest and rejuvenation, she helped us when needed with events or as a fill-in and then came back to the Teen Center program with renewed energy and fresh, great ideas to build the attendance at the program.

She was like the Pied Piper putting out flyers, starting social media campaigns, and cooking up a storm! And the kids came flooding back to her. We were packed upstairs and it was wonderful. And I think she was happier than she's ever been. And I can tell you for sure those kids in the Teen Center were very, very happy to have her back.

Amazingly, it's been 11 years since then and Jordan has started a meal program where she feeds all the kids dinner every night, she helps them with job applications, technology demands, and she has started a program to provide financial support for Driver's Ed classes which are over \$500 per youth!

She sees anywhere from 12-25 kids after school and has not only supported these kids through the pandemic, she helps them understand and deal with the aftereffects.

So it is with a heavy heart that she has decided she is finally ready (again!) to retire. We will miss her tremendously, and I've spent a lot of time thinking about our last decade of friendship, co-worker bonds, and everything I've learned from Jordan Cardone-Ruwet.

I've learned how to write better grant applications as she's a master at telling a story and painting a picture through her words. I've learned how to cook for a crowd from Jordan as she can whip up food for 20 without blinking an eye. And I've learned how to be a good friend from Jordan. She is loyal, honest and steadfast.

And I can honestly say that I'm not sure the Teen Center program would exist if she hadn't come back. Her drive, dedication, and passion for the kids have enabled an incredibly important program to blossom in the heart of downtown.

We serve youth from every walk of life, every level of income, every color on the rainbow, and she blends them all seamlessly into a safe space where there is no bullying permitted, everyone is treated equally, and at the end of the day they all go home happy.

Jordan is a lovely person and I will miss her dearly.

# We'll miss you, Jordan!

*I'll miss hearing all the stories about her wonderful family! Good luck in your retirement, Jordan!*  
- Jill

*I'm going to miss how Jordan always shares a cookie with me when she comes in every day!*  
- Sarah

*Jordan, I'm going to miss your great sense of humor, your patience, and how you've always looked out for others.*  
- Lynne



*I will miss Jordan's laugh and daily visits. She has a wonderful laugh!*  
- Barbara

*I will miss Jordan's smiling face and seemingly effortless way with teens. I honestly can't imagine the Teen Center without her!*  
- Jenn

*I'll miss Jordan, she always laughed at my jokes.*  
- Frank

## Functional food shopping list

Functional foods are those that provide additional health benefits beyond basic nutrition. They often contain compounds that promote health and help to reduce the risk of chronic diseases. Here are some of the most popular functional foods that are whole and affordable:

- Berries
- Oats
- Yogurt and probiotic foods
- Fatty fish
- Nuts
- Whole grains
- Leafy grains

## From Anita's Plate

Anita Nugent  
(207) 504-6439



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

- Turmeric
- Green tea
- Garlic
- Legumes
- Dark chocolate
- Tomatoes
- Ginger
- Eggs

Try to add these foods to your meal routine. Think of creative ways to add additional foods to these items. Ground flaxseed into your oats or yogurt. Try adding berries to a salad. Put vegetables and legumes into your eggs. These are just a few ideas for adding more nutrition to food you eat!

Everyone has different health conditions. It is important to check with your healthcare professional before making any significant changes to your food routine. I hope you enjoy adding more functional foods to your shopping list!

## Indian Chicken Stir Fry

### Ingredients:

- 1 Tbsp. grated ginger
- 1 Tbsp. grated garlic
- 1 serrano pepper, chopped
- 1/2 tsp. garam masala
- 2 Tbsp. peanut oil, divided
- 1 bell pepper, chopped
- 1 small onion, chopped
- 1 cup cooked chicken, diced
- 1 can chickpeas, drained and rinsed
- 1 large tomato, chopped
- Few sprigs of cilantro

### Directions:

1. In a small bowl, mix together the ginger, garlic, serrano pepper, garam masala, and 1 Tbsp. oil.
2. In a large non-stick pan, heat the remaining oil over medium heat. Stir fry the bell pepper and onion until charred in spots. Remove from the pan.
3. Add the ginger mixture to the pan. Stir fry until fragrant. Add the chicken, tomato, chickpeas and vegetables to the pan.
4. Toss everything together.
5. Garnish with cilantro.



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# FUN was had by all at our annual member picnic!



**A PERFECT MID-SEPTEMBER DAY** with temperatures in the 70s, sunny skies, and puffy clouds helped to make the annual "Picnic at the Point" a real gem. With 150 people attending, we enjoyed great camaraderie along with the great weather. And let's not forget the great meal – Stacy's pulled pork, Frank & Jane's baked beans, Judy's cole slaw and MANY kinds of cookies baked by the ladies! We had two dozen lovely volunteers there to help us pull it all together! The relaxing hours at Thomas Point Beach were a lovely reminder of the power of community. And we were lucky to pull it off just before Hurricane Lee's aftermath stormed into Maine!



*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](http://sunnybrookvillage.com)

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



# What's Happening at the Center!



IT WAS A DELICIOUS BREAKFAST FOR BOTH THE MEN AND THE WOMEN last month at the Center! After taking the summer off, everybody was so happy to get together, spend time with friends, enjoy a delicious breakfast, and get a great start to the day! We love serving food at the People Plus Center, and breakfast is no exception! Join us next month on the first Thursday at 8:30 for the women's breakfast and the second Thursday at 8:30 for the men! And don't be late because the early bird gets first in line!

## CENTER CLUBS

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

### Apple Club

Thu, Oct 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.

**Easy Riders Bike Club -It's Back!**  
Tuesdays, 12:30 pm. Bring your bike and meet at the Center for a local hour-long bike ride. Weather permitting.

### 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.

## 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 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!

## Calling all game players!

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



## Wednesday Walkers Club Destinations for October:

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.

- Oct. 4. Planning meeting & coffee at PP @9:30 am. Come share your ideas and help plan the walks for October!
- Oct. 11. Bradbury Mountain. Carpool: meet @PP by 9 am or arrive at the site by 9:30.\*\*
- Oct. 18. Swinging Bridge Walk. Arrive at PP by 9:30 am.
- Oct. 25. Chandler Brook, North Yarmouth. Carpool: meet @PP by 9 am or arrive at the site by 9:30.\*\*

## Programming Notes for October:

- \* Center closed Monday, Oct. 9
- \* Lunch and Connections in on the 4th Thursday this month (10/26)
- \* No yoga on Thursday, Oct. 26 but there will be yoga on Thursday, Oct. 19.

## Medicare 101 with Spectrum Generations

Tuesday, Oct. 10, 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.

## "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-barcode 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.

## 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.

Anyone can try a class or club once for free!

Register for activities by calling 729-0757



## Come dance with us! People Plus "Bandstand!"

Thu, Oct. 12, 1:30-3 pm.

Introducing a new social club at the Center called People Plus "Bandstand!" Join this casual group to enjoy unstructured dancing and socializing to music from the 50s, 60s and 70s! The kick-off event is on Thursday, Oct. 12, 1:30 - 3 pm. Free to members! Don't forget your dancing shoes!



THE BEAUTIFUL ARTWORK OF PHOTOGRAPHER JANE PAGE-CONWAY of Bowdoinham will remain on display in the Cafe Gallery during October. Some of her pieces combine an ancient hot wax painting medium, called encaustic, with digital and traditional photography. If you haven't seen it yet folks, you don't wanna miss it. It's incredible and any of these paintings would make the perfect early item to check off your holiday shopping list!

## 'Aging Well' Lunch and Learn:

## "Shrink Your Energy Bills"

Mon, Oct. 23, 12 noon. Sam Saltonstall will discuss how you can reduce your energy bills over the long term by harvesting new tax credits and Efficiency Maine rebates on the purchase of heat pumps, water heaters, kitchen appliances, insulation, electric vehicles, solar energy systems, and other upgrades made less expensive, especially for low- and moderate-income Mainers.

Saltonstall is a retired schoolteacher who worked on Peaks Island as an energy efficiency volunteer to get 108 homes weatherized, build insulating window inserts, form heat pump purchase groups, test the wind

resource, and implement an air sealing project and heating plant upgrade at the island school. Sam now makes his home in Brunswick, where he is Citizens' Climate Lobby's MidCoast South chapter leader. He is coordinator of the WindowDressers' Brunswick Community Build group that makes insulating window inserts. Sam was the 2021 winner of the Natural Resources Council of Maine People's Choice Award.

Bring your lunch, we'll provide drinks, chips and dessert. Free, open to the public. Registration required.

**Lunch Out**  
**PEPPER'S LANDING**  
 TRD **PL** MRK  
**LOBSTER Co**



October 10th at 11:30 am  
147 Bath Rd, Brunswick

Mon	Tue	Wed	Thu	Fri	Sat
<b>2</b> 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge	<b>3</b> 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis 12:30pm Easy Riders Biking 1:00pm Qigong 2:30pm Spanish Club 6:00pm Belly Dancing 6:30pm Toastmasters	<b>4</b> 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 6:00pm Belly Dancing	<b>5</b> 8:30 Women's Breakfast 9:00 Table Tennis 9:30 Art Class 11:00 Yoga 1:30pm FYI! Revolutions n the Sky 6:00pm Int/Adv Belly Dancing	<b>6</b> 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	<b>7</b> 9:00 Zumba 10:15 Table Tennis
<b>9</b> <b>CENTER CLOSED</b> <b>HAVE A SAFE AND HAPPY HOLIDAY WEEKEND!</b>	<b>10</b> 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis <b>11:30 LUNCH OUT</b> 12:30pm Medicare 101 12:30pm Easy Riders Biking 1:00pm Qigong 2:30pm German Club 6:00pm Belly Dancing	<b>11</b> 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 7:00pm English Country Dance	<b>12</b> 8:30 Men's Breakfast 9:00 Table Tennis 9:30 Apple Tech Tutoring 9:30 Art Class 11:00 Yoga <b>1:00pm Teen Center Hi and Bye! (Farewell Jordan, welcome Taylor)</b> <b>1:30pm People Plus Bandstand!</b> 6:00pm Int/Adv Belly Dancing	<b>13</b> 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	<b>14</b> 9:00 Zumba 10:15 Table Tennis
<b>16</b> 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	<b>17</b> 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis 12:30pm Easy Riders Biking 1:00pm Qigong 2:00pm Books a la Carte 6:00pm Belly Dancing 6:30pm Toastmasters	<b>18</b> 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 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers	<b>19</b> 9:00 Table Tennis <b>9:00 to 1:00pm Senior Health Expo at Brunswick Rec. Center</b> 9:30 Art Class 11:00 Yoga 6:00pm Int/Adv Belly Dancing	<b>20</b> 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 6:30pm Folk Dance Brunswick	<b>21</b> 9:00 Zumba 10:15 Table Tennis
<b>23</b> 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba <b>12:00pm Lunch and Learn "Shrink Your Energy Bills"</b> 1:00pm Bridge	<b>24</b> 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis 12:30pm Easy Riders Biking 1:00pm Qigong 2:30pm French Club 6:00pm Belly Dancing	<b>25</b> 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	<b>26</b> 9:30 Apple Tech Tutoring 9:30 Art Class <b>12:00pm Lunch &amp; Connections</b> <b>1:30pm Collette Trip Talk</b> 6:00pm Int/Adv Belly Dancing	<b>27</b> 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 6:30pm Folk Dance Brunswick	<b>28</b> 9:00 Zumba 10:15 Table Tennis
<b>30</b> 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge	<b>31</b> 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis 12:30pm Easy Riders Biking 1:00pm Qigong 1:30pm Apple Club 6:00pm Belly Dancing	<b>People Plus calendar sponsored by</b>  <b>Mid Coast-Parkview Health</b> MaineHealth			

**Good Eats – Good Friends!**  
**Women's Breakfast**  
**Thu, Oct. 5, 8:30 am.** Enjoy breakfast while socializing with the ladies. Members only, call to register. \$4 suggested donation.

**Men's Breakfast**  
**Thu, Oct. 12, 8:30 am.** Enjoy breakfast while socializing with the gents. Members only, call to register. \$4 suggested donation.

**Lunch & Connections**  
**Comfort food for October lunch**

Join us October 26 for lunch featuring American Chop Suey with green beans, salad, garlic bread, and apple crisp with ice cream for dessert. These monthly Lunch & Connections meals are underwritten by our friends at Spectrum Generations, and are intended to focus on nutrition, useful information, variety, socialization and fun. Remember, the dining room opens at 11:15 am, and we'll start serving our buffet meal at noon. Come claim your favorite seat, chat with your friends, make new ones, and pick up your 50/50 raffle ticket.

The cost is just \$5 for members and \$10 for non-members. It is important that you pre-register to be included. It's really easy; just call 729-0757 to register after the first of the month. Let's celebrate Halloween – come in black and orange or even in costume!

**Do you get our weekly email?**  
 Jill's weekly email is the quickest way to get updated news about the Center, including weekly wrap-ups by Stacy & Jordan and, of course, Frank's weekly Two-Cents. If you don't get the email, contact [programming@peopleplusmaine.org](mailto:programming@peopleplusmaine.org) or leave a message at 729-0757.

**Discover Canyon Country**

**Deposit deadline Oct. 17**  
 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](http://gocollette.com/link/1133942)



**Come hear all about these trips at the Collette Trip Talk on Oct. 26 at 1:30 pm!**

**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](http://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](http://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](http://gocollette.com/link/1190216)



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### Claude Bonang award continued from page 1

motivated students. He also cooked – over Bunsen burners – a meal of locally harvested clams, mussels, and periwinkles for his AP Advanced Biology students after their unit on mollusks.

He was known as a kind and dedicated teacher. People Plus member Ruth Thibodeau had him for biology class and says he was always willing to give her extra help.

Outside of class, Claude took clam, mussel and scallop shells along with sea urchins and starfish to make whimsical sculptures sold at craft fairs or donated to good causes – including donating them for decades to the Music in April fundraiser for People Plus.

Born in Brunswick to a French-Canadian family of nine children, Claude graduated from Brunswick High in 1948 and from Bowdoin College in 1952. After teaching for two years at Lisbon High School, he went to teach in France, living on the Left Bank of Paris and later traveling all over Europe. After he returned, he spent three years back at Brunswick High before leaving to earn a master's degree from Stanford University in Palo Alto, Calif.

Claude's journey as a musician started when he was given a ukulele as a child. He learned that along with the guitar. Later he mastered the harmonica, pan flute and melodica. Now he concentrates on the rhythm bones (he made them from cow ribs gotten from Bisson & Sons butcher shop in Topsham), spoons, harmonica and musical saw. He has played in nursing homes from Boothbay to Lewiston and he has been a consistent participant in Rotary's Maine's Got Talent variety show, along with MSMT's Footlight Follies. He has also performed on the bones with the Fiddleicious orchestra.

And, of course, he has performed at People Plus; in fact, he was the first entertainer at the People Plus Center when it moved to Union Street. And he performs every year at the Gelato Fiasco Scoop-a-thon to benefit the Teen Center.

Obviously, retirement from teaching in 1987 didn't slow Claude down. He has authored several works of local history. First, he self-published a book of verse about his

family and growing up in Brunswick. He illustrated it as well, titling it "Memories in Verse." In 2006, he self-published a second edition, "Memories in Verse and Prose," about events and changes in the town of Brunswick over the years, as well as some of his own life experiences.

Claude lives in Brunswick with his wife, Ann, a former math teacher whom he married 60 years ago. They have two sons and two granddaughters. He still corresponds with 300 people via e-mail, many of whom are former students. His legacy continues.

One more thing to know about Claude that you don't want to miss: He is on YouTube dressed as the Lone Ranger and playing the spoons to the tune of the William Tell Overture. That performance filmed in 2016 (when he was 86) has had 12,850 views! If you want to see it, type this in your web search engine: Claude Bonang plays the spoons.



THANKS TO CLAUDE BONANG for playing music at the Teen Center fundraiser at Gelato Fiasco on Maine Street in Brunswick every year for over a decade! It wouldn't be the same without you, Claude!



PEOPLE PLUS TABLE TENNIS SENIORS participated in the Maine Senior Games in Bridgton, Maine, on August 20. No whippersnappers are allowed and folks are broken into 5-year age blocks ... so all are competing against similar-age opponents. They collected various medals in their respective categories. Note that no one could be found in his age bracket that was brave enough to challenge Dick (91 years old), so he had to take on some youngsters! Pictured (l to r): Chrissy Six, Oscar Freitas, George Paton, and Dick Brautigam (medal winners not pictured were Steve Winter and John Krainis).

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**Weekly Winners**  
**CRIBBAGE**

**Aug 30** Lorraine LaRoche, 726  
George Tetu, 718  
Joe Tonely, 692

**Sept. 6** Lorraine LaRoche, 724  
John Bouchard, 717  
Sherrill Morgan, 715  
Lois Fournier, 701

**Sept. 13** Patricia Johnson, 726  
Rollande Fortin, 706  
Joe Tonely, 714  
George Hardin, 692

**Sept. 20** Lorraine LaRoche, 723  
George Hardin, 712  
Jerry Donovan, 694  
George Teto, 692  
Jen Haskins, 692

**DUPLICATE BRIDGE**

**Aug 28:** 12 teams *“North/South”*  
1st Norm Curthoys & Richard Totten 58.3%  
2nd Jane Roy & Lloyd Jones 57.2%

*“East/West”*  
1st Gail & Cy Kendrick 60%  
2nd Cathy Cooper & Rick Simonds 57.2%

**Sept 4** 12 teams *“North/South”*  
1st Judy Johanson & Tink Hannaford 58.9%  
2nd Gail & Cy Kendrick 57.2%

*“East/West”*  
1st Barbara & Don McHarg 70.6%  
2nd Marcia Good & Woody Townsend 55.0%

**Sept 11** 12 teams *“North/South”*  
1st Gail & Cy Kendrick 68.3%  
2nd Donna Dillman & Liz Glover 62.2%

*“East/West”*  
1st Barbara & Don McHarg 63.3%  
2nd Norm Curthoys & Richard Totten 55.6%

**Sept 18** 8 teams  
1st Norm Curthoys & Richard Totten 65.9%  
2nd Rick Simonds & Duffy Tyler 57.1%

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

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**MID COAST HOSPITAL MEDICAL OFFICE BUILDING**  
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121 Medical Center Drive, Brunswick, ME 04011

**Order by phone, call:**  
The Mid Coast Hospital Auxiliary at (207) 373-2122

**For questions:** email MCHAfundraising@gmail.com

**ORDER WREATHS AND ARRANGEMENTS UNTIL NOVEMBER 26**  
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Proceeds benefit Mid Coast Hospital

**MID COAST HOSPITAL AUXILIARY 2023 WREATH SALE**

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Address \_\_\_\_\_ City \_\_\_\_\_ ZIP \_\_\_\_\_

# _____	Forest Cone with Red Bow	x \$35 ea. = \$ _____	
# _____	Coastal Seashell with Red Bow	x \$35 ea. = \$ _____	
# _____	Combo (Cone & Seashell with Red Bow)	x \$45 ea. = \$ _____	
# _____	Plain with Red Bow	x \$25 ea. = \$ _____	
# _____	Plain without Bow	x \$20 ea. = \$ _____	
# _____	Basket Arrangement - Small	x \$15 ea. = \$ _____	
# _____	Basket Arrangement - Medium	x \$25 ea. = \$ _____	
# _____	Basket Arrangement - Large	x \$35 ea. = \$ _____	
# _____	Auxiliary Cookbook	x \$20 ea. = \$ _____	

Pick up and pay for pre-ordered items at the Mid Coast Hospital Auxiliary Bazaar on Thursday, November 30. Payment due at pick-up. Cash, checks and credit cards accepted.

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- Amtrak Downeaster
- Area First Responders
- Avita of Brunswick/Sunnybrook
- Bankers Life
- Bath Area Senior Citizens Activity Center
- Bath Housing
- Bath-Brunswick Respite Care
- Beltone Hearing Aid Centers
- Bowdoin College
- Brackett Funeral Home
- Bridges Home Services
- Brunswick Link
- Brunswick Parks & Recreation Department
- Brunswick Sustainability Committee
- Brunswick Topsham Housing Authority
- Brunswick Fire Department - "Stay Safe - Remembering When..."
- Carpe Diem Tech Support
- Catholic Charities SEARCH Greater Bath Program
- CenterWell Home Health Care
- Central Maine Power
- CHANS Home Health & Hospice
- Coastal Landing Retirement Community
- Coastal Shores Assisted Living
- College Guild
- Comfortably Home
- COR Health
- Curtis Library Bookmobile
- Curtis Memorial Library
- Dionne Commons
- Disability Rights Maine (DRM)
- Funeral Consumers Alliance of Maine/ Last Things/Die Well Death Education
- FCP Live-In
- Gateway Retirement Solutions
- Good Morning Program
- Habitat for Humanity 7 Rivers Maine
- Hand Therapy Treatment and Education Center, LLP
- Harpwell Aging at Home
- Healthy Living for ME
- Horizons Living & Rehabilitation Center
- Insurance and Retirement Solutions
- Kennebec Pharmacy & Home Care
- Live Better Health Services, LLC
- Maine Bureau of Insurance
- Maine CITE
- Maine Community Bank
- Maine Death with Dignity
- Maine Department of Labor - Bureau of Employment Services/Bureau of Rehabilitation Services
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- Medical Home Care Services, Inc
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- Mid Coast Hospital
- Mid Coast Hunger Prevention Program
- MCHPP - Sharing Table
- Mid Coast South Citizens' Climate Lobby Chapter
- Mid Coast-Parkview Health
- Midcoast Literacy
- Midcoast Senior College
- Mid Coast Senior Health
- Midcoast Veterans Resource Council
- NAMI Bath Brunswick Neighbors, Inc.
- Nor'easters Barbershop Chorus
- Northern New England Poison Center
- Norway Savings Bank
- Penquis Foster Grandparent Program
- People Plus
- Plant Memorial Home
- Project Lifesaver Program
- Reform Physical Therapy
- Renewal by Andersen
- Repair Café
- Sexual Assault Support Services of Midcoast Maine (SASSMM)
- Spectrum Generations - Aging and Disability Resource Center
- Spectrum Generations - Meals on Wheels
- The Gathering Place
- The Highlands
- The McLellan
- The Times Record
- The Vascular Care Group
- The Vicarage By the Sea, Inc.
- Topsham Dental Arts
- Topsham Public Library
- Volunteer Transportation Network
- Winship Green Center for Health and Rehabilitation
- Write On Writers

## FREE EVENTS NOT TO MISS!

- Flu shot and COVID booster walk-in clinic
- Swag bags for the first 500 attendees
- Technology Help Desk
- Live performances by Nor'easters Barbershop Chorus
- Mid Coast Hunger Prevention Program "Sharing Table"
- Curtis Bookmobile and Curtis Memorial Library Repair Café
- Vascular ultrasound screening for vein/carotid artery disease with The Vascular Care Group
- Chance to win a People Plus Lifetime Membership
- Chance to win two round trip tickets on the Amtrak Downeaster
- Yellow Dot, Good Morning and Volunteer Transportation Network (VTN) program registration
- Book signings & author chats with the People Plus Write On Writers
- WCME Live Remote Broadcast
- Wicked Joe Coffee, snacks and more!

**Event Sponsors:** Avita of Brunswick & Sunnybrook, Beltone Hearing Aid Centers, Brackett Funeral Home, Brunswick & Topsham Housing Authorities, Funeral Consumers Alliance of Maine/Last Things/Die Well Death Education, Healthy Living for ME, Maine Community Bank, The Highlands, The Town of Brunswick, The Vascular Care Group.

**Refreshment Sponsors:** AAA NNE-Brunswick, Amtrak Downeaster, Central Maine Power, Insurance & Retirement Solutions, Martin's Point Health Care, Wicked Joe Coffee.

**Location Sponsor:** Town of Brunswick.

(This Expo preview is accurate as of the date of printing.)



# A full house at our Open House!



**WHAT A FUN OPEN HOUSE** we had last month at the Center! With over a hundred people stopping in, we had 48 new membership registrations, dozens of club sign-ups, several books sold by the writers group, many boxes of brownie mix taken home to bake for the Teen Center and new and old friends reconnecting at the Center!



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## Finding Peace at the Beach

By Laura Lee Perkins

This late spring morning, after spending nine months in the Arizona desert, I returned to Maine's magnificent Penobscot Bay. The sun was low on the dawn's foggy horizon and gentle waves lapped the shoreline in welcome. Lobster boats bobbed in the harbor as a lone sailboat crept silently around Sears Island. I walked out onto the coarse sand bar, listening to my footsteps echoing back, back, back to former times when I came here to rid myself of stress and pain. Today the lapping waves felt like gentle kisses on my toes.

I simply wanted to be alone, so I drove four miles to my favorite seaglass-collecting spot. And there it was – silent and peaceful – no other person in sight. Ah! I could experience a blessed, solitary low-tide walk out to the far reaches of the ocean floor, where few ever trod. The earth was experiencing a full moon, when tides retreat to unusually low levels, revealing previously hidden treasures.

Arriving at the waterline, I stopped. I could smell fresh rockweed, now exposed by the retreating tide, and it began to steam in the early morning's direct sunlight. Rockweed pods began to audibly "pop, pop, pop" as they dried, the skins cracking open. The sounds were little expressions of joy! It was truly a fairy-tale land of mist, ocean, and sun. Even the seagulls sat silently on the rocks, just being present.

I wanted something special this morning, and here it was. Nature was ablaze with her glorious slant of light on the water and in the scent of steaming rockweed as the sun's rays released joyful pops of moisture. Dampness filled my lungs and my soul; I was spiritually refreshed, filled with awe and admiration for Nature's amazing glories. Today my personal church service was celebrated at the ocean's edge.

Places designated as spiritual are often where we materially-focused humans go in search of peace. But life has taught me that I often discover deeper spiritual connections and peaceful internal balance when I am out in nature, rather than in a human-made sanctuary. Peace is often discovered smack in the midst of natural beauty when we are barefoot with wind-blown hair as the sun illuminates and expands our souls.

## Maine in October

By Nonie Moody

Beautiful Maine in October  
Brings a moderate rainfall  
And the cool evening breezes  
For one viewing high school football.

A weekend trip is scheduled  
Traveling a scenic byway  
On country roads in  
Franklin County on Friday.

The fall colors are peaking  
Of yellows, oranges, and reds  
For a drive on picturesque roads  
Of glowing foliage, turning heads.

A long walk at Popham Beach  
Alone with the sting of sand  
And hearing the beating waves  
Sends one  
into a dreamland.

## Poems & Prose

### Beauty in the Cycles of Life by Deb Noone

Fall eases in with earlier sunsets  
And later sunrises  
Cozy  
My favorite months  
Slowly acclimating us to the coming of winter  
Despite not relishing the thought of shoveling  
or planning grocery trips around icy roads  
For me, fall is a time to breathe easy,  
take in the changing colors,  
celebrate the next phase of our annual life  
The gardens go from bright, playful colors to dull grays and browns  
The fruits of our labors, now harvested,  
but somehow, each garden patch has a special beauty of its own  
Colorful flower heads, now fallen, replaced by muted brown husks  
holding the seeds of life for the coming spring  
Tomato plants laden with fruit, now barren except the browning leaves  
and sagging stalks  
Still, there is joy in that thought  
as cycles of life circle round and round  
And even the dreary colors of the once bright reds and oranges and yellows  
of fallen leaves scattering across the yard when winds sweep in,  
become a dance of movement  
Night skies highlight different constellations  
Orion shows his sword in the stark black skies of November,  
and Big and Little Dippers stand out among the bright glow of stars  
The day sky, a vivid, darker blue  
The night sky, blacker than the summer's  
Until the swollen moon, large and bright overhead, doesn't slip to hide behind  
canopies of leaves  
but shines brightly, its face smiling, between the trunks of trees  
its light tracking across the barren land of impending winter  
And each of us adds another year to our own life cycle  
Reveling once again in welcoming another season  
Fall to winter  
Soon winter to spring  
And spring to summer, as the earth awakens once again to new growth  
and carries on the sequence

### A gaggle, maybe?

By Doris Weinberg

Right out my window, a sight surprised me.  
Something that I rarely ever see.  
I watched them from up here.  
And a whole bunch happened to appear!

At first, I thought they were turkeys.  
And probably ones that were wild.  
But then they seemed so natural,  
and actually acted quite mild.

Then I realized they were  
A gaggle of geese.  
And they seemed very tame,  
and quite at ease.

They were bunched together.  
And gave me a shiver.  
They must have come  
from way up the river.

Their heads all together.  
They were paying a visit.  
To see them like that,  
was quite exquisite!

I wish I had a camera  
to catch this beautiful sight.  
But my phone is old-fashioned  
and unable to do it right.  
Suddenly one hopped into the water  
and began to swim away.  
The other watched for a moment.  
Then decided not to stay.

It wasn't long before  
they all departed.  
Heading back, probably,  
to where they started.

But I got to see them.  
I hope others did too.  
Some things just happen –  
Right out of the blue!

### The Flea By Nonie Moody

The cat and the flea  
The fruit fly and the flea flea  
What's sad about that?

### Lost children By Sue Linkel

Around 1975 we spent the summer at Shagg Pond near Buckfield, Maine. John was sent by Maine Electronics to install equipment there. We rented a place and on weekends visited tourist places to experience Maine. We made friends with a nearby family with children. For a trip to Campobello Island in our bus camper, we invited the neighbor children too. With 11 of our kids and 4 of the neighbors', that was a bus full.

I accidentally ate something containing MSG, an allergy which gives me a bad headache. I didn't feel like cooking supper, so we stopped at McDonald's in Lewiston. I didn't go in, but counted everyone who started to come back.

Ava and Stacie who were 12 and 6 years old were the first in. Unbeknownst to me, Stacie told Ava she needed to visit the restroom. They went out the back door of the camper to McDonald's. I counted everyone as they arrived in the front door, and we took off. I had already counted Ava and Stacie.

Everybody at McDonald's had noticed our loaded bus camper when we arrived, so when Ava and Stacie came back out and saw us gone, the two began to cry. One couple asked if they had been on the bus and took them back into McDonald's. Ava didn't know the address or phone number where we stayed, so McDonald's gave them a drink and Ronald McDonald dolls and called the police. An APB was sent out on our camper bus. They didn't know where we were going and didn't find us.

We didn't discover they were missing till we dropped the neighbor kids off. John took us home and called McDonald's. He took the car back to get the girls. It was about an hour away in addition to the time it took to get home. The family who befriended the girls took them to their home leaving their information at McDonald's. It was dark when John picked them up, and he thanked the family for their kindness.

After that we developed a strategy so it wouldn't happen again. The buddy system! The oldest and the youngest were paired up and so on until each had a buddy. All I had to do was to call out "Buddies," and they all paired up. Our tale made the newspaper though!

### Books a la Carte

If you want to meet people who like to read, Books a la Carte might be for you. There is no assigned list. We talk about books of all types. Here are some recommendations - please send comments to [news@peopleplusmaine.org](mailto:news@peopleplusmaine.org) - thanks.

#### FICTION

**Tom Lake** by Ann Patchett. A small-town New Hampshire girl gets the part of Emily in "Our Town" and goes on to a brief career in films. She tells the story of her life to her family, including her time with a superstar. A very entertaining read.

**Shadow of the Wolf** by James Barwick. This historical fiction features the true story of Rudolf Hess' plane flight from Nazi Germany to Scotland in May 1941. It describes his motives and his scheme to end the war.

**Washington Black** by Esi Edugyan. This is a gripping tale of a young enslaved field hand in Barbados who becomes an assistant to an eccentric inventor. Washington Black lives in fear of the inventor, his master, and others who threaten him even though he lives "free" in Nova Scotia.

**The Wind Knows My Name** by Isabel Allende. A story of two children from two different time periods. Both are ripped from their families and put down in foreign lands alone. Many years later they are brought together and healing begins.

**Up With the Sun** by Thomas Mallon. This book of historical fiction is based on the life of actor Dick Kallman, who eventually becomes a shady antiques dealer that was murdered in 1980. Kallman had connections to Lucille Ball.

**Blacktop Wasteland** by S. A. Crosby. This is a thriller in which a black famous getaway driver who tries to go straight, but is hampered by

money problems and his family difficulties. He becomes involved in a robbery which goes very wrong. The action involves a chase and depicts racism.

#### NONFICTION

**The Lost One: A Life of Peter Lorre** by Stephen D. Youngkin. This is the only full-length biography ever written about Lorre. Though famous for his roles in "M" and "The Maltese Falcon," the author argues that Lorre was typecast as a creepy villain by Hollywood, limiting his talent.

**Long Knife** by James Alexander Thom. This is the history of the George Rogers Clark expeditions to attack British forts between the Ohio and Mississippi Rivers during the Revolutionary War to stop Indian raids.

**Reckoning** by Eve Ensler. This book is about accountability, grief, trauma, writing, travels, and love. Ensler is a playwright and author who won a Tony and an Obie.

**Ask Me for a Blessing** by Adrian Danhauser. A female Episcopal priest stand outside her church in Manhattan with a sign reading "Ask Me for a Blessing." This very interesting book is about the conversations she has with people who do.

#### MYSTERIES

**Hunger Hill** by Philip C. Baker. This book is set in Portland, featuring the Portland Police Dept. and Munjoy Hill. It is an engaging read with a Russian crime family and a sea chase. Surprise: The good guys win!

**The Bride Wore White** by Amanda Quick. The book is set in 1930s California. A psychic dream consultant is the victim of a vendetta. Her helper becomes her protector and friend. It is a fascinating and fun read.

**Murder at the Breakers and Murder at the Vanderbilt Party** by Alyssa Maxwell. These books are part of the "Guilded Newport Mysteries" series.

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# It's been a bountiful summer!



**THANK YOU SO MUCH TO THE TEAM FROM THE MERRYMEETING GLEANERS**, who bring us fresh produce straight from local farms! Faithful volunteers, seen to the left, drop off one or two boxes of fresh gleaned produce weekly at the People Plus Center, and it is shared with all of the members who come every week! The Merrymeeting Gleaners is a program of Mid Coast Hunger Prevention Program and works towards food security for everyone in our community!



## New and renewing members for September

Memberships received as of September 17.  
 \* indicates new membership  
 • indicates donation made with membership

**Bath:**

Elijah Diaz\*  
 Shelley Randall\*  
 Barbara West

**Bowdoinham:**

Jane Page-Conway

**Brunswick:**

Lenore Armellino  
 June Austin  
 Frances Bigelow  
 Nan Bigelow  
 Jane Biscoe  
 Elizabeth Bullock\*•  
 Brian Campbell\*  
 Dorothy Cardali  
 Jane Crichton  
 Phil Crichton  
 Jane Estes\* •  
 Lynn Frank\*  
 Irene Gamache  
 Andrea Gerson\*  
 Joanne Hardy\*  
 Corey Hammond\*  
 Terri Hibbard\*  
 Dana Hirth  
 David Hirth  
 Jennifer Jenkins  
 Terry Lacasse  
 Judie Lemons  
 Elizabeth Linnell  
 Patricia Livesay  
 Holland Lowe  
 Donna Marshall\*  
 Joan McDuff  
 Helen McGlaufflin  
 Venise Mitchell  
 Karen Monahan  
 Rick Ness\*•  
 Gary Pinder  
 Barbara Pinder  
 Frank Powers  
 John Rhode  
 Suzanne Rhode  
 Jasmin Satchwell\*•  
 Elizabeth Schuller\*  
 Martha Spruce  
 Peggy Sullivan  
 David Tyler\*  
 Robert Vail\*  
 Jonathan Waldo  
 David Whittlesey  
 Regine Whittlesey

**Freeport:**

Angie Horner\*

**Harpwell:**

Heather Carr  
 Charles Lechman\*  
 Janet Simms-Lechman\*  
 K.T. Mao\*  
 Virginia Sabin

**North Yarmouth:**

Amy Blomquist\*

**Richmond:**

Kerry Weinheimer\*

**Topsham:**

Ellen Booker  
 Marie Brodeur\*  
 Jules Cloutier  
 Trenna Crabtree  
 Garth Duff•  
 Pam Duff•  
 Janice Mildram\*  
 Susan Morris  
 Susan Page\*  
 Beth Ring  
 Adele Robinson  
 Ed Robinson  
 Susan Thompson

**Franklin, NH**

Doris Weinberg

**People Plus! PEOPLE PLUS MEMBERSHIP APPLICATION** Date \_\_\_\_\_

PO Box 766 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757 • www.peopleplusmaine.org

Name (1) \_\_\_\_\_ Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  Female  Male  
 Email \_\_\_\_\_ Emergency Contact \_\_\_\_\_  
(name) (phone) (relationship)

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

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

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

The following businesses offer discounts for People Plus members.

**AUTO SERVICE/SALES**

- Autometrics**, 10% off labor up to \$50  
21 Bath Road, Bruns., 729-0842
  - Bill Dodge Auto Group**, 10% off parts/service  
118 Pleasant St, Bruns., 729-6653  
www.billdodgeautogroup.com
  - Darling's Ford**, 10% off up to \$50, parts/service  
262 Bath Road, Bruns., 725-1228  
www.darlingsbrunswickford.com
  - Lee's Tire & Service**, 10% off parts (not tires)  
35 Gurnet Road, Bruns., 729-4131  
27 Monument Pl., Topsh., 729-1676
  - Tire Warehouse**, 20% off labor  
Topsham Fair Mall, 725-7020  
www.tirewarehouse.net
- BEAUTY/HAIR SALON**
- Reflections (Salon)**, 10% off, Mon & Fri  
12 Center St, Bruns., 729-8028  
www.reflectionsbylucie.com
  - Rossignol's Hair Shoppe**, discount for age 60+  
370-9410
- CANDY**
- Wilbur's of Maine**, 10% off, anytime  
43 Maine St, Bruns., 729-4462

**CLEANING AND SEWING**

**Double Bubble Laundromat**, free drop off/pick up for seniors (15 lb. min.), \$1.80 for wash, dry & fold

Topsham Fair Mall, 373-1995

**J&J Cleaners**, 10% off pickups on Wednesdays (for 55+); must pay cash or check at drop-off  
69 Maine Street, Bruns., 729-0176  
www.jjcleaners.net

**FLORIST**

**Pauline's Bloomers**, 10% off in-store purchase  
153 Park Row, Bruns., 725-5952  
www.paulinesbloomers.com

**HEARING AND OPTICAL**

**Berrie's Hearing & Optical Center**, 10% off complete eye-wear, up to \$500 off hearing aids  
86 Maine St, Bruns, 725-5111  
www.berriesopticians.com

**Maine Optometry**, 30% off complete glasses  
82 Maine St, Bruns., 729-8474  
www.maineoptometry.com

**LEGAL**

**Attorney N. Seth Levy**, discounted legal services for seniors including wills, living wills and estates  
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www.sethlevylaw.com

**MASSAGE/CHIROPRACTIC**

**Augat Chiropractic**, Free consult & cursory exam free consultation & cursory exam (mention People Plus benefit when booking appointment)  
9 Pleasant St, Bruns., 725-7177

**Hearts & Hands Reiki**, 10% off first visit  
751-5339, mspruce@live.com

**RECREATION/ENTERTAINMENT**

**Eveningstar Cinema**, discount bag of popcorn at

evening shows (\$1 sm, \$1.50 med)  
149 Maine St, Bruns., 729-5486  
www.eveningstarcinema.com

**Maine State Music Theatre**, senior discount (60+) on matinee tickets for Main Stage performances  
22 Elm Street, Bruns., 725-8769, www.msmt.org

**Thomas Point Beach**, \$1 weekdays admission  
29 Meadow Road, Bruns., 725-6009  
thomaspoinbeach.com

**RESTAURANT**

**Big Top Deli**, 10% off, anytime  
70 Maine St, Bruns., 721-8900  
www.bigtopdeli.com

**Fairground Café**, 10% off, anytime  
Topsham Fair Mall, 729-5366

**Flip**, 20% off Tuesdays  
7 Dunlap St, Bruns., 725-5241  
www.flipbrunchbar.com

**Union Street Bakery**, Wednesdays: free large coffee with muffin purchase  
40 Union St, Bruns., 373-1345  
www.unionstreetbakeryme.com

**Wild Oats Bakery & Cafe**, 10% off Mondays  
166 Admiral Fitch Ave, Bruns., 725-6287  
wildoatsbakery.com

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www.carpediem-me.net

\*Benefits subject to change

**Are you a local business?**  
 Call 729-0757 to discuss advertising your business with People Plus!



# A bittersweet departure

And here we are, my last article for the People Plus News!

The hardest one to write as I prepare for retirement, leaving my second family, my second home, my work “sisters,” the many friends I have made along the way, and my many surrogate kids!

I will surely miss you all. There are many people who have impacted my success. My job with the Teen Center program has been a big achievement in my life, and I thank you all for your impact on my success and the success of the Teen Center program.

This program has truly been one that it has taken a village (as they say) to create, run, and succeed. The support internally as well as within the community keeps this program going.

My hope is that the Teen Center continues to grow and flourish and with your continued support, it can.

I am not going to say “Goodbye,” I will say “See you soon,” as I am not going far and will forever remain invested in the success

## Brunswick Teen Center News

Jordan Cardone-Ruwet



of the program albeit in a different capacity. Maybe I'll write a retirement article occasionally (like Frank ☺).

Many thanks for 14 years of teenagers ☺ hee hee. I will see you around town!

Retiring from work, not from life!

Keep in touch if you'd like, jordan.cardone@comcast.net

Sincerely, Jordan

P.S. “Retirement: That’s when you return from work one day and say, ‘Hi honey, I’m home forever’”– Gene Perret quote. I guess I’ll find out how ready my hubby is for that day!!!!



PHOTOS FROM THEN AND NOW! We love these fun and sweet moments from the last 15 years with Jordan to the left. She has the best sense of humor! And the photo above was taken this week, showing a whole gang of kids hanging out after school, eating, watching a video, and relaxing with friends in a safe place. They could never have done this without Jordan keeping it going all these years!

# Celebrating Jordan Cardone-Ruwet’s loving legacy

## Spearheading a program for teens from the ground up

Nearly 20 years ago Jordan Cardone-Ruwet had an epiphany. She was a full-time working mother with four kids and says, “I didn’t want to leave them at home alone after school, but they were too old for day care.” She realized there was nowhere for them to go, and so began a journey culminating in today’s vibrant Brunswick Area Teen Center program at People Plus.

Jordan was also motivated by her own life experience of being supported by a few adults outside her family during her own “horrible teenage years.” So she joined forces with other parents and Curtis Memorial Library to engage interested teens, taking them to various town meetings to promote their interest in a teen program.

When asked about the most difficult obstacle they faced, the teens always replied, “Boredom.” Then they added that if bored, they were more likely to get in trouble. The teens made it clear they needed a place to socialize as well as that magical ingredient, food. With the support and guidance from Tom Farrell, Director of Brunswick Parks and Recreation, the youth attended additional town meetings and pursued their goal.

Finding a suitable space proved challenging until Sig Knudsen, Executive Director at

People Plus – who liked the idea of mixing generations – invited the kids to use their empty bingo hall. With strong support from Tom Farrell and Jeanne D’arc Mayo on the Board, People Plus voted unanimously to approve the move.

Jordan’s children got involved in the program and brought in their friends, who along with other teens, parents, and college



**DIRECTOR OF THE BRUNSWICK PARKS AND RECREATION DEPARTMENT, TOM FARRELL** (right,) says Jordan has had a considerable positive impact on the lives of countless teens and that her oversight ensured that teens have a safe place to gather. “Jordan’s determination, energy, and commitment have all contributed to making the Teen Center successful and well-respected. She played a major role as one of the original catalysts for the program and has been a key contributor to making it the success it is today.”

students came to paint and decorate the new space. Bowdoin College donated furniture and using only volunteers as staff, the Teen Center program opened in June of 2005.

During this time, Jordan chased down donations – even putting out coffee cans around town. Eventually, the Teen Center was made an official “program” of People Plus and Jordan was hired as the Coordinator. Community sponsors, public donations, and support from the town of Brunswick have enabled the program to flourish. With the move to Union Street in 2010, the Teen Center attendance grew as well.

Along with fun activities, the members enjoy free food, (some from People Plus members!), trips into town, arts and crafts, games, mentoring and even financial assistance with driver’s education classes. The program has weathered the pandemic and is seeing an increased return of the students this school year.

Overall, Jordan says community support for the Teen Center has grown. “It’s become a fun, safe place for kids to hang out with friends after school,” she adds. Since 2010 there have been nearly 20,000 youth visits!

Looking back, Jordan says, “We never dreamed 20 years ago that the Teen Center would be the success it has become.”

## In her own words... Quotes from Jordan

- “They’re just kids. They talk tough, but they’re just trying to figure out life. My hope and goal for them is graduating from high school and believing they have the power to change their lives.”
- “They love to talk. They love being heard. Listening to them and feeding them are what we do the most.”
- We let them be who they are. We don’t judge them. We let them talk about what they want to talk about.”
- I’m so proud of these kids; they love coming here. No matter what’s going on, they are well behaved here. They don’t want to be asked to leave.”
- We don’t allow bullying. We have varied races, religions, gender identification, different levels of learning ability. Everyone needs to feel welcome. They are so good with each other.”
- I love that they’re so unfiltered, and sometimes they’re so funny.”
- It’s sometimes emotional, and I’ve heard some of the funniest things ever and the saddest.”
- I love it when they come back to visit. They show me pictures of their children and they tell me what a difference the program has made.

## Ken Keuffel

Want to write a memoir but lack the time and inclination? Hire me to do it for you! I have ghostwritten four memoirs, having drawn on my 30-plus years of experience in journalism and communications. Reasonable rates.



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# Moments with members – caught in the act!



**"I ONCE CAUGHT A FISH THAT BIG!"** SAYS DAVE MILLAR, chair of the People Plus Board of Trustees, as he proudly displays this beautiful striped bass that he caught near Small Point in Casco Bay. Dave is the owner of Riley Insurance on Maine Street and an avid early-morning fisherman. We appreciate Dave's willingness to put down his pole and come to the Board meetings!



**WE LOVE WHEN PEOPLE PLUS MEMBERS TRAVEL TOGETHER!** This fun group went on a camping trip to Lubec, Maine, in August and enjoyed tea and gingersnaps at Eleanor's Tea Room at Campobello Island, Canada. Members pictured include Sue Sargent, Eric Root, Linda Trapp, Richard Cooper, and Cathy Cooper.






**WHAT WOULD YOU DO WHEN YOU VISIT LEROY, NEW YORK??** You go to the Jell-O museum of course! And while you're there, you're going to take a minute and read the People Plus News just like Gail Kendrick, board trustee, did when she visited this fun museum last month! Thanks for taking People Plus along on your adventure, Gail!

*Honoring Loss.*

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*Peter W. Ladner, President, circa 1980*

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## BRACKETT FUNERAL HOME

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Co-located at People Plus  
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729-0475  
www.spectrumgenerations.org



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

# Monthly Update

October 2023



**HAPPY  
INDIGENOUS PEOPLES'  
DAY!**

All Spectrum Generations' locations will be closed on Monday, October 9 in observance of Indigenous Peoples' Day.



For the 31 days of Breast Cancer Awareness Month, pink ribbons appear as the impact of breast cancer is brought to the forefront of national conversation.

But we know that to help those facing breast cancer, awareness alone isn't enough.

**This October, get involved. Get screened. Make a donation. Take action.**



Plan to participate in this festive event bringing our community together!

## Midcoast Tree Festival

Are you ready for a *Win-Tree Wonderland?*

The **Midcoast Tree Festival** will be held at St. John's Community Center, 43 Pleasant Street, Brunswick.

**Grand Opening Celebration**  
November 17, 4 - 8 p.m.

**Event Dates**  
November 18, 19, and 24, 25, 10 a.m. - 6 p.m.  
November 26, 10 a.m. - 2 p.m.

Follow us on  @midcoastreefestival

The Midcoast Tree Festival proceeds support the region through: All Saints Parish, Spectrum Generations, and the BBRC.




Sheila Iveson, center, reacts after being chosen winner of the People's Choice and Judge's Choice awards. Sheila is flanked by Mollie Jellison of Long Reach Kitchen and Catering in Bath, and Rob Christerson of Ri Ró Irish Pub & Restaurant in Portland.

### Celebrity Chef Challenge - 2023

Congratulations to Sheila Iveson of Sheba's Wicked Kitchen in Oakland, this year's 11th Annual Celebrity Chef Challenge winner. Sheila walked away with both the People's Choice and Judge's Choice awards on Monday, Sept. 18. The winning dish was a parmesan crusted chicken breast, herbed ribbon zucchini and summer squash, topped with a sweet butternut squash puree. Thank you to all who came out in support of our mission!



# 10 YEARS TOGETHER!

# The dog days of summer were happy ones!



**CELEBRATING A DECADE OF PARTNERSHIP THAT SUPPORTS OLDER ADULTS** on the Midcoast, People Plus and Spectrum Generations have together served hundreds of thousands of people in this community. Director Stacy Frizzle-Edgerton noted that she and Spectrum Generations President and CEO Gerard Queally started at their respective agencies the same year and have forged a trusting, sustainable working relationship. According to Queally, "knowing that older adults in this area are in good hands with the support of People Plus allows us to concentrate resources on isolated, underserved adults in poorer, more rural areas." Coming together to provide nearly half a million meals to recipients of the Meals on Wheels program, to serve 75,000 clients with education and wellness services, and to offer 15,000 Medicare and disability counseling sessions, the last decade of partnership between Spectrum Generations and People Plus has proven to be incredibly important to the Town of Brunswick and surrounding areas.



Yes, indeed, the dog days of summer were happy ones for yours truly. Let me tell you why.

As many of you recall, I finished up with my regular — and enjoyable — duties as editor of the People Plus News at the end of June. Well, wouldn't you know it, but the owner of the bicycle shop in Farmingdale — where my other part-time gig helped fill my days — decided to shut down the business at the conclusion of the very same month.

So, now, I'm truly in full retirement mode. And I've got to tell you, I couldn't be happier.

It's a treat to wake up every morning and, more times than not, decide what I want to do that day — or what I need to do. Occasionally, my wife, Vicky, will mix in one of her "to do" list wishes. Heck, sometimes I get out of bed and cannot even remember what day of the week it is.

Here's further evidence that I'm getting quite comfortable with this new stage in my life.

Throughout my working career, vacations served their intended purpose. But, being brutally honest, the coming back to the reality of a job was never any joy. Let alone the preparation one needed to do before even taking a rest break. So, I always looked forward to the time when I was completely jobless — of my own choosing — and would spend a period of time away from home. And then to see how it would feel, knowing I didn't have to report back for duty.

Well, this summer, I had two occasions where I could test out my theory.

The first instance occurred in July, when Vicky and I traveled to Quebec City to celebrate our 40th wedding anniversary. For three days, we strolled around its streets and beautiful gardens, revisited and discovered delicious restaurants, and simply took delight in spending time together.

Then in August, I journeyed by myself to the Upper Peninsula of Michigan to spend a week with two good friends. Suffice to say, any visit to God's country is absolutely priceless. There was hiking, sailing, swimming, jeeping, taking saunas, telling stories, eating,

## Simply put

Patrick Gabrion  
(guest columnist)



and quietly gazing out upon spectacular Lake Superior. Always thinking how lucky I was to be in such a special place.

Another highlight from the trip worth mentioning had to do with our search for Yooperlites. A craze I was totally unaware of prior to arriving. It seems some dude discovered these mysterious glowing rocks in 2017 and folks are now scouring the shorelines of the U.P. — hoping to find these stone treasures.

So, my friend Jon and I equipped ourselves with ultraviolet flashlights — the only way you can locate Yooperlites — and headed down after darkness fell to nearby Point Iroquois lighthouse. And there were other people on the beach doing the same thing. It felt like they were crashing our party. Everyone kept asking, "Any luck?"

Needless to say, we went home empty-handed. But we had fun. Come to find out, you can purchase these fluorescent beauties on Amazon. For only \$18.99!

Anyway, the two "vacation/return home/no obligation" experiments turned out amazingly. The only thing I had to worry about when I got back was mowing the lawn, as the grass was out of control with all the rain soaking our state this year.

The rest of the time has been spent assisting Vicky at the Hallowell Food Pantry, doing gardening, and, of course, riding my bicycle. At last count, I was approaching 5,500 miles for the year.

So, it was a good summer. With plenty of pleasant memories — and photos — to help me get through the chilly months ahead. And to think about what I might want to do next summer with all my free time.



## Say YES to Life

### Say YES to a BETTER YOU!



The McLellan

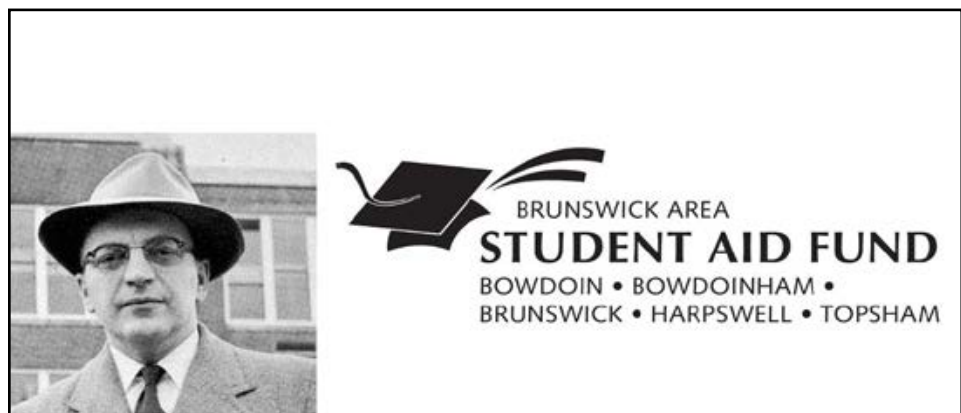
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Since its founding in 1954 by Brunswick High School Principal Mario Tonon, the Brunswick Area Student Aid Fund has been helping area students with funding their post-secondary education. Over 4,700 awards have been granted.

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



# Music in April auction item fulfillment

**THE BEST PART ABOUT MUSIC IN APRIL** is when people get to take advantage of the wonderful items that they won in the silent and live auctions! This summer The Gentleman Farmer in Maine entertained a wonderful group of friends who purchased dinner at Mossy Lodge Farm! It started with pizzas under the pergola and a toast to People Plus. It finished with Pavlovas on the sunporch. Thanks to Stacy and Jonathan for all their hard work pulling that together! And a big thanks goes out to Rick and Janet George for hosting a tiki bar event as well! The lucky winners enjoyed drinks and an amazing appetizer spread put together by Janet George. Rick was an incredibly entertaining bartender and storyteller throughout the evening. Thanks to Liz Armstrong and her crew for winning that item at the auction!



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