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Plus!

# People SENIOR HEALTH Expo

2023

CONNECTING COMMUNITIES

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FREE admission and info! • Thursday, October 19, 9am - 1 pm  
Brunswick Recreation Center, 220 Neptune Dr, Brunswick Landing



[www.peopleplusmaine.org](http://www.peopleplusmaine.org)

# Welcome to the 12th annual SENIOR HEALTH EXPO “Connecting Communities”

## Presented by People Plus and Spectrum Generations

Hello!

We are so honored to welcome you to the 12th annual Senior Health Expo presented by People Plus in partnership with Spectrum Generations at the Brunswick Recreation Center on Thursday, October 19 from 9 am till 1 pm!

On behalf of the staff and Board of Trustees of People Plus, we are thrilled you'll be joining us for the day!

We've worked really hard over the last few months to create a fun and engaging event that will allow older adults to collect as much information as possible about services, products, and people with whom they can connect while living better, healthier lives!

We've set records this year with over 30 sponsors and over 100 businesses, services and programs related to seniors. There is so much for YOU to do and try from picking out healthy food from the MCHPP sharing table, borrowing a book from the bookmobile, visiting the technology help desk, getting a vascular ultrasound screening for vein/carotid artery disease, enjoying the Nor'easters barbershop chorus to entering raffles for great stuff, finding volunteer opportunities, having experts available to repair your small electronics, lamps and jewelry, mend clothing and sharpen your tools AND getting your flu and COVID booster shots while making new friends, meeting up with your old friends, and connecting with YOUR community!

The first 500 attendees through the doors get a beautiful canvas shopping bag, printed by Cool as a Moose. You'll collect swag and information about businesses with whom you are now connected! It is like Halloween for older adults!

So come meet your new friends and make a day of it!

-Stacy and the staff



## 100 EXHIBITORS!

### FREE ACTIVITIES NOT TO MISS!

- **Flu & high-dose flu shot/ COVID booster walk-in clinic** courtesy of *Mid Coast-Parkview Health*
- **Swag Bags** for the first 500 attendees!
- **Vascular ultrasound screenings** for vein/carotid artery disease courtesy of *The Vascular Care Group*
- **Technology Help Desk** courtesy of *Carpe Diem Tech Support* and volunteers - Bring in your own device and questions
- **Repair Cafe** courtesy of *Curtis Memorial Library* - Bring your items from home - get help with sewing projects, lamp repair, jewelry repairs, knife sharpening and general electrical repair
- Raffle drawing for two **Amtrak Downeaster round trip tickets!**
- Raffle drawing for a **People Plus Lifetime Membership!**
- **Live Music Performances** by *Nor'easters Barbershop Chorus*
- **Curtis Library Bookmobile**
- **Mid Coast Hunger Prevention Program Sharing Table**
- **Live remote broadcast** from the Expo with *Jim Bleikamp and Radio Midcoast WCME!*
- **Live Music Performance: Native American Flute** by *Laura Lee Perkins, 10-11 am.*
- "Expo Special" **People Plus Membership Deal:** \$25 for new members for the first year!
- **Yellow Dot, Good Morning, and Volunteer Transportation Network (VTN) program** registration
- **Books signings & author chats** with the People Plus Write On Writers
- Tours of the *Brunswick Recreation Department's new Fitness Center*
- Free **Wicked Joe Coffee** and healthy refreshment choices including fruit, granola bars, and more!!

## Don't miss this beautiful walk after the Expo!

### Healthy Walk, Brunswick!

**AARP** AMERICA WALKS  
Real Possibilities

**Thu, Oct. 19, 1:30 pm – right after the Expo!** Join us at Brunswick's Kate Furbish East Trail. The trailhead is located on Ordinance Road, at Bunker 288, on Brunswick Landing. This wide and flat trail is two miles long; then two miles back to the trailhead (you can walk the whole thing or turn around halfway). Parking is along the road or off the street at each bunker. Walk organizer, Cathy Cooper, is a graduate of AARP's *America Walks* program. Check the People Plus table for a map of the trail. FMI call Cathy at 508-450-9924.

# Coastal Landing Retirement Community

Coastal Landing Retirement Community has 82 independent-living apartments. They offer a selection of apartments ranging from studio, 1 bedroom, and 2 bedroom options. Coastal Landing is a residence for those who do not require assistance with most daily activities, but may benefit from senior-friendly surroundings, convenient services, and increased social opportunities. Coastal Landing Retirement Community enables those who wish to maintain an independent lifestyle to do so. Further assistance from Rousseau Management's home care agency, Neighbors Inc., is available as well if necessary.

Coastal Shores Residential Care, which has 40 assisted living-based apartments is conveniently located in a separate wing of the same building. This residence consists of furnished private rooms and is designed for those who require assistance with personal care support, home making chores, and most daily activities such as meals, medication management, bathing, dressing and transportation. Coastal Shores offers individualized care and encouragement for each resident to live life to their fullest.

As providers of healthcare in the mid-coast Maine region since 1982, Rousseau Management's hope and vision aims at providing amenities and the comforts of home to their residents who will truly embrace and enjoy them throughout the years. Life at Coastal Landing Retirement Community and Coastal Shores Residential Care will consist of a plethora of wonderful amenities and comforts to those who live there. These include delicious home cooked meals, various exercise programs, beauty parlor, spa, a cozy café bistro, a

state-of-the-art movie theater, an ice cream parlor, an outdoor patio area, community-based events, transportation, housekeeping, and a variety of other services. The front porch lends itself as the ideal spot to spend an afternoon or evening catching up with family or making new friends. All residents are encouraged to take part in a full activity program that promotes socialization, volunteerism, and community spirit.

Brunswick Landing offers an idyllic setting for Coastal Landing Retirement Community and Coastal Shores Residential Care. The surrounding area is rich with history and offers an abundance of recreational based activities such as walking trails, picnic areas, bird watching, wildlife viewing, golfing, and the area altogether promotes a great sense of community. For those living at the facility who wish to stay active, there are all the advantages to do so just waiting, literally at

the front door.

For more information or to schedule a tour, please contact Coastal Landings admissions director Susan Cary at 207-837-6560 or the admission's director for Coastal Shores, Jenny Khuong at 207-522-1438.

We invite you to learn more about Rousseau Management and what we have to offer by visiting our website at [rmimaine.com](http://rmimaine.com).



## EXERCISE ROOM



## DINING HALL



## MOVIE THEATER



## CHAPEL



### *When contemplating a move...*

to a Retirement Community, please visit us at **Coastal Landing**. (Assisted Living available on the same campus.)

#### Included in your monthly rent:

- \* Choice of two meals daily
- \* Activities and Social Events
- \* Light Housekeeping
- \* Private Bathroom and Kitchenette
- \* Cable TV
- \* Scheduled Local Transportation
- \* Heat and Electricity
- \* Maintenance Service
- \* Free Laundry Room

Other services available for a reasonable fee.



**COASTAL  
LANDING**  
RETIREMENT COMMUNITY

[www.coastallanding.com](http://www.coastallanding.com)

142 Neptune Drive, Brunswick, ME  
837-6560

# We are here for you.

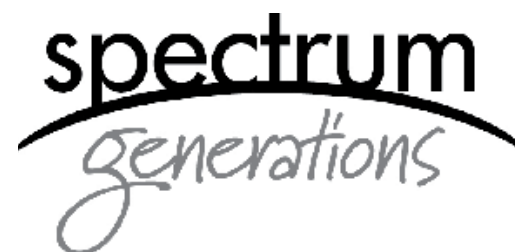


Everyone needs assistance from time to time, and at Spectrum Generations, we are here to help. Our agency is your “one-stop-shop” to answer questions related to older and disabled adults and their care partners. As a non-profit, most of our services are provided at little or no cost.

A sampling of our services include:

- **Meals on Wheels**
- **AniMeals**
- **Medicare education**
- **Health support and wellness workshops**
- **USDA food box program**
- **Community Case Management**
- **Caregiver Support Program**
- **Social Dining at our Community Centers**

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[spectrumgenerations.org](https://spectrumgenerations.org)

**1-800-639-1553**



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Elizabeth Blazick, MD, RPVI, FACS  
Christopher T. Healey, MD  
Amber Schaub, PA



## Health and happiness abound at the Center!



The smart watches and phones of today do just about everything. You can pay your bills with them, keep up with the latest news, answer emails, and so much more. And if you sit or stay stationary for too long, they alert you to MOVE.

At People Plus, we are here to help you do just that. With a long list of exercise class options to choose from every week, there is no shortage of activities to help you become and stay active throughout the entire year. Especially during the upcoming winter months.

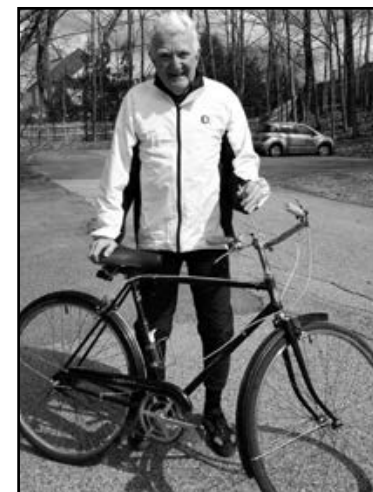
The classes at the Center are varied and designed specifically for the bodies of a senior adult. Someone who is getting a little older may not be as loose and limber or trim and fit as they used to be, and certainly may not have the same range of motion or strength at this stage of their lives. But none of those are reasons to not exercise. They are actually why anyone should undertake exercise, and starting a program is super easy at People Plus.

Here are some of your options at People Plus:

- Gentle Chair Yoga, flexibility and breathing while in a chair, twice a week
- Yoga, gentle Vinyasa flow for seniors, twice a week
- Loosen Up, strength and flexibility training three times a week
- Gentle Barre, stretching and strengthening once a week
- Zumba, dance your way to fitness twice a week (including Saturday!)
- Tai Chi, gentle flowing class meets once a week
- Qigong, channel your energy twice a week
- Wednesday Walkers, easy walking club once a week
- “Easy Riders” Biking Club, easy ride once a week
- Table Tennis, a.k.a. ping-pong, plays regularly at the Center four or five days a week

All of these options are fun and accessible to all fitness levels with the goal of improving your health and happiness!

Of course, all of these options are available to try once for free. So there’s no excuse not to come on down to People Plus and give it a go! It’s FUN!





*Enrich your life through caring for others...*

**Innovative & Caring New Career at Vicarage by the Sea**

The Vicarage by the Sea – Dementia Care Home has been offering an innovative, person-centered atmosphere of care in a real home on the coast of Maine for 20 years. If you are seeking meaningful work caring for individuals in an inspiring, non-institutional setting, let's talk!

Our employees are fulfilled in ways they never dreamed. By offering a holistic environment which encompasses elders, their families, the community and the natural world around us, The Vicarage by the Sea provides a greater quality of life than traditional nursing homes and institutions. In addition to daily care, employees help residents enjoy activities such as cooking, crafts and walking the beautiful seaside trails.

Our philosophy believes that every human being deserves the opportunity to grow, regardless of age or ailment. The Vicarage provides genuine dementia and Alzheimer's care emphasizing each resident's abilities and the well-being of their mind, body and soul.

Positions are available NOW at our Harpswell home, whether you are an experienced professional caregiver or a compassionate person seeking a change of career. Part-time and overnight positions also available. We are an EOE, and people of all ages and abilities are encouraged to apply. (*experience not necessary!*) For more information, please contact: Johanna Wigg, [jwigg40@gmail.com](mailto:jwigg40@gmail.com).



9 Vicarage Lane, Harpswell, ME

207-833-5480

[www.thevicaragebythesea.com](http://www.thevicaragebythesea.com)

# Helping to build a brighter community.

As a local community bank we are committed to being a vital part of the communities we serve. We are committed to giving our customers the access and convenience they expect from a modern bank – without sacrificing the personal touch that has always defined us. Our suite of personal and business banking products is designed to make banking easier, no matter what corner of the world you're in.

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# People <sup>Plus!</sup>

THE CENTER THAT BUILDS COMMUNITY SINCE 1976

collette  
guided by travel

## Travel with us at People Plus

### Join us for a Collette Trip Talk

Thursday, Oct. 26, 1:30 pm. Free, open to the public  
Learn about our trips planned for next year with Collette including:

#### 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](https://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](https://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](https://gateway.gocollette.com/link/1190216)



**Come hear all about these 2024 & 2025 trips!**





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30 Governors Way • Topsham, ME 04086  
(207) 725-2650 • [www.HighlandsRC.com](http://www.HighlandsRC.com)



**Don't Miss!**

### '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.

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

### "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 8.

### FYI! Around the World in 80 Minutes - Part III

**Thu, Nov. 9, 1:30 pm.** How do two New Englanders who are not very adventurous end up traveling around the world in 100 days, on a ship no less? Join Gail & Cy Kendrick for Part III of their travelogue about their 100-day cruise around the world. You'll experience adventures in Morocco, Greece, Madeira Islands of Portugal, Italy, and much more! All this followed by drinks and snacks inspired by the journey. Free, open to the public, registration appreciated.

### Balance and Falls Clinic with Reform PT

**Mon, Dec. 4, 1:30 pm.** Dr. Christina Levesque, PT, DPT of Reform PT is back for one of her famous quarterly Balance and Falls clinics at the Center. She will teach us what balance means, how to prevent a fall and how to properly handle a fall if one occurs – very important information, especially during the winter months! Free, open to the public. Call to register.

**Call 729-0757 to register for activities. FMI [www.peopleplusmaine.org](http://www.peopleplusmaine.org).**

**Apple Device Tech Help at the Center - weekly one-on-one sessions and monthly club.**

## CALENDAR OF REGULAR ACTIVITIES & EVENTS AT PEOPLE PLUS

	Mon	Tue	Wed	Thu	Fri	Sat
week 1	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge	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 6:30pm Toastmasters	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	<b>8:30 Women's Breakfast</b> 9:00 Table Tennis 9:30 Apple Device Tech Tutoring 9:30 Art Class 11:00 Yoga 6:00pm Int/Adv Belly Dancing	9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis
week 2	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	9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis <b>11:30 LUNCH OUT</b> 12:30pm Medicare 101 2:30pm German Club 6:00pm Belly Dancing	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	<b>8:30 Men's Breakfast</b> 9:00 Table Tennis 9:30 Apple Tech Tutoring 9:30 Art Class 11:00 Yoga 6:00pm Belly Dancing	9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Fiber Spinning Club 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis
week 3	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 1:00pm Qigong 2:00pm Books a la Carte 6:00pm Belly Dancing	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers	9:30 Apple Tech Tutoring 9:30 Art Class <b>12:00 Lunch &amp; Connections</b> 6:00pm Int/Adv Belly Dancing	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	9:00 Zumba 10:15 Table Tennis
week 4	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge	9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 1:00pm Qigong 2:30pm French Club 6:00pm Belly Dancing	9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:00 Donuts and Drivers 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	9:00 Table Tennis 9:30 Apple Device Tech Tutoring 9:30 Art Class 11:00 Yoga 6:00pm Int/Adv Belly Dancing	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	9:00 Zumba 10:15 Table Tennis

Scan QR code for People Plus online calendar





# Bowdoin

Bowdoin College is pleased  
to support  
the work of People Plus.

**211 Maine**

Free, confidential resource that helps people find resources like food pantries, recovery services, and more. Access by calling 211 (or 1-866-811-5695) any time of day or night. Calls are always answered by live, local people in Maine. An initiative of the United Ways of Maine in collaboration with the State of Maine.

Dial 211 (or 1-866-811-5695), Text your zip code to 898-211 [www.211maine.org](http://www.211maine.org)

**AAA NNE-Brunswick\***

Provides Roadside Assistance, yes, but also provides other benefits to our members. AAA provides personalized auto and home insurance, as well as travel assistance to our members. The agents in the AAA Brunswick office are the best at their jobs and are ready to help! Come by and see for yourself!

147 Bath Rd., Brunswick, ME 729-3300  
[aaa.com](http://aaa.com)

**Aetna Medicare\***

We offer a portfolio of Medicare Advantage plans with \$0 premium. Rich dental reimbursement rates, open access and national network offerings. Rewards programs, Over The Counter items, eyewear reimbursement, etc. Local office and Maine field representative to assist you with all your medicare needs and questions.

191 Marginal Way, Portland, ME  
274-0901 [aet.na/rep3351363](http://aet.na/rep3351363)

**Aging Excellence**

We are a locally owned, wellness based, home care agency providing personal support and companion services to seniors. 168 Pleasant St., Brunswick, ME  
729-0991 [seniorsonthego.com](http://seniorsonthego.com)

**Aging ME-GWEP (Maine's Geriatrics Workforce Enhancement Program)**

AgingME is Maine's Geriatrics Workforce Enhancement Program. It is one of 48 federally funded GWEP programs nationwide. AgingME aims to create a more age-friendly health system by better preparing an age-capable workforce, transforming primary care practices and engaging and empowering older adults.

University of New England, 11 Hills Beach Road, Biddeford, ME 602-2134  
[agingme.org](http://agingme.org)

**Alzheimer's Association, Maine Chapter**

The leading voluntary health organization in Alzheimer's care, support and research. In Maine alone, 30,000 people have Alzheimer's Disease. The Association

addresses this crisis by providing education and support to many who face dementia every day, while advancing critical research toward methods of treatment, prevention & ultimately a cure.

383 US Route 1, Ste 2C, Scarborough, ME 772-0115 [alz.org/maine](http://alz.org/maine)

**Amtrak Downeaster\***

The Amtrak Downeaster conveniently offers 5 roundtrips daily from Brunswick, Maine to Boston's North Station with stops in between. Seniors 65+ save 50% off every day! No promo code required. Visit [AmtrakDowneaster.com](http://AmtrakDowneaster.com) and select 'senior' to receive your discount automatically.

16 Station Ave., Brunswick, ME  
1-800-USA-RAIL

[www.amtrakdowneaster.com](http://www.amtrakdowneaster.com)

**Area First Responders**

Members of our local emergency services will be at the event to answer any questions you may have and will be highlighting programs such as Project Lifesaver.

**Avita of Brunswick/Sunnybrook\***

Two Northbridge communities in Brunswick offer area seniors an array of senior living choices. Sunnybrook offers Assisted Living while Avita of Brunswick caters to those living with Alzheimer's disease and dementia. At both communities, our goal is to ensure each resident lives well and loves life, every day!

Avita: 89 Admiral Fitch Ave, Brunswick, ME 729-6222 [avitaofbrunswick.com](http://avitaofbrunswick.com)

Sunnybrook: 340 Bath Rd., Brunswick, ME 443-9100

[northbridgecos.com/sunnybrook](http://northbridgecos.com/sunnybrook)

**Bankers Life**

With a history dating back to 1879, Bankers Life focuses on the insurance needs of the middle-income retirement market through nationwide subsidiaries of CNO Financial Group, Inc. These companies offer a broad portfolio of life and health insurance designed especially for those near and in retirement.

360 US Route 1, Suite 202, Scarborough, ME 536-2742 [www.bankerslife.com](http://www.bankerslife.com)

**Bath Area Senior Citizens Activity Center**

For people 55 years plus, a place of meeting for mutual benefit, pleasure and amusement, affording them a means of contact with others, to keep alive old friendships and make new. Includes: luncheons, bocce, exercise classes, cribbage, line dancing, knitting, cards, day trips, commercial bus tours, shopping, and more.

45 Floral St., Bath, ME 443-4937  
[bathseniors@comcast.net](mailto:bathseniors@comcast.net)

**Bath Housing**

Bath Housing works to enhance housing stability in order to have safe, vibrant, just and prosperous communities. We work to fulfill our mission through a portfolio of subsidized and unsubsidized affordable rentals, administration of housing choice vouchers, resident services, and our free home modification program for home owners, Comfortably Home.

80 Congress Ave, Bath, ME 443-3116  
[www.bathhousing.org](http://www.bathhousing.org)

**Bath-Brunswick Respite Care**

Bath-Brunswick Respite Care, known as the "Club", is a non-profit agency licensed by the State of Maine Department of Health and Human Services to provide adult day care to families who live with Alzheimer's or other neurological diseases. We have been providing services for 32 plus years.

PO Box 668, Bath, ME 729-8571  
[www.respite-care.org](http://www.respite-care.org)

**Beltone Hearing Aid Centers\***

At Beltone, we strive to be your trusted hearing care partner—someone who speaks your language and understands your unique needs. Our goal is not to sell you hearing aids; it is to provide hearing care whenever, wherever, and however you need it.

275 Bath Road, Brunswick, ME 615-0336  
[www.beltonene.com](http://www.beltonene.com)

**Bowdoin College\***

Bowdoin College is proud to be an active member of the greater Brunswick and midcoast communities, offering cultural and educational opportunities through lectures and performances that are open to the public, the Bowdoin College Museum of Art, the Peary-MacMillan Arctic Museum, and the offerings of the Association of Bowdoin Friends.

255 Maine Street, Brunswick, ME  
725-3000 [bowdoin.edu](http://bowdoin.edu)

**Brackett Funeral Home\***

Locally owned and operated over 150 years. Celebrating lives and honoring your loss by offering options including cremation services, traditional funerals, home services, and green burials. We promise "to provide the highest quality of service, to serve needs in a compassionate, courteous, dignified and meaningful manner, within the means of all."

29 Federal St, Brunswick, ME 725-5511  
[www.brackettfh.com](http://www.brackettfh.com)

**Bridges Home Services**

Bridges Home Services, a Spectrum Generations' program, provides expert, knowledgeable care, enabling loved ones to age gracefully at home. Professional, certified, trained staff provide individualized

solutions for caregivers and for older adults who need extra help with daily activities. Adult Day services are also available. 1 Weston Ct, Augusta, ME 623-0761  
[bridgeshomeservices.org](http://bridgeshomeservices.org)

**Brunswick Parks & Recreation Department\***

Maintains and manages 42 parks and facilities including walking/bike paths, athletic fields, boat launches and natural areas. The department administers approx. 100 recreation programs and events for all ages. The Brunswick Recreation Center offers an indoor track, 2 basketball courts, 4 pickleball courts, Fitness Center, Welcome Center, and Daycare.

220 Neptune Drive, Brunswick, ME  
725-6656

[www.brunswickme.org/parks-recreation](http://www.brunswickme.org/parks-recreation)

**Brunswick Sustainability Committee**

A citizen committee created by the Brunswick Town Council to advise the Council on actions to create a sustainable future for the community. Areas of focus include solid waste management, renewable energy, energy reduction and climate action planning. Contact us through the Town's Sustainability webpage.

Brunswick, ME 417-5216  
[brunswickme.org/sustainability](http://brunswickme.org/sustainability)

**Brunswick Topsham Housing Authority\***

We develop, own and manage housing programs and properties for low and moderate income households in the surrounding area. Our senior and disabled housing provides 24 hour maintenance, resident services, on the Brunswick Link bus route in safe and secured buildings. Learn more at: [www.brunswickhousing.org](http://www.brunswickhousing.org)

12 Stone St., Box A, Brunswick, ME  
725-8711

[brunswickhousing.org](http://brunswickhousing.org)

**BThere Healthcare\***

New concept of care in the comfort of home. Telemedicine platform and traditional house call system allow individuals to receive personalized care. Memory wellness and concierge medicine program gives access to new FDA-approved voice recognition software that screens any memory and mental health problem in less than 5 minutes. Offer all-inclusive geriatric medical services.

4 Union Park Road, Ste 8, Topsham, ME  
200-5907

[www.btherehealthcare.com](http://www.btherehealthcare.com)

# Rusty Lantern Market is pleased to support

As the Proud Sponsor of the Volunteer Transportation Network program, Rusty Lantern Market shows support of our communities through action.



Featuring



Every Cup Fresh Brewed  
Guaranteed!

Visit us and see why  
coffee lovers choose...



FRESH. FAST. FOR YOU!

**Carpe Diem Tech Support**

Help with MAC, PC, Chromebook, iPhone, Android, audio-visual equipment, Internet, email, most software issues, hardware/software installation and troubleshooting. Can rescue data from a computer that no longer works. Website updates. Tutoring services. Meet in your home or office, at People Plus, by phone or by remote connection to your computer.

104 Merrymeeting Rd, Brunswick, ME  
522-1238

[www.carpediem-me.net](http://www.carpediem-me.net)

**Catholic Charities SEARCH Greater Bath Program**

SEARCH is a Program of Catholic Charities Maine. Our mission is to enable vulnerable seniors to remain independent and create a long-term support system to meet their needs. We provide FREE in-home volunteer support services to seniors living in Sagadahoc, parts of Lincoln County, Brunswick & Harpswell.

P.O. Box 155, Bath, ME 837-8810

[www.ccmaine.org](http://www.ccmaine.org)

**CenterWell Home Health Care**

CenterWell brings personalized care directly to you. Our clinicians are ready to serve you with warmth and empathy, and provide the skill and expertise to help you regain your strength and maintain your independence. From our hearts to your home, we're grateful to walk alongside you towards your best health.

51 Baxter Boulevard, Portland, ME  
772-0954

[centerwellhomehealth.com](http://centerwellhomehealth.com)

**Central Maine Power\***

For 125 years Central Maine Power has delivered safe and reliable electricity to Mainers and visitors to Vacationland. Please bring your questions and concerns to our subject matter experts in Billing, Operations, Customer Service and more to this year's People Plus Senior Health Expo. 83 Edison Drive, Augusta, ME 319-9585

[cmpco.com](http://cmpco.com)

**CHANS Home Health & Hospice**

CHANS Home Health & Hospice is a full service, non-profit, Joint Commission Accredited agency providing nursing, rehabilitation, palliative, hospice, and private duty care services, and an array of community-based wellness clinics in the Midcoast Area.

45 Baribeau Drive, Brunswick, ME  
729-6782

[www.chanshomehealth.com](http://www.chanshomehealth.com)

**Coastal Landing Retirement Community\***

A retirement community serving the Mid-coast area. Come and see our warm and friendly environment where friends and family gather. Please call 837-6560 to schedule your visit and see for yourself why so many people are calling Coastal Landing their home!

142 Neptune Drive, Brunswick, ME  
837-6560

<http://coastallanding.com/>

**Coastal Shores Assisted Living**

Coastal Shores Assisted Living is a 40 bed assisted living facility for older adults, which offers furnished private rooms. Our home is designed for those who require assistance with personal care, homemaking chores, and daily activities such as meals, medication management, dressing, bathing, and transportation.

142 Neptune Drive, Brunswick, ME  
725-5801

[www.coastalshoresresidentialcare.com](http://www.coastalshoresresidentialcare.com)

**College Guild**

Provides free correspondence courses to people in prison in all 50 states that connect them with a community beyond prison walls, fostering mutual respect through a shared passion for learning. College Guild has proudly called Brunswick home since 2001.

PO Box 696, Brunswick, ME 729-0043

[www.collegeguild.org](http://www.collegeguild.org)

**Comfortably Home**

Comfortably Home provides safety checks, accessibility modifications, and minor repairs at no cost to homeowners who are 55+ or have a disability, live in Sagadahoc County, Brunswick or Freeport and meet income guidelines. No application necessary! Visit [www.comfortablyhome.org](http://www.comfortablyhome.org) for more information or call Kristen at 295-3317 to get started.

Bath Housing, 80 Congress Ave, Bath, ME  
295-3317

[www.comfortablyhome.org](http://www.comfortablyhome.org)

**COR Health\***

COR Health offers medical and non-medical home care services for adult and pediatric clients throughout the State of Maine including MaineCare and Private Pay options. Services include Adult/Pediatric Personal Care, Adult/Pediatric Private Duty Nursing, Adult Concierge Home Care, Pediatric Behavioural Health, Pediatric Targeted Case Management.

980 Forest Ave, Ste 207, Portland, ME  
347-6106 [www.corhealthservices.com](http://www.corhealthservices.com)

**Curtis Library Bookmobile**

The Curtis Library Bookmobile will be joining the People Plus Senior Expo on October 19th! Come sign up for a new library card (FREE to Brunswick & Harpswell residents), check out books & DVDs for all ages, and learn about great library resources.

**Curtis Memorial Library**

The Curtis Memorial Library strives to be a vibrant community hub offering a diverse collection of books, digital resources, and engaging programs. With a commitment to lifelong learning and accessibility, it serves as a welcoming space where patrons of all ages can explore, connect, and enrich their lives.

23 Pleasant Street, Brunswick, ME  
725-5242 [www.curtislibrary.com](http://www.curtislibrary.com)

**Dionne Commons**

Sixty-four bed assisted living facility. Rooms consist of furnished private and semi-private apartments. Dionne is designed for those who require assistance with personal care and home making chores, but wish to maintain an independent lifestyle. We look to provide the comforts of home for our residents to truly embrace and enjoy.

24 Maurice Dr., Brunswick, ME 725-4379

[dionnecommons.com](http://dionnecommons.com)

**Disability Rights Maine (DRM)**

The state's Protection and Advocacy agency for people with disabilities. Represents individuals whose rights have been violated or who have been discriminated against based on disability. Oversees Telecommunications Equipment Program (TEP) and Maine Relay Services, providing specialized telephone equipment and connecting individuals who are deaf, hard of hearing or speech disabled with individuals who use standard telephones.

1 Mackworth Island, Bldg. C, Falmouth, ME 797-7656 [www.drme.org](http://www.drme.org)

**FCP Live-In**

FCP Live-In is a leading live-in caregiver provider and in-home care company with over 25 years of experience. We are NOT an assisted living facility, but a cost-effective provider of live-in caregivers for your mom, dad, or loved one. Affordable, assisted living in the safety and comfort of home.

2573 Main Street, Stratford, CT  
1-866-559-9492

<https://www.liveinhomecare.com>

**Funeral Consumers Alliance of Maine/Last Things/Die Well Death Education\***

The Funeral Consumers Alliance of Maine's mission is to promote simplicity, dignity, and economy in funeral arrangements

through education and advocacy, as well as providing resources regarding advance planning. Last Things and Die Well Death Education support and often work in collaboration with The Funeral Consumers Alliance of Maine.

PO Box 622, Brunswick, ME 558-1699

[fcmaine.net/lastthings.net/diewell-deatheducation.com](http://fcmaine.net/lastthings.net/diewell-deatheducation.com)

**Gateway Retirement Solutions\***

Gateway Retirement Solutions is committed to helping our clients navigate successfully into and throughout their retirement years. Your financial picture deserves unbiased and qualified advice. As a full-service insurance and financial solutions provider, we tackle your most complex concerns by simplifying them for both you and your loved ones.

6 E. Chestnut St., Ste 204, Augusta, ME  
504-7915

[gatewayretirementsolutions.com](http://gatewayretirementsolutions.com)

**Good Morning Program**

A program of People Plus and the Brunswick Police Department. Providing a simple, FREE, and confidential daily telephone call-in system; ensuring the safety and well-being of older or disabled adults. For residents of Brunswick, Harpswell, Freeport. Visit [peopleplusmaine.org](http://peopleplusmaine.org) for application or call 729-0757.

35 Union St, Brunswick, ME 729-0757

[www.peopleplusmaine.org](http://www.peopleplusmaine.org)

**Habitat for Humanity 7 Rivers Maine**

Habitat for Humanity/7 Rivers Maine creates successful homeownership opportunities for families with limited incomes by building sustainable housing and performing critical repairs, modifications, and weatherization on existing homes throughout Brunswick, Harpswell, and all of Lincoln and Sagadahoc counties. We rely on the support of volunteers, donors, and community partners.

11 Elsinore Avenue, Bath, ME 504-9332

<https://habitat7rivers.org>

**Hand Therapy Treatment and Education Center, LLP**

Suffering from chronic pain in the hands, wrists, elbows, or shoulders? Visit our table to learn about conservative, easy-to-perform self-care techniques to ease discomfort in the hands and upper extremities. Conditions benefiting from selfcare are osteoarthritis, tennis elbow, trigger finger, radial nerve palsy, and mallet finger, to name a few.

114 Maine Street, Ste 4, Brunswick, ME  
607-5800

[therapyandeducation.com](http://therapyandeducation.com)

# A People Plus membership is priceless!

Are you looking for a good deal? The best deal in town is becoming a member at People Plus! If you are a resident of Brunswick the cost is \$35 per year, which works out to just under \$3 per month. And if you live anywhere else, it's only \$40 for the year. But if you sign up during the Expo, the fee for new members is only \$25 for the first year, regardless of where you live!

A membership provides you with so much, for so little. The activities at People Plus are endless; from lectures on countless subjects to classes on everything under the sun. Want to join a French, German or Spanish club? We've got it. Want to exercise and work on your balance? We've got that too. There are classes and clubs involving art, playing bridge, riding bikes, writing, table tennis, and so much more.

And what a great way to meet up with your friends and make new ones. It is just a very friendly place to gather and spend part of your day. The companionship alone is worth the price of membership. Remember, People Plus is one of the reasons the Brunswick area is one of the very best places for seniors to live in our great state of Maine.

Other benefits include receiving our monthly

newspaper and when you show your membership card proudly at area participating businesses, you'll have the opportunity to save money every day. So join People Plus today, then tell your friends about the good deal you got at a very cool and happening place.



## MEALS:

### Women's Breakfast

First Thursday at 8:30 am. Start your day with a healthy meal and good company. \$4 suggested donation.

### Lunch Out

Organized get-together at local restaurants on the second Tuesday of each month. Pay on your own.

### Men's Breakfast

Second Thursday at 8:30 am. Start your day with a healthy meal and good company. \$4 suggested donation.

### Lunch/Connections

Third Thursday at noon. Sign up early for this always sold-out meal with good company! \$5 members/\$10 non-members.



Meals at the Center are always popular. Come to our Lunch & Connections luncheon or Men's & Women's Breakfast to discover what all the good times are about!

## PRESENTATIONS:

### Author's Chats

Maine authors tell us about their books and experiences.

### Medicare 101 Session: Spectrum Generations

2nd Tuesday of every month, 12:30-2 pm. Designed to provide you with knowledge about Medicare and its many "Parts."

### FYI! (For your Information) Lecture Series

Monthly programs to tantalize the mind with interesting and stimulating presentations and light refreshments.

### 'Aging Well' Lunch and Learn

The 4th Monday of every month at noon with programs focusing on healthy minds and healthy bodies. Bring your lunch, we provide drinks, chips and dessert.

### Balance and Falls Clinics

These clinics with Reform Physical Therapy occur quarterly. Watch for dates in our monthly paper!

## People Plus Clubs (FREE, members only)



### Apple Club

*Date and time varies.* Bring Apple device and questions. Check calendar for dates.

### Books a la Carte

*3rd Tues, 2 pm.* Share what you've been reading in this unique book club.

### Bridge

*Monday 1pm.* Duplicate Bridge. *Tues, 9:30 am.* Casual Bridge, all levels welcome.

### Cafe en Francais, French Club

*4th Tues, 2:30 pm.* Spend a lively hour once a month speaking French with good company.

### Cantina Espanol, Spanish Club

*1st Tues, 2:30 pm.* Spend a lively hour once a month speaking Spanish with good company.

### Civil War Book Club

*3rd Mon, 7 pm.* Meet to discuss books about the Civil War.

### Cribbage

*Wed, 8:45 am.* Play cribbage with different partners.

### Easy Riders Biking Club

*Tue, 12:30 pm.* Meet at the Center for a bike ride each week. \*Does not meet during the winter months.

### Fiber Arts Club

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

### Fiber Spinning Club

*2nd & 4th Fri, 10 am.* Bring your spinning wheel and current project and enjoy friendly conversation while you work.

### Kaffeestunde! German Club

*2nd Tues, 2:30 pm.* Spend a lively hour once a month speaking German with good company.

### Mah-Jongg

*Mon/Wed/Fri, 9 am.* Chinese multi-player tile game. All skill levels welcome. We'll teach you!

### Table Tennis

Meet to play ping pong multiple times per week - check calendar for days and times.

### Wednesday Walkers

*Wed, 9:30 am.* Meet for a hike each week at a local or offsite location.

### World Affairs Conversation Group

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

### Write on Writers

*Wed, 1 pm.* Meet to read and share your works of poetry and prose, and to improve writing skills.



## Member

### Attorney N. Seth Levy,

319-4431, discounted legal services for seniors including wills, living wills and estates

**Augat Chiropractic,** 725-7177, free consultation & cursory exam (mention People Plus benefit up front)

**Autometrics,** 729-0842, 10% off labor up to \$50

**Berrie's Hearing & Optical Center,** 725-5111, 10% off complete eye-wear, up to \$500 off hearing aids

**Big Top Deli,** 721-8900, 10% off, anytime

**Bill Dodge Auto Group,** 729-6653, 10% off parts/service

**Carpe Diem Tech Support,** John Fischer, 522-1238, Help with PC & Mac. \$30/hour (with 40% off regular rate)

**Darling's Ford,** 725-1228, 10% off up to \$50, parts/service

**Double Bubble Laundromat,** 373-1995, free drop off and pick up for seniors (15 lb. min.), \$1.80 for wash, dry & fold

**Eveningstar Cinema,** 729-5486, discount bag of popcorn at evening shows (\$1 sm, \$1.50 med)

**Fairground Café,** 729-5366, 10% off, anytime

**Flip,** 406-2122, 20% off Tuesdays

**Hearts & Hands Reiki,** 751-5339, 10% off first visit





**People Plus** THE CENTER THAT BUILDS COMMUNITY SINCE 1976 **PEOPLE PLUS MEMBERSHIP APPLICATION** Date \_\_\_\_\_

(35 Union Street), PO Box 766, 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 \_\_\_\_\_

**Yearly Dues (Scholarships Available)**

Brunswick (\_\_\_New \_\_\_Renew): \$35  
 Other towns (\_\_\_New \_\_\_Renew): \$40  
 **Lifetime Member** (65 or over): \$350

OFFICE USE:  Account  Data  Card Sent

**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:

Lunch Crew: cook/setup/cleanup  
 Reception: check-in/phone  
 Volunteer driving: rides to appts/shopping  
 Meals on Wheels  
 Teen Center

**People Plus** THE CENTER THAT BUILDS COMMUNITY SINCE 1976 **LOW YEARLY MEMBERSHIP RATES**

**Brunswick residents: \$35**  
**All other residents: \$40**

**Special EXPO Membership Deal!**

**ONE DAY ONLY - October 19th new members get one year for just \$25!**

**Benefits**

- J&J Cleaners**, 729-0176, 10% off pickups on Wednesdays (for 55+); must pay cash or check at drop-off
- Lee's Tire & Service**, 729-4131, 10% off parts (not tires)
- Maine Optometry**, 729-8474, 30% off complete glasses
- Maine State Music Theatre**, 725-8769, senior discount (60+) on matinee tickets for Main Stage performances
- Pauline's Bloomers**, 725-5952, 10% off in-store purchase (in person only)
- Reflections (Salon)**, 729-8028, 10% off, Mon & Fri
- Thomas Point Beach**, 725-6009, \$1 weekdays admission
- Tire Warehouse**, 725-7020, 20% off labor
- Union Street Bakery**, 373-1345, Wednesdays: free large coffee with muffin purchase
- Wilbur's of Maine**, 729-4462, 10% off, anytime
- Wild Oats Bakery & Cafe**, 725-6287, 10% off Mondays



**Art & Exercise Classes**

\$5/members, \$10/non-members) - punch cards available

**Art Class**  
*Tue & Thu, 9:30-11:30 am.* Instructor Ed Higgins will explore different mediums. All skill levels welcome. Topics will include tools and materials, importance of keeping a sketchbook, and planning and composing your drawing.

**Chair Yoga**  
*Tue, 9 am & Fri, 11:45 am.* Instructor Bea Blakemore. A wonderful blend of breathing and stretching to improve balance, stability and peace-of-mind. Offers poses and helpful techniques to be your most comfortable self. Activities occur seated in a chair.

**Gentle Barre**  
*Wed, 12 noon.* Instructor Bea Blakemore. Combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Uses the back of chairs instead of a bar.

**Loosen Up!**  
*Mon/Wed/Fri, 9 am.* Instructors Bea Blakemore (M) and Suzanne Neveux (W, F). A typical session (standing and seated) includes resistance training, core strengthening, and exercises intended to improve balance and posture. Take it once, twice or three times each week.

**Qigong**  
*Fri, 10:15 am and Tue, 1 pm.* Instructor Suzanne Neveux. Related to Tai Chi but with simpler movements. Will help improve your balance and enhance personal energy. Involves meditation and coordinating slow-flowing movement. Performed standing (can be modified for chair).

**Tai Chi**  
*Wed, 10:15 am.* Instructor Suzanne Neveux. Exercises your mind and body. Series of slow, gentle motions performed while standing (can be modified for chair). The body is challenged with moving slowly to keep your feet underneath you to enhance the power of your movements.

**Yoga**  
*Tue, 10 am & Thu, 11 am.* Instructors Ann Kimmage (T) and Maya Rook (Th). Stretch, flex, breathe and relax for optimum well-being. Utilizes blocks and straps. Please bring your own mat.

**Zumba**  
*Mon, 10 am (Zumba Lite) and Sat, 9 am.* Instructor Bea Blakemore. Aerobic and dance moves set to popular music. Low-impact for seniors.

**Activity Punch Cards:** Safe & convenient. FMI call 729-0757 or stop by to purchase your card! \$25 for 5 classes, \$50 for 11 classes (that's 1 free!).

\*Benefits are subject to change

**Harpswell Aging at Home**

Grassroots community organization created, supported, and led by volunteers from Harpswell. Provide free or nominal cost initiatives that help older adults thrive while aging in their homes. Goal is connecting those that could use a hand with the various services that are available through HAH or by other community based organizations.

PO Box 25, Harpswell, ME 522-8841  
[www.hah.community](http://www.hah.community)

**Healthy Living for ME\***

Healthy Living for ME is helping communities across Maine create a culture of health, where prevention and wellness are the norm. Our programs give you the tools you need to take control of your own health and manage in a way that works best for you.

One Weston Court Ste 104, Augusta, ME  
1-800-620-6036

[www.healthylivingforme.org](http://www.healthylivingforme.org)

**Horizons Living and Rehabilitation Center**

Horizons Living & Rehabilitation Center is a skilled nursing and rehab facility in Brunswick, Maine. Life at Horizons involves a plethora of wonderful amenities and comforts to those who live here. Residents partake in our full activity program that is designed to promote physical function, socialization, and community spirit.

29 Maurice Drive, Brunswick, ME  
725-7495

<https://www.horizonslivingandrehab.com>

**Insurance and Retirement Solutions\***

We help Seniors navigate the complexities of Medicare. As Independent Health Insurance Brokers, we represent many different plans and Insurance Companies, so you can be sure that we will fit a plan to the beneficiary's needs and help them navigate and use all their benefits throughout each plan year.

14 Maine Street, Suite 104, Brunswick, ME 522-7778

**Kennebec Pharmacy & Home Care\***

Your local Pharmacy and Home Medical Equipment provider dedicated to making better living possible. Look to us for: Mobility products including Scooters, Seat Lift Chairs, and Stair Lifts; CPAP/BiPAP; Oxygen Therapy; Home Medical Equipment & Supplies; Home Infusion Therapy; Compounded Medications; Local Delivery, and more.

121 Medical Center Dr., Ste G-500,

Brunswick, ME 729-3642  
[kennebecpharmacy.com](http://kennebecpharmacy.com)

**Landing YMCA/Bath Area Family YMCA**

We embrace the active older adult. From aquatics programs through our yoga, tai chi, senior strong and wellness classes, we encourage strengthening spirit, mind and body for all ages and abilities. We always strive to provide our services without regard for one's ability to pay for such services.

24 Venture Ave., Brunswick, ME  
844-2801 [www.bathymca.org](http://www.bathymca.org)

**LifeFone Medical Alert**

Since 1976, LifeFone has been "Saving Lives When Seconds Count". As a trusted name in Personal Medical Alert Services, LifeFone offers a variety of personal alert options, all with optional fall detection, while utilizing the latest technology including GPS and cellular connectivity.

16 Yellowstone Ave., White Plains, NY  
508-630-4206 [www.lifefone.com](http://www.lifefone.com)

**Live Better Health Services, LLC**

NEW Senior Focused Home Health Care Agency. Wellness & nursing support at home that protects finances, enhances sense of well-being and gives you choices to remain independent and spirited in your home. Exceptional consistent care-givers supported by a team who cares deeply for them and you! Choose to Live Better Today!

10 Cumberland St., Brunswick, ME  
607-4144 [www.livebettermaine.com](http://www.livebettermaine.com)

**Maine Bureau of Insurance**

The Maine Bureau of Insurance is a state agency that regulates the insurance industry and protects consumers. The Bureau's consumer division is available by phone (800-300-5000) Mon.-Fri., 8am - 5pm to discuss insurance-related concerns. Bureau staff also investigate insurance-related complaints that are submitted in writing.

34 State House Station, Augusta, ME  
800-300-5000

[www.maine.gov/insurance](http://www.maine.gov/insurance)

**Maine CITE**

Helps Mainers of all ages with disabilities increase access to Assistive Technology (AT) when needed to take part in Education, Community Living, and Employment. AT is available for demonstration or loan, includes devices for: Vision & Hearing, Communications, Learning & Organizing, Mobility & Daily Living, Smart Home Devices.

46 University Drive, Augusta, ME  
621-3195

[www.mainequote.org](http://www.mainequote.org)

**Maine Community Bank\***

As a local community bank, we're committed to being a vital part of the communities we serve. Our personal and business banking products are designed to make banking easier, no matter what corner of the world you're in. Member FDIC.

27 Gurnet Road, Brunswick, ME  
786-5701

[www.maineecb.com](http://www.maineecb.com)

**Maine Death with Dignity**

Overall mission as a 501(c)(3) non-profit is providing services, education, and end-of-life advocacy to people who wish to actively explore the meaning of life through embracing the certainty of death. A primary program is connecting people to the information they need to learn more about The Maine Death with Dignity Act.

PO Box 801, Wiscasset, ME 319-8633

[www.mainedeathwithdignity.org](http://www.mainedeathwithdignity.org)

**Maine Department of Labor - Bureau of Employment Services/ Bureau of Rehabilitation Services**

Provides a variety of employment and training services for Maine workers, businesses, and job seekers through the Maine CareerCenter Network. The Bureau of Rehabilitation Services includes a division for the Blind and Visually Impaired, Division of Vocational Rehabilitation, and Division of the Deaf, Hard of Hearing & late Deafened.

29 Sewall Street, Brunswick, ME  
623-7981

[maine.gov/labor](http://maine.gov/labor)

**Maynard Law\***

Maynard Law specializes in estate planning and elder law, including long term care planning and MaineCare applications. We provide clients with peace of mind by creating plans tailored to meet their individual needs. Take the first step towards protecting your autonomy and preserving your assets by contacting Maynard Law today.

4 Union Park Road #16, Topsham, ME  
406-2541

[www.maynardelderlaw.com](http://www.maynardelderlaw.com)

**Medical Home Care Services, Inc**

Medical Home Care Services, Inc. is located at 11 Bowdoin Mill Island Suite 100, Topsham, Maine. We offer a full line of durable medical equipment and oxygen as well as other medical products needed to serve the needs of the public.

11 Bowdoin Mill Island, Suite 100,  
Topsham, ME 406-2283

[www.mhcsi.net](http://www.mhcsi.net)

**Merrymeeting Bay Triad**

An organization dedicated to the promotion of programs, education and materials that enhance the well-being of Merrymeeting Bay's citizens. This is accomplished through an all-volunteer organization that merges cooperative efforts between seniors, police, and senior service agencies.

443-5563 x2215

**Mid Coast Hospital**

Full-service, 93-bed hospital with active medical staff of more than 200 providers in over 30 primary care and specialty areas. Part of MaineHealth, a not-for-profit integrated health system consisting of eight local hospital systems, comprehensive behavioral healthcare network, diagnostic services, home health agencies, and more than 1,600 employed and independent physicians working together through an Accountable Care Organization.

123 Medical Center Drive, Brunswick, ME 373-6000

[www.midcoasthealth.com](http://www.midcoasthealth.com)

**Mid Coast Hospital Auxiliary**

The Mid Coast Hospital Auxiliary raises funds through community-related fundraising projects such as the Annual Holiday Bazaar and Wreath Sale as well as our Grand and Glorious Yard Sale. These fundraisers support Health Career Scholarships for traditional and non traditional community members pursuing careers in the health care industry.

121 Medical Center Drive, Brunswick, ME  
798-1170

**Mid Coast Hunger Prevention Program**

Offers dignity and empowerment by providing all members of our community with access to healthy food. We provide free groceries and meals to anyone who wants or needs them and we offer a wide variety of volunteer opportunities to anyone looking to stay busy and give back to the community.

179 Neptune Drive, Brunswick, ME 725-2716 [www.mchpp.org](http://www.mchpp.org)

**Mid Coast Senior Health**

Mid Coast Senior Health offers a full continuum of senior healthcare and living options in Brunswick. Services include assisted living, memory care, long-term care, skilled nursing, and rehabilitation.

58 Baribeau Drive, Brunswick, ME  
373-3646

<http://www.midcoastseniorhealth.com>



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## Adult Home Care Services



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COR Health encourages independent living and quality of care in the home setting.

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Concierge Care

Block Time Nursing



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Referral

980 Forest Ave suite 207 Portland, ME 04103  
207-347-6106

info@corhealthservices.com  
www.corhealthservices.com

### Mid Coast South Citizens' Climate Lobby Chapter

Learn about 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 systems and other upgrades made less expensive especially for low and moderate income Mainers

38 Harding Road, Brunswick, ME  
838-9843

[cclusa.org](http://cclusa.org)

### Mid Coast-Parkview Health\*

Part of MaineHealth, a dynamic healthcare system addressing a full continuum of community health, wellness, and prevention needs with a full-service 93-bed hospital (Mid Coast Hospital), a diverse medical group (Mid Coast Medical Group), senior health care (Mid Coast Senior Health), and home healthcare services (CHANS Home Health & Hospice).

123 Medical Center Drive, Brunswick, ME 373-6000

[www.midcoastparkviewhealth.com](http://www.midcoastparkviewhealth.com)

### Midcoast Athletic & Recreation Complex (MARC)

The Midcoast Athletic & Recreation Complex (MARC) is an expansion of the Brunswick Recreation Center available free to everyone on the Midcoast. It will provide new outdoor sports facilities like turf fields, pickleball & tennis courts, skatepark, future aquatics facility, playgrounds, family areas, ice rink, and more!

220 Neptune Drive, Brunswick, ME  
725-6656

[www.marcproject.org](http://www.marcproject.org)

### Midcoast Literacy

Non-profit organization providing free literacy programs to people of all ages in Sagadahoc, Lincoln, and northern Cumberland Counties. Programs include one-on-one tutoring for adults and school-age children, memoir coaching for local seniors; workplace literacy group classes; family literacy sessions for preschool and Pre-K families, and free children's books for low-income families.

9 Park Street, Ste 1, Bath, ME 443-6384

[www.midcoastliteracy.org](http://www.midcoastliteracy.org)

### Midcoast Senior College

Courses, lectures, events and social opportunities for seniors who wish to continue lifelong learning! No tests or grades - learn and grow with your peers.

18 Middle St., Ste 2, Brunswick, ME

725-4900

[midcoastseniorcollege.org](http://midcoastseniorcollege.org)

### NAMI Bath Brunswick

NAMI Maine is a vital resource for people affected by mental illness and is committed to its mission of improving the lives of those affected by mental illness through education, support and advocacy. NAMI Bath Brunswick is a local affiliate offering support to individuals throughout the communities it serves.

52 Water Street, Hallowell, ME  
800-464-5767

[namimaine.org](http://namimaine.org)

### Neighbors, Inc.

Neighbors, Inc is a non-medical organization specializing in supporting mostly elderly individuals to remain independent and stay in their own homes as long as possible. We provide transportation, meal preparation, help with chores, medication reminders, shopping and companion/safety care. Services are available from 2 hours to 24 hours daily.

142 Neptune Drive, Brunswick, ME  
725-9444

[www.neighborsinc.com](http://www.neighborsinc.com)

### Nor'easters Barbershop Chorus

The Nor'easters Barbershop Chorus of Bath/Brunswick has been in existence for 57 years and still going strong! They are a non-profit performing arts group who entertain in the midcoast area; singing and entertaining at nursing homes, assisted living locations, senior living, special occasions, birthdays, anniversaries, fundraisers and much more.

c/o Charles Kettell, 103 Rabbit Rd,  
Durham, ME 542-7699

[noreasterschorus.org](http://noreasterschorus.org)

### Northern New England Poison Center

Located at Maine Medical Center in Portland serving ME, NH, VT. Staffed 24/7 with nurses and pharmacists who can help with general poison prevention questions, pill identifications, medication errors, drug interactions, food poisonings and more. Contact at 1-800-222-1222, chat at [www.nnepc.org](http://www.nnepc.org) or text POISON to 85511. Calls are free and confidential.

22 Bramhall St., Portland, ME

1-800-222-1222

[www.nnepc.org](http://www.nnepc.org)

### Norway Savings Bank

Norway Savings Bank helps you live the life you choose! Although we're just a small part of your life, we're here to help

make it great. With three branches in the Midcoast area, you're never far away from banking that's as unique as you are.

83 Maine Street, Brunswick, ME  
888-725-2207

[norwaysavingsbank.com](http://norwaysavingsbank.com)

### Penquis Foster Grandparent Program

Penquis Foster Grandparent Program provides tutors/mentors to children. Foster Grandparents serve in public/non-profit locations. They are also a role model and mentor. Volunteers must be 55 or older and meet income guidelines. They receive a tax-free stipend and mileage reimbursement. FMI call Maria Staples, 1-800-215-4942.

262 Harlow St, Bangor, ME  
1-800-215-4942

[www.penquis.org](http://www.penquis.org)

### People Plus

People Plus, located in Brunswick, supports an engaged, healthy, and independent life for older adults, while joining others to build community for all ages. We offer numerous choices for fitness and wellness services, recreation and learning opportunities, education and outreach.

35 Union St, Brunswick, ME 729-0757

[www.peopleplusmaine.org](http://www.peopleplusmaine.org)

### Peregrine Acupuncture

Often patients find us when they have been diagnosed with difficult-to-treat conditions. Whether you're seeking relief from chronic pain, neuropathy, fibromyalgia, or simply aiming to enhance your overall health, Peregrine Acupuncture is your partner in healing. Our staff creates personalized pathways to wellness through consultation, goal setting, and ongoing care.

178 Lower Main St., Freeport, ME  
222-3109

[www.peregrineacupuncture.com](http://www.peregrineacupuncture.com)

### Plant Memorial Home

Plant Memorial Home is a level two assisted living home tucked away along the banks of the Kennebec River in Bath, ME. Our dedicated and experienced team has provided affordable and exceptional care services with a view to Maine area seniors since 1917!

1 Washington St, Bath, ME 443-2244

[www.planthome.org](http://www.planthome.org)

### Project Lifesaver Program

Public safety program designed to protect and locate missing persons due to wandering. Uses state of the art technology in assisting those who care for victims of

Alzheimer's, dementia, Autism, Down syndrome and other cognitive conditions. Brunswick PD, Freeport PD, Bath PD, Topsham PD, Richmond PD and Sagadahoc County Sheriff's Office.

Contact participating police department,  
[projectlifesaver.org](http://projectlifesaver.org)

### Reform Physical Therapy

An independently- & Maine-owned outpatient practice that focuses on treating the individual, not just the injury. Specializing in pre-/post-op care, injury rehabilitation, balance training, arthritis treatment, and more! Free injury & pain screenings are available daily. With six convenient locations including Topsham, Brunswick, Freeport and Yarmouth.

190 Pleasant Street, Brunswick, ME  
550-2070

[www.reform-pt.com](http://www.reform-pt.com)

### Renewal by Andersen

Renewal by Andersen, LLC., includes a long-standing commitment to leadership in environmental stewardship and manufacturing energy efficient products. This commitment is exemplified in the design, craftsmanship, durability, and quality of our windows. We have also achieved the highest SCS Global Services-certified recycled content values for windows!

66 Industrial Park Road, Saco, ME  
508-365-7338

[www.renewalbyandersen.com](http://www.renewalbyandersen.com)

### Repair Caf 

Curtis Memorial Library is offering a Repair Cafe! The goal is to reduce waste and educate people on how to repair the items that break everyday rather than throw them away. Experts are able to repair electronics, lamps, mend clothing, small appliances, sharpen tools and Jewelry.

23 Pleasant Street, Brunswick, ME  
432-1824

[www.curtislibrary.com](http://www.curtislibrary.com)

### Sexual Assault Support Services of Midcoast Maine (SASSMM)

SASSMM's mission is to support and advocate for people affected by sexual violence, while working to prevent it in our communities. We provide prevention and response services to all ages and identities. Please call 1-800-871-7741 to speak to an advocate now.

PO Box 990, Brunswick, ME  
1-800-871-7741

[www.sassmm.org](http://www.sassmm.org)

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### Spectrum Generations - Aging and Disability Resource Center\*

As an Aging and Disability Resource Center (ADRC), Spectrum Generations promotes the well-being and independence of older and disabled adults, with support of their care partners, to live in their community of choice. We provide resources, information, referrals, case management, Medicare counseling, social dining, wellness/enrichment programs, community centers and more!

One Weston Ct, Augusta, ME  
1-800-639-1553 [spectrumgenerations.org](http://spectrumgenerations.org)

### Spectrum Generations - Meals on Wheels

Spectrum Generations' "We Sustain Maine," Meals on Wheels program prepares and delivers delicious, nutritionally balanced meals for homebound older adults and disabled persons. Meals are delivered by volunteers who also provide a wellness check with each meal recipient. Spectrum Generations serves residents of Brunswick, Harpswell, Lincoln County and central Maine.

One Weston Ct, Augusta, ME  
1-800-639-1553 [spectrumgenerations.org](http://spectrumgenerations.org)

### The Gathering Place

The mission of The Gathering Place is: "Welcome". It's a safe space for neighbors in need-whatever the need. We welcome an average of 65 guests each day. Volunteers, who are the backbone of all we do and give generously of their time, share an interest and commitment to helping others.

5 Tenney Way, Brunswick, ME 729-0288  
[brunswickgatheringplace.org](http://brunswickgatheringplace.org)

### The Highlands\*

If you're looking for a retirement community that understands and honors you as a unique individual, you've come to the right place. In choosing The Highlands, you can rest easy knowing that your lifestyle and your interests will be catered to and your expectations exceeded.

30 Governors Way, Topsham, ME 725-2650 [highlandsrc.com](http://highlandsrc.com)

### The McLellan

Active senior living community based on book "Being Mortal." Mission is not just to provide housing, services & amenities, it is about total well-being: with organic menus, holistic fitness activities and personal hopes and dreams. It is about feeling vital, feeling purposeful, feeling alive. It is about "Living better" right now!

26 Cumberland St., Brunswick, ME  
725-6200 [www.themclellan.com](http://www.themclellan.com)

### The Vascular Care Group\*

The Vascular Care Group is a growing independent group of board-certified vascular surgeons committed to preventing, diagnosing, and treating vascular disease. Most testing and treatment is performed in the comfort and convenience of the office setting. Our practice brings together decades of expertise, offering unparalleled vascular care across New England.

400 Southborough Drive, Ste 400-102,  
South Portland, ME 464-8288

[TheVascularCareGroup.com](http://TheVascularCareGroup.com)

### The Vicarage By the Sea, Inc.\*

Celebrating over 25 years, since 1998 we have provided long-term, specialized dementia care in safe, homelike setting overlooking beautiful Casco Bay! Staff to resident ratio of one to four provides personalized care for loved ones. We believe that every human being deserves the opportunity to grow regardless of age or ailment.

9 Vicarage Lane, Harpswell, ME  
832-5480

[www.thevicaragebythesea.com](http://www.thevicaragebythesea.com)

### Topsham Dental Arts

Our cheerful staff will be happy to make appointment that fits your schedule. You may also want to stop by for an office tour. Whatever your dental needs are - from routine care to emergencies to sleep apnea oral devices or dental implants - we look forward to meeting you!

37 Foreside Road, Topsham, ME  
798-6700

[www.topshamdentalarts.com](http://www.topshamdentalarts.com)

### Topsham Public Library

Our mission is to connect resources, programs and services to the community to stimulate personal growth and enrichment. We are the access point for traditional and innovative resources to meet the informational, social and cultural needs of an evolving community.

25 Foreside Road, Topsham, ME 725-1727

[www.topshamlibrary.org](http://www.topshamlibrary.org)

### United Way of Mid Coast Maine

Brings people together to solve community challenges and respond to emerging or unmet needs that one organization cannot resolve alone. In partnership with community partners, donors, and volunteers, together we can give children the best start, build financial stability, and help everyone live healthy, connected lives.

34 Wing Farm Parkway #201, Bath, ME  
443-9752

[www.uwmcm.org](http://www.uwmcm.org)

### US Attorney's Office, District of Maine

The U.S. Attorney's Office is committed to protecting Maine's senior generation. Our goal is to raise awareness of scams to reduce the number of victims in Maine and to assure those who are victimized that they are not alone. The victimization only stops when perpetrators are reported and prosecuted.

100 Middle St, 6th Floor, East Tower,  
Portland, ME 780-3257

<https://www.justice.gov/usao-me>

### Volunteer Transportation Network (VTN)

A program of People Plus. Providing FREE rides for medical appointments and grocery shopping, as well as personal needs such as trips to the bank, post office, and hair salon. Expanded services include grocery and prescription pick-up/delivery. Visit [peopleplusmaine.org](http://peopleplusmaine.org) for application or call 729-0757.

35 Union St, Brunswick, ME 729-0757

[www.peopleplusmaine.org](http://www.peopleplusmaine.org)

### Western Maine Transportation Services

Includes Brunswick Link: Fixed-route and ADA Paratransit bus services in Brunswick, Monday-Friday, 6:49 AM to 6:27 PM; Bath CityBus: Flex-route bus service in Bath, Monday-Friday, 8:00 AM to 5:30 PM; and BlueLine: Commuter bus service with 3 round-trips between Lewiston, Lisbon, Topsham, Brunswick and Bath Monday through Friday.

76 Mellow Road, Auburn, ME  
333-6972/721-9600

### Winship Green Center for Health and Rehabilitation

A 72 bed skilled nursing, rehab and long term care facility in Bath, ME. We provide multiple amenities for all who live here and daily recreational activities to promote physical, mental & psychosocial well-being of each resident.

51 Winship St., Bath, ME 443-9772  
[winshipgreencenterrehab.com](http://winshipgreencenterrehab.com)

### Write On Writers

The Write On Writers group meets every Wednesday at People Plus to read and share their works of poetry and prose, and to improve their writing skills. They have published ten books and recorded one CD. New members are welcome at any time. Experience is not necessary.

35 Union St, Brunswick, ME 729-0757  
[www.peopleplusmaine.org](http://www.peopleplusmaine.org)

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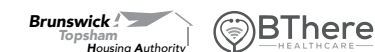
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[www.cmpco.com](http://www.cmpco.com)



## Brackett Funeral Home

*Our History tells you who we are.*

The firm began as Robert's Funeral Home in 1862, later becoming Gordon Funeral Home, then Law's Funeral Home, and finally established as Brackett Funeral Home in 1956. Located on historic Federal Street in downtown Brunswick, it has faithfully served our community for over 150 years.

With the purchase of the Brackett Funeral Home in 1973, Peter W. Ladner began with a promise "to provide the highest quality of customer service, to serve each family's individual needs in a compassionate, courteous, dignified and meaningful manner, within the means of all."

Hoping to improve the quality of lives in our community, Mr. Ladner's promise remains our mission now and for the next 150 years.





## Welcome to BThere Geriatric Care



### WHO WE ARE

BThere healthcare has created an all in geriatric solution for primary care offices, residential care, independent living, assisting living facilities as well as memory care centers.

### HOW WE'RE DIFFERENT

BThere providers routinely use advanced technology and evaluation methods such as artificial intelligence (AI) including remote physical exam and monitoring devices to help evaluate you in the comfort of your home.

### HOW WE CAN HELP

Adding outside geriatric services to your facility can be highly beneficial to both the healthcare team and the patients, as it brings specialized expertise and resources to address the unique needs of elderly residents, enhancing the quality of care and overall well-being within the facility.

CONTACT US FOR MORE INFO

 **207-200-5907**

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

 [www.btherehealthcare.com](http://www.btherehealthcare.com)

### OUR ALL-IN GERIATRIC SOLUTIONS



#### GERIATRIC CONSULTATIONS

Specialized medical assessments and recommendations provided by our professionals with expertise in the unique healthcare needs and considerations of elderly patients.



#### MEMORY WELLNESS PLATFORM

Focused on promoting cognitive health and well-being in the elderly population through a variety of tools & programs.



#### CHRONIC CARE MANAGEMENT

Coordination and provision of comprehensive services to geriatric patients with chronic conditions to optimize their overall health and well-being.



#### REMOTE PATIENT MONITORING

Enabling continuous monitoring and collection of patient data from a distance, enhancing the management of their health conditions & health risks.



#### MEDICAL DIRECTORSHIP SERVICES

Oversight and leadership to ensure high-quality patient care, adherence to clinical guidelines, and effective management of medical staff.



#### ACCESS TO GERIATRIC TRAINED PROVIDERS VIA TELEHEALTH

Quickly connect with a healthcare professional specialized in geriatric care through telehealth, ensuring timely and convenient access to specialized medical expertise for elderly patients.



*You're in good hands*

**Jose A Ventura MD, FAAFP, SFHM**  
BThere Chief Medical Officer

# Driving for others!

Can you help a neighbor in need?



With over 800 registered riders, the VTN program is completely free and provides rides, grocery shopping/delivery service, as well as, prescription and food pantry pickups in the Brunswick area. The VTN is the most successful and well-managed volunteer transportation program in the state of Maine.

On track to provide more than 33,000 miles this year alone, the VTN has fulfilled over 3,324 free rides this year. VTN is a lifeline for people in their homes with no access to transportation.

"I am a weekly rider with the VTN program, and I very enthusiastically affirm this service at



People Plus," said Art Treffry. "The coordination in my experience has been both very earnest and superb. I would hope that this undertaking will be retained for years to come."

It is serving a critical need in this area very well."

People Plus has coordinated over 100,000 miles of FREE rides for home-bound residents of Brunswick, Topsham and Harpswell. We can't do it alone!

We need your help with the driving and shopping! We ask that you become a driver today! It is a rewarding and selfless gift to help your neighbors in need. Thank you!!



Thanks go to our generous sponsors: *Rusty Lantern Market, Suzan Wilson & Daniel McLaughlin Family, Maine Community Fund, United Way of Mid Coast Maine* and *Spectrum Generations*, who help keep the program growing!



**Northern  
New England**

**207-729-3300**



# Brunswick Topsham Housing Authority

The mission of the Brunswick Topsham Housing Authority is to provide safe, quality, and affordable housing for eligible persons in need of assistance, regardless of race, color, sex, religion, national or ethnic origin, age, handicap, marital status, sexual orientation, familial status, or disability, and to promote opportunities for the growth and development of residents as well as our community.

PO Box A  
Brunswick, ME 04011  
207-725-8711  
brunswickhousing.org

Office Hours  
Monday - Thursday  
8:00 am to 4:30 pm



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A Northbridge Senior Living Community

**Avita** of Brunswick  
— A Northbridge Memory Care Community —

207.443.9100

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

207.729.6222

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





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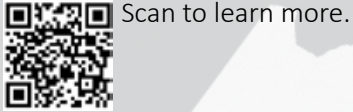
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**OUR MISSION**

*To coordinate and align community resources to improve the health and wellness of the people of Maine.*

**Healthy Living for ME®** is helping communities across Maine create a culture of health, where prevention and wellness are the norm. Through education, fitness instruction, self-care strategies, health promotion activities, and social care coordination, our programs give you the tools you need to take control of your own health and manage in a way that works best for you and your life.

**Visit [healthylivingforme.org](http://healthylivingforme.org) to learn more!**  
**1.800.620.6036 | [info@healthylivingforme.org](mailto:info@healthylivingforme.org)**

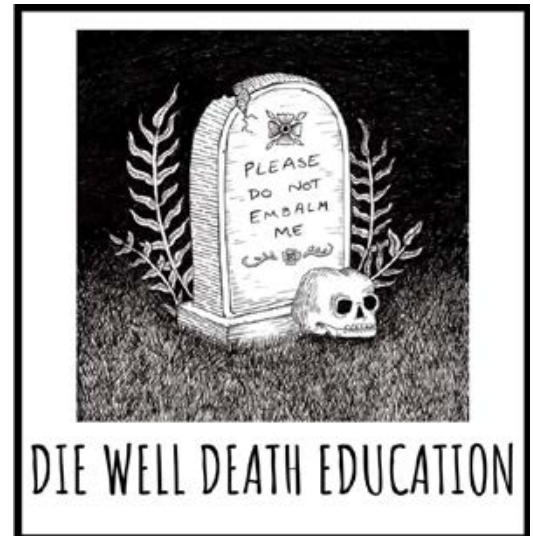


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 (207) 284-9190

## Did you know we loan out medical equipment?

Do you have need of a little support? A wheelchair, crutches, a walker, shower and toileting devices? The People Plus Center maintains a "lending inventory" and it's ready when you are.

"It started almost by accident," explained Frank Connors, the retired Center staffer who in the past usually hauled the surplus equipment up and down the stairs to a basement storage area. "We had members who'd used this equipment and no longer needed it, they offered it to us, we saw the need and the opportunity, and away it went!"

Now, on a regular basis, members needing equipment to keep them safe and secure at home have a new source of access.

"Everyone wins," Connors said. "We ask people to bring it in clean and in working condition," he added, "we take care of the rest."

If you have a specific need, or equipment to loan to the program, call or come by the Center. You do not need to be a member to borrow equipment.



**YOU CAN HAVE IT, I DON'T NEED IT!** A Topsham resident offers an unneeded wheelchair to the medical equipment loan program. The aim is to connect used equipment with new users.



## Who you gonna call??

The Good Morning program is a free, daily, safety check-in program available to adults in Brunswick, Harpswell, and Freeport. Once registered, participants call in every morning to say they are OK. If a registered participant does not call in by 9:30 am, a volunteer will call the home. If there is no answer, the emergency plan will be enacted, which may include a wellness check by local police.

Giving peace of mind to participants and their families, the Good

Morning program is ideal for those who live alone or have recently returned from the hospital or rehabilitation facility.

For more information, call People Plus at 729-0757 or Brunswick Police non-emergency number at 725-6621. To download an application, visit [www.peopleplusmaine.org/good-morning-program](http://www.peopleplusmaine.org/good-morning-program).



## Turning 65?

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[cogswellc@aetna.com](mailto:cogswellc@aetna.com)



\*These providers and/or pharmacies will be a provider in our Medicare advantage network in 2023. They may also contract with other plans. Aetna Medicare is a HMO, PPO plan with a Medicare contract. Our SNPs also have contracts with State Medicaid programs. Enrollment in our plans depends on contract renewal. Plan features and availability may vary by service area. We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

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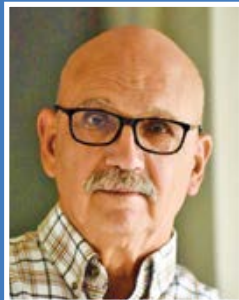
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Membership & Transportation



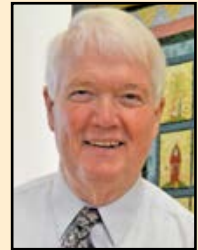
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# Understanding the Value of Assisted Living

Our journey through our golden years can be tarnished with worry, and if not planned well, one challenge after another may arise. Everything from mobility to mental health can become a concern as we age, and having a plan and a support network in place are critical.

Everyone's senior living journey is unique, and needs can vary. That's why living in a setting with comprehensive services can be so helpful, and that is just what the residents of Mid Coast Senior Health's Assisted Living at Thornton Hall have to support them.

The benefits of a well-run assisted living community are several, and they start with peace of mind. Families can rest assured that their loved one will always have assistance available and have a vibrant, enjoyable experience. Licensed staff is on hand 24 hours a day to meet your needs. Importantly, couples or siblings can be at different levels of care, but still spend time together (e.g. meals, activities, quality time without the need for transportation between buildings).

Our assisted living community is just that, a community, and as such it affords social opportunities so vital to maintaining a positive and healthy outlook. We like to say that our residents love their apartments but don't spend much time in them. Activities and events designed specifically for seniors provide each resident with opportunities to make friends every day.

The support we provide gives our residents the ability to live their lives as they would like, providing independence and choice free of many of the chores of daily living. There are no worries about housekeeping, yard maintenance, shoveling snow or any of the other tasks that can take up your valuable time.

Some of what sets our programs apart is that we can provide in-house providers for all levels of care. At Thornton Hall assisted living, our residents can receive outstanding medical care as we are part of the Mid Coast-Parkview Health and MaineHealth family. This care can help residents age in place and potentially delay the need for higher levels of care.

In addition, here are some of the services available to residents at Thornton Hall:

- Medical supervision managed by an on-site provider team
- Integrated mental health services
- Routine weight and blood pressure monitoring
- Medication and chronic disease management
- In-home therapy, podiatry, dental, audiology, optical, and laboratory services
- Coordination and transportation to medical appointments



**“With everything taken care of,  
we can just relax and enjoy life.”**

## Mid Coast Senior Health's Assisted Living at Thornton Hall

offers a home environment with caring services that encourage each resident to live life to the fullest.

We offer an opportunity to live as independently and comfortably as possible in a carefree and peaceful home, with a breadth of healthcare services and social activities readily available.

For more information on services and amenities, call **(207) 373-3646** or visit **[www.midcoastseniorhealth.com](http://www.midcoastseniorhealth.com)**.



**Mid Coast Senior Health**  
MaineHealth

- Weekly housekeeping and laundry
  - Facility, grounds, and utility maintenance
  - Three daily meals and healthy snack options
  - Assistance with activities of daily living
- Our goal at Mid Coast Senior Health's Assisted Living at Thornton Hall is to expand

the horizons of our residents rather than restrict them. We aim to provide support that will allow the pursuit of what they enjoy most.

You can learn more about our facility and programming here or you can call (207) 373-3646.