



# Plus! People NEWS!

THE CENTER THAT BUILDS COMMUNITY SINCE 1976

People Plus  
P. O. Box 766  
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Non-Profit Organization  
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Portland, ME 04101  
Permit No. 454

People Plus supports an engaged, healthy, and independent life for older adults, while joining others to build community for all ages  
35 Union St. / PO Box 766, Brunswick, ME (207)729-0757 www.peopleplusmaine.org November 2023 Volume 23, No. 11

## IT WAS AWESOME!!

### Senior Health Expo breaks all records

The People Plus Senior Health Expo keeps getting better and better. Last month's 12th edition broke all sorts of records with 950 total participants, including 400 people through the door in the first hour! With more sponsors than ever and over 100 vendor and service tables, everyone who came could get what they needed – including flu and COVID vaccines (426 shots administered.) Thirty people joined People Plus and we can't forget to mention dozens of raffles and takeaways, including the People Plus Lifetime Membership won by Janis Parent (see inset) plus 500 swag bags offered to attendees at the Brunswick Recreation Center.

There was a buzz all day as folks had a great time, got great material, connected with services, friends, businesses, and took home amazing swag and memories!! Thanks to all our wonderful sponsors, exhibitors,



volunteers, and the Town of Brunswick and the Parks and Recreation team. We couldn't have done it without all of you!

The annual event, which was free and open to the public, offered everyone the chance to learn what services are available in the Midcoast to help them live a longer, healthier life.

Maine has the highest percentage of older adults in the nation, and the Midcoast is where this population is growing the fastest. The Expo brings together resources for this increasingly important segment of our community. It helps people learn about products and services in medical services, fitness and health, technology, legal, community services, housing/respite care, and finance.

"The ability to speak face-to-face with service providers and get your questions answered is so important," says People Plus Executive Director Stacy Frizzle-Edgerton. "The feedback from all sponsors, vendors, and attendees was that it was an amazing day and they

*continued on page 8*



### Pizza party, shots, and a chat with Gerry!

### Vaccine clinic with lunch and conversation at the Center

**Monday, Nov. 27: Pizza party 12 - 1 pm, Vaccination clinic 12- 2 pm.** Come join us for a fun pizza party and conversation with Spectrum Generations' President and CEO Gerard Queally. And while you're here stop at the vaccine clinic with flu (regular and high dose) and COVID shots from 12 noon to 2 pm, hosted by Spectrum Generations! Free and open to the public (18 and older), this is a great opportunity to get your vaccine shots, enjoy pizza with blueberry pie for dessert and learn from Gerry Queally about the issues of aging in the state of Maine. Your input could influence the direction Spectrum Generations and People Plus takes in the next five years. Registration required for the lunch.



Gerry Queally about the issues of aging in the state of Maine. Your input could influence the direction Spectrum Generations and People Plus takes in the next five years. Registration required for the lunch.

### Light up your holidays in a special way



Grab a little magic by joining us on Friday, Dec. 1, for Frank's Field Trip to Gardens Aglow at Coastal Maine Botanical Gardens in Boothbay. The bus to this spectacular display of lights will leave People Plus promptly at 3:30 pm, with participants required to be at the Center by 3 pm. You can leave your car at People Plus. The bus will arrive at the Gardens about an hour later. According to Frank, the plan is to



stay at the light show about an hour, then reboard the bus back to the Center for an optional FREE pizza party!

Please note that walking is required and no rollators/walkers are permitted. It will be dark and you should dress warmly. This trip is open to the first 43 who sign up and pay. The cost, including transportation and admission to the event, is \$40. Members only, stop by the Center to register and pay.

### Annual fundraising campaign kicks off

## Look for your letter!

The People Plus Annual Fund provides vital services, so please jump in and help support our efforts. Just consider that we offer the following:

- Thousands of miles of FREE transportation to hundreds of riders.
- Delivery of thousands of grocery, medical, and pharmacy orders.
- Loaning medical equipment to community members.
- Countless visits to the Center for games, clubs, presentations, and classes.
- Thousands of meals provided to older adults.

As the list shows, People Plus is an invaluable resource for our community. People of all ages are able to receive the type of support that goes a long way toward making their lives better and safer. With that in mind, People Plus is launching its annual fundraising campaign in November. And we would appreciate your support!

"The annual appeal campaign is our largest fundraiser of the year and is critical to the success of the activities and outreach we provide," states David Millar, Chair of the People Plus Board. "Thank you for considering a donation this year toward vital resources for our community!"

The programs and services that are facilitated by staff and volunteers at the Center have a tremendous impact on literally thousands of people. More than 1,500 members can take exercise classes, learn languages, enjoy a snack or meal, take art lessons, play cards and games, attend presentations; the list is almost endless. It's a place to meet and make new friends.

"In the last 45 years, we've grown from a tiny social group with cards and bingo to a real community center with more than 1,500 members. We have gotten through the best of times and the worst. We've grown stronger, and today need each other more than ever," said Executive Director Stacy Frizzle-Edgerton.

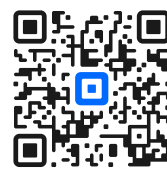
People Plus receives no money from the state or federal level. A portion of our funding comes from the towns of Brunswick and Harpswell, United Way, and Spectrum Generations, but the Center must raise over \$300,000 a year to meet the total budget demands.

To that end, the People Plus board of trustees sign the letters that get sent out to potential donors, signaling their support for what goes on at the Union Street facility. The letters are often followed up with personal contacts from the board, staff, or development committee members.

This year's goal is \$80,000. The funding is specifically slated for our programming: Supporting homebound elders, as well as the Volunteer Transportation Network, keeping all the classes in the Center at low cost, free lectures, free gaming and language clubs, free events, and more.

"We are hopeful our members and community partners will continue to send their contributions to keep this Center going," says Stacy. "We welcome the challenge to provide these services and your support is invaluable."

In advance, we thank you for supporting People Plus!



Scan to donate

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

**Thursday, 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? Come to Gail and Cy Kendrick's travelogue presentation and find out what happened!

In Part III of their series, this talk-and-picture show will feature something for everyone: ancient and modern history, garden tours, animals, a visit to an olive oil production center, and scary times as the intrepid travelers encounter money problems in Greece and would-be smugglers in Morocco!

You'll have a chance to see Chefchaouen (the blue city of Morocco), hear the Venice Chamber Orchestra, experience sledding down the streets of Madeira, taste expensive basil olive oil from Bari, Italy, and much more! You will even get some ideas as to what to do in the Fort Lauderdale area of Florida!

Gail is a member of the People Plus Board of Trustees and Cy runs the weekly duplicate bridge game at the Center. All this is followed by drinks and snacks inspired by the journey.

Hope to see you there. Free, open to the public. Registration required by calling 729-0757.



### Balance & Falls Clinic with Reform PT

**Mon, Dec. 4, 1:30 pm.** Dr. Christina Levesque, PT, DPT, is back for her famous quarterly Balance and Falls Clinic 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 729-0757 to register.







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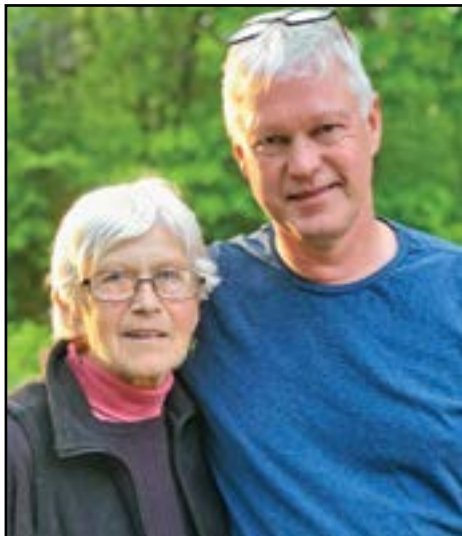
Check out past newspapers at [www.peopleplusmaine.org](http://www.peopleplusmaine.org)



# Keeping houses in the family keeps families together

Jonathan and I are getting older and are in that phase of life where we have older parents (who are also getting older) and children who are getting older too. And it has begun to dawn on us that time is like a river that keeps on flowing as we are quickly becoming our parents and our children are becoming "us"...

Our daughters are inheriting the responsibilities that come with "adulting", be it getting their cars registered, having the oil changed, moving into their first apartment with roommates for college and inheriting furniture that they're not really sure they want. And at the opposite end of the spectrum are the oldest adults in our family as they age, and begin to pass down both their belongings, and their responsibilities to us, their adult children.



JONATHAN WITH HIS MOTHER, BETSY EDGERTON at the cottage at Oceanpoint.

While practicing her "adulting" skills, my youngest Juliet – now 18, bought Betsy Edgerton's (Jonathan's mother's) car, and my eldest daughter Daphne, (who is 23 and had the art show at the Center), is "getting" Jonathan's mom's house in Topsham as well.

It's a lovely home built in 1932 by Thomas Michaud. (And yes they were related to the Michaud Market family way back when.) Betsy Edgerton later bought the house in 1993 and just sold it to me last month. It was the first house she ever owned on her own and I realized it is the first house I have ever owned by myself as well. (So I guess I am finally "adulting" too!). I'm renting it to Daphne and her partner Demond Babbidge who moved in

this month and are thrilled with having a house and all the joys and responsibilities that come along with it, (with me there to help in a pinch!)

And Betsy is equally as thrilled to keep it in the family with fresh, younger life to "perk it up a bit" she said. Like Daphne, she too was an artist and Daphne plans to keep all of the artwork, sculptures, mobiles, and drawings Betsy left for her in the house. Betsy's favorite place was the screened in front porch with the porch swing and comfy sofa. And Daphne can't wait to settle in there with Desmond this fall and watch the sunset over the river.

Additionally, Jonathan and his sister Louisa are inheriting the ownership of Betsy's beautiful, historical cottage at Ocean Point on the coast of Maine. The small house is lovingly called "Solid Comfort" and it has provided that since it was built in 1877. It was purchased by Jonathan's great-great grandfather in 1883, so we celebrated 140 years of ownership of the solidly built little cottage this past summer. The cottage has provided a place of respite and relaxation for generations of the Pettengill and Edgerton family.

Jonathan's parents bought the small house in May 1968, and the cottage has seen a lot of Jonathan's family come and go. 14 decades of ownership means that a lot of people have slept under the roof, fried eggs there in the morning, rocked a baby there at night, and filled the house with laughter for all the hours in between.

It was an idyllic situation for Jonathan and his siblings as they grew up in a time when their mother was able to be home with them. So Jonathan, his brother and sister would roll off the school bus on the last day of school and off they went to East Boothbay for the next three months. A few days before school started they would load the dog back in the car and head home for school a few days later with the memories of the summer months at Ocean point still fresh in their minds and the smell of the ocean in their noses and the salt on their tongues.

Betsy has loved every moment of owning the cottage for the last 55 years. She spent idyllic summers there with her family, fed her children, watched them grow. And I know it is with love and pride that she is able to transfer emotional ownership of the property to her children. It is also of course, with love and pride that they receive it.

## From the Executive Director

Stacy Frizzle-Edgerton



And so it is an interesting journey to either purchase or inherit a home from a parent. Especially when it's a home in which you lived. There's a sense of respectful preservation while also making it your own. Just as Jonathan's parents adopted the cottage and updated it for their needs and tastes, Jonathan and his sister Louisa are slowly doing the same. And we got started on that over the summer when Jonathan decided that the floors, all of which are original to the cottage, needed a fresh coat of paint.

Jonathan picked a gray/tan color to brighten things up and I dubbed it "Gran," as a nod to his mother, who has been called that by her grandchildren all their lives. So as we painted Gran's cottage this summer it felt to me that with every stroke of the paint brush we were hearing the footfalls of the generations before us, the hundreds of people who have come and gone through to the cottage – in Victorian lace up boots or bare sandy feet - always happy and "solidly comfortable" in their home. Their place of rest and relaxation with family.

So as we continue to ride this river of life, we are honored to continue our family traditions of home ownership and to pass these amazing houses and memories through the generations of our children and on to theirs as well. I can't wait to hear the pitter patter of my grandbabies' sandy little feet in the cottage or see them on the porch swing at the Topsham house and know that it will be this way for generations to come.



DAPHNE FRIZZLE AND HER PARTNER DESMOND BABBIDGE are excited about their new home in Topsham!

## November is National Diabetes Month

The number of people who have diabetes continues to increase each year – 37.3 million Americans have this disease and 96 million American adults have prediabetes. Many people I see in my practice have either diabetes or prediabetes.

This article will focus on some general guidelines that may help individuals control their diabetes or delay the onset. These are just guidelines and are not meant to replace medical advice.

- Eat food in combination. Consume some lean protein and a small amount of healthy fat when eating carbohydrates. Eating just carbohydrates can cause blood glucose to go up too quickly.
- Eat vegetables and protein before your carbohydrates.

## From Anita's Plate

Anita Nugent

(207) 504-6439

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



- Choose carbohydrates that are high in fiber. Legumes are a high-fiber food that can be added to wraps, eggs, tuna, or a salad.
- Choose resistant starches. These are pasta, rice, and potatoes that have been cooked and cooled for 12 hours. This makes them resistant to breaking down.
- There are no foods that can never be consumed. Portion and frequency are the keys!!
- Make vegetables take up half of your plate.
- Take care of your gut health. Try to consume some low-sugar yogurt that contains active live cultures or fermented foods.
- Maintain a healthy weight.
- Avoid artificial sweeteners.
- Eating berries can help reduce a person's risk of diabetes by 15 to 18%!
- Try to be active.

Taking small steps may be the key to controlling or delaying diabetes.

## Chicken, Sweet Potatoes, and Veggie Skillet

### Ingredients:

- 2 cups cooked chicken
- 2 Tbsp. olive oil
- Black pepper to taste
- 4 cups sweet potato cubes
- 2 bell peppers, diced
- 1 red onion, diced
- 1 Tbsp. chili powder
- 1 Tbsp. cumin
- 1 cup chicken stock, low sodium
- 1 Tbsp. lime juice
- 1 can black beans
- Avocado slices

### Directions:

1. Add the sweet potato, bell pepper, red onion, chili powder, cumin, chicken stock, and lime juice to a skillet.
2. Cover and bring to a simmer. Simmer (covered) for 15-20 minutes, stirring 2-3 times, until sweet potatoes are soft and cooked through. If the pan becomes dry, add more chicken stock.
3. Add the black beans and cooked chicken breast, and cook 2 minutes or so until heated through.
4. Serve with sliced avocado.



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## Scholarship honors Jordan’s legacy

People Plus has created the Jordan Cardone-Ruwet scholarship to honor the former Brunswick Area Teen Center Coordinator (right), who recently retired after 18 years of service and dedication to the Teen Center program. The award will provide funds of \$500 annually for a graduating high school senior (who has been a member of the Teen Center), to be used for post-secondary education of their choice.

Contributions to the Jordan Cardone-Ruwet scholarship endowment capital campaign are currently being sought and accepted at People Plus, or can be mailed to PO Box 766, Brunswick. The Endowment fund needs to reach \$10,000 to maintain the annual scholarship award in perpetuity, will be managed and overseen by the Brunswick Area Student Aid Fund (BASAF), and is an investment in the future of education for local area youth.

A program of People Plus, the Brunswick Area Teen Center provides free, after-school, drop-in programming for youth in grades 6-12 to socialize, eat nutritious food, and unwind in a supervised,

safe, youth-oriented, stress-free and fun environment. The kids are offered a full dinner each day at the program. The program is available to students of Brunswick and SAD 75 school districts.

Director of the Brunswick Parks and Recreation Department and Teen Center Advisory Committee Chair, Tom Farrell (left), says “Jordan has had a considerable positive impact on the lives of countless teens and 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.”

Jordan states she was motivated to help start the Teen Center because she found support from adults outside her family during her own unhappy teenage years. Looking back over the years of building a safe, comfortable place for teens, she notes, “We never dreamed 20 years ago that the Teen Center would be the success it has become.”

## “We’ve seen it all,” our sage advice for Bowdoin College students

Bowdoin College senior Maya Lamm has partnered with People Plus over the last year to have our members answer life questions posed by Bowdoin students. The answers are published in *The Bowdoin Orient* student newspaper every two weeks and here in the News as often as we can fit them in. Maya, who grew close with People Plus member Beth Aldenberg during the pandemic, named her *Orient* column “We’ve seen it all.” Here are some of the recent student questions and the sage advice rendered.

### Q: I have a crush on my friend. What should I do?

“Be friendly, ask them about their likes and dislikes. Let them know you enjoy spending time with them. See what develops. The danger is sometimes if you make the romantic advance and it fails, then you hurt the friendship.”

“Ask them to go for a cup of coffee – talk about everything. Enjoy their discussions and be sure to do something fun! Maybe ask them to go to a play or performance on campus.”

“Spending more time with this person is a good way to start to know them better. Find out what clubs or activities they enjoy and get involved in one. This shared activity can be a good source of conversation material that may eventually lead to more substantive talks.”

“Do nothing except keep on being a friend. Your ‘friend’ in time will tell you if the feelings you have are reciprocated.”

### Q. What is the best piece of advice that you have been given?

“Don’t worry about what other people think of you. They’re busy worrying about what you think of them.”

“Gosh, that is quite a question. One is: Be yourself and do the best you can. Another is: Be kind to everyone and love everyone.”

“Best piece of advice? Certainly not from my parents. I think it was the philosophy of my boss when I worked for the Peace Corps ... She told me that we can never predict what is coming tomorrow, but we can always sort out the good from the chaos of life.”

“Think prospectively.”

“The best advice I was ever given had two parts: When faced with many tasks, tackle the big ones first ... what appears overwhelming is just a lot of small tasks clumped together. Break down the seemingly overwhelming task into small parts, and then, small task by small task, the job will get done.”

### Q. How do I stay confident in my decisions and not question myself, just because someone else is doing something different from me?



“Be yourself. Overthinking can make you anxious. Anxiety can bring you down.”

“You are not the same as that other person. Your circumstances and your plans are not theirs. Live your own life.”

“To stay confident in your decisions, you first need to figure out what factored into those decisions. If a core value of yours made you decide the way you did, stick with the decision. If it was anything besides a core value, you may want to rethink.”

“That usually isn’t an issue for me, but if I do question my decision, I run it past my sisters and close friends. I’ve never had trouble doing things differently from others.”


“Really think about it – write down pros and cons. Talk with a mentor or a trusted friend or relative. Go with it. You can always re-evaluate and adjust how and what you are doing as you go along. Nothing has to be set in stone.”

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

**– James Tierney, BHS Class of 1965**

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



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*All Mid Coast Hospital Gift Shop proceeds fund the Herb Paris Health Career Scholarships that are awarded by the Mid Coast Hospital Auxiliary.*

**QUESTIONS?**  
Contact Barb Kay, Gift Shop Manager at (207) 373-6017 or [Barbara.Kay@mainehealth.org](mailto:Barbara.Kay@mainehealth.org)





# What's Happening at the Center!



## People Plus "Bandstand!" Dance Club

Join this casual group to enjoy unstructured dancing and socializing! Free, members only. Bring your dancing shoes!  
**Wed, Nov. 8, 1:30 pm,**  
60s dance music  
**Wed, Nov. 29, 1:30 pm,**  
70s dance music

### CENTER CLUBS

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

**Apple Club**  
Thu, Nov 30, 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**  
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 - new time!**  
Wednesdays, 11:30 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.

**Civil War & History Book Club**  
3rd Monday, 7 pm. Meet to discuss and debate historical books pertaining to Revolutionary War through 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.

### Calling all game players!

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

### Wednesday Walkers

**Wednesday Walkers Club Destinations for November:**

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. Note time change to 11:30 am for the colder months. \*\*Walks begin once carpool arrives.

Nov. 1. Planning meeting & coffee at PP @11:30 am. Come share your ideas and help plan the walks for December!  
Nov. 8. Coffin's Ice Pond (in the woods behind Bowdoin College fields and Maine Pines) Carpool: meet @PP by 11 am or arrive at the site by 11:30.\*\*  
Nov. 15. Swinging Bridge Walk. Arrive at PP by 11:30 am.  
Nov. 25. No hike  
Nov. 29. Woodward Point. Carpool: meet @ PP by 11 am or arrive at the site by 11:30.\*\*

### 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.

**Register for activities by calling 729-0757**

### Exercise at the Center!

Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, Zumba, and Gentle Barre - \$5/class for members (\$10 for non-members)

**Anyone can try a class or club once for free!**

### Medicare 101 with Spectrum Generations

Tuesday, Nov. 14, 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.

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Mon	Tue	Wed	Thu	Fri	Sat
<p>Scan QR code for People Plus online calendar</p>  <p><b>Call 729-0757 to register for activities</b></p>		<p>1</p> <p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 11:30 Wednesday Walkers 12:00pm Gentle Barre 1:00pm Write on Writers 6:00pm Belly Dancing</p>	<p>2</p> <p>8:30 Women's Breakfast 9:00 Table Tennis 9:30 Apple Tech Tutoring 9:30 Art Class 11:00 Yoga</p>	<p>3</p> <p>9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick</p>	<p>4</p> <p>9:00 Zumba 10:15 Table Tennis</p> 
<p>6</p> <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge</p>	<p>7</p> <p>9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:15 Table Tennis 12:30pm Easy Riders Bike Club <b>1:00pm Collette Trip Talk</b> 1:00pm Qigong 2:30pm Spanish Club 6:00pm Belly Dancing 6:30pm Toastmasters</p>	<p>8</p> <p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 11:30 Wednesday Walkers 12:00pm Gentle Barre 1:00pm Write on Writers 1:30pm "Bandstand" Dancing</p>	<p>9</p> <p>8:30 Men's Breakfast 9:00 Table Tennis 9:30 Apple Tech Tutoring 9:30 Art Class 11:00 Yoga <b>1:30pm FYI! Around the World in 80 minutes, Part 3</b> 6:00pm Int/Adv Belly Dancing</p>	<p>10</p> <p><b>Center Closed</b></p> 	
<p>13</p> <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 7:00pm Civil War Book Club</p>	<p>14</p> <p>9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:15 Table Tennis <b>11:30 LUNCH OUT</b> 12:30pm Medicare 101 12:30pm Easy Riders Bike Club 1:00pm Qigong 2:30pm German Club 6:00pm Belly Dancing</p>	<p>15</p> <p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 11:30 Wednesday Walkers 12:00pm Gentle Barre 1:00pm Write on Writers</p>	<p>16</p> <p>9:30 Art Class <b>12:00pm Lunch and Connections</b> 6:00pm Int/Adv Belly Dancing</p>	<p>17</p> <p>9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick</p>	<p>18</p> <p>9:00 Zumba 10:15 Table Tennis</p>
<p>20</p> <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge</p>	<p>21</p> <p>9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:15 Table Tennis 12:30pm Easy Riders Bike Club 2:00pm Books a la Carte 6:30pm Toastmasters</p>	<p>22</p> <p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 11:30 Wednesday Walkers 12:00pm Gentle Barre 1:00pm Write on Writers</p>	<p>23</p> <p><b>Center Closed for Holiday Break November 23 and 24</b></p> <p><i>Happy Thanksgiving</i></p> 		<p>25</p> <p>9:00 Zumba 10:15 Table Tennis</p>
<p>27</p> <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis <b>12:00pm Pizza Party Lunch and Learn</b> <b>12:00pm Vaccine Clinic</b> 1:00pm Bridge</p>	<p>28</p> <p>9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:15 Table Tennis 12:30pm Easy Riders Bike Club 1:00pm Qigong 2:30pm French Club</p>	<p>29</p> <p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 11:30 Wednesday Walkers 12:00pm Gentle Barre 1:00pm Write on Writers 1:30pm "Bandstand" Dancing</p>	<p>30</p> <p>9:00 Table Tennis 9:30 Apple Tech Tutoring 9:30 Art Class 11:00 Yoga 1:30pm Apple Club 6:00pm Int/Adv Belly Dancing</p>	<p>The monthly calendar page is sponsored by</p>  <p>Mid Coast-Parkview Health MaineHealth</p>	

**Good Eats – Good Friends!**  
**Women's Breakfast**  
**Thu, Nov. 2, 8:30 am.** Enjoy breakfast while socializing with the ladies. Members only, call to register. \$5 suggested donation.

**Men's Breakfast**  
**Thu, Nov. 9, 8:30 am.** Enjoy breakfast while socializing with the gents. Members only, call to register. \$5 suggested donation.

**Come to a Thanksgiving feast with friends!**

Join us November 16 for lunch featuring turkey (brined and roasted by Stacy) with stuffing, mashed potatoes and gravy, cranberry sauce, green bean casserole, butternut squash, salad and rolls. We'll have pumpkin cake with cream cheese frosting 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. 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 \$7 for members and \$12 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.



**Program Notes for November:**

People Plus will be closed on **Nov. 10, and Nov. 23-24**

- No Qigong on **Nov 21**
- No Tai Chi on **Nov 22**

\*Please note the change in price for lunch and breakfasts.

**Travel with your friends at People Plus and Collette Travel!**

<p><b>*NEW DATE/TIME</b></p> <p><b>"Trip Talk" with Collette Travel</b></p> <p><b>Tue, Nov 7, 1 pm.</b> Learn about planned Collette trips: Alaska Discovery Land &amp; 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.</p>	<p><b>Alaska Discovery Land &amp; Cruise</b></p> <p>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 <a href="http://gateway.gocollette.com/link/1190235">gateway.gocollette.com/link/1190235</a></p> 	<p><b>Majestic Cities of Central &amp; Eastern Europe</b></p> <p>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 <a href="http://gateway.gocollette.com/link/1190186">gateway.gocollette.com/link/1190186</a></p> 	<p><b>The Plains of Africa</b></p> <p>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 <a href="http://gateway.gocollette.com/link/1190216">gateway.gocollette.com/link/1190216</a></p> 
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**THE WEDNESDAY WALKERS ENJOY A HIKE** every Wednesday to a local destination. Last month they enjoyed a beautiful day at the Topsham Ponds trails. Look for the 'footprint' image on page 4 of the paper to find out about the walks for this month!

## Help with holiday food donations:

Can we fill the little red wheelbarrow with 1,000 pieces and 1,000 pounds?

Will we be able to top last year's 801 pounds of food donated? Or the \$620 in cash? The holiday season is coming up fast, so let's see if we can fill up our little red wheelbarrow many times over. Every nonperishable food item brought in goes to the Mid Coast Hunger Prevention Program, and this is the 14th year we have sponsored such a worthy cause.

"We are so thrilled that People Plus is hosting the Little Red Wheelbarrow drive again this year," says Hannah Chatalbash, Executive Director at MCHPP. "Currently, food pantry visits are up over 35% over last year, and we anticipate a challenging winter ahead for many families we serve," she notes, adding that the food collected will immediately get put to good use through the food pantry and satellite distribution sites. "Thank you!" are her resounding words of appreciation.

Last year's food drive brought in 772 pieces for a total of 801 pounds! Plus \$620 in cash flowed in to help out, which translated to \$4,340 to be used at the Good Shepherd Food Bank. Every dollar donated buys seven dollars worth of food. People can donate cash at People Plus, which then channels it to MCHPP along with the food donations.

It's really easy to donate! Just place your donations in the red



wheelbarrow located in the People Plus lobby. Longtime member Frank Connors offers valuable assistance by collecting the items for MCHPP and delivering them in bulk every week.

The nonprofit community food bank lists canned soups, fruits and vegetables, peanut butter, and baked beans as items that are in constant need. Holiday occasions that take place in November and December also increase the need for items like boxed instant potatoes, cranberry sauces, and canned gravy. Boxed "helper" mixes, both hamburger and tuna, are also useful to help fill anticipated holiday wishes.

"Every year, people have been bringing in food items and we can't thank them enough," said Sarah Deck, Office Coordinator at People Plus. "The issue of food insecurity really never goes away, so anything we can do to help others is greatly appreciated ... especially during the holidays."

So please help us fill up the little red wheelbarrow over and over again. The more trips to MCHPP we make, the better. And, in advance, thank you very much for your donations!



## People <sup>Plus!</sup> BUSINESSES OF THE MONTH!

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

### Mid Coast Hospital Gift Shop

10% off for members  
123 Medical Center Dr., 373-6018  
[www.mainehealth.org/Mid-Coast-Hospital/Patients-Visitors](http://www.mainehealth.org/Mid-Coast-Hospital/Patients-Visitors)

### Bill Dodge Auto Group

10% off parts/service  
118 Pleasant St, Bruns., 729-6653  
[www.billdodgeautogroup.com](http://www.billdodgeautogroup.com)

## Gone but not forgotten –

**Nancy Morin**  
December 18, 1938 -  
September 18, 2023

**Rosemary Brigham**  
November 23, 1936 -  
September 19, 2023

**Parker McLaren**  
November 4, 1932 -  
September 20, 2023

**Richard Kezer**  
December 15, 1930 -  
October 17, 2023

**George Phipps**  
August 23, 1930 -  
October 19, 2023

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## Join the Scouts for a pasta dinner!

The girls and boys of Brunswick's Scout Troop 648 will be hosting a pasta dinner fundraiser on Saturday, November 11, from 4:30-7 p.m., at the Masonic Lodge, 65 Baribeau Drive, Brunswick. Baked ziti, salad, bread and butter, dessert and coffee are on the menu. \$20/person or \$50/family. Cash, Venmo, and credit cards accepted. Proceeds will help the Troop cover programming expenses, replace aging outdoor equipment, and sponsor summer camp scholarships. We hope to see you there!



## Lunch Out

November 14th at 11:30 am

## PEPPER'S LANDING

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## Come view the works of Ed Higgins, accomplished artist and proud teacher

Come see this month's art show in the Cafe Gallery featuring our very own art instructor, Ed Higgins.

Ed loves to teach and enjoys People Plus students because older people bring a lifetime of experience. "The results are amazing," he says, adding "I'm proud of these students." He also teaches at Merrymeeting Adult Education, and some of his People Plus students also enroll there.

According to Ed, his artwork is typically based on what he's teaching. That means he has a wide spectrum of subjects and techniques, including portraits, sketches, watercolors, oils, pastels, abstracts, drawings, and paintings. The show at People Plus will highlight that diversity.

Asked about his process for making art, he says he often starts with ideas from his prized sketch book that records what he notices and is always at hand. "The life is in the sketch," he notes. From there he jumps into a journey of discovery. "Rather than being a slave to a reference photo, I paint how something feels, not how it looks," he says. He advocates taking one's mind off the finished product and silencing the inner judge.

Now a resident of Brunswick, Ed hails from Irvington, N.Y., where he started making art in 2nd grade during a time when he was troubled and often skipped school. But his art teacher didn't give up on him and told him to try sculpting. The elephant he sculpted captivated her enough to where she took him to the principal's office and told the principal, "We need to encourage this."

From there, he went to a special art high school where he had "all the art supplies he wanted and complete freedom to create." After that he went to Skidmore College, where he majored in fine art and art history, then on to Harvard Graduate School of Design. Along the way, he decided becoming an artist rather than an academic focused on art history was more his style. He does, however, weave art history into his classes.

Not only does he like to teach, he really likes to look at art that other people create. With his upbeat, positive vibe, he says watching artists develop in his classes is fantastic.

"Expressing yourself is a wonderful way to live," he notes. "We all have things we want to say."



"Tree, River Road," pastel on paper, 2023

## "CLYNK" is solid fundraiser, one nickel at a time

Perhaps you didn't know you can save your returnable bottles and cans to benefit the People Plus Center. 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 – \$850 for this year alone! Thank you for recycling, and thank you for supporting your Center.



### Weekly Winners

**CRIBBAGE**
**DUPLICATE BRIDGE**

<p><b>Sept. 27</b> Leo Robichaud- 708 George Hardin- 707 Lois Fournier- 696 Anne Bouchard- 687</p> <p><b>Oct. 4</b> Jerry Donovan- 702 Rick Haskins- 701 Rollande Fortin- 694 Lois Fournier- 690</p> <p><b>Oct. 11</b> Lorraine LaRoche- 714 James Cherry- 710 Sherrill Morgan- 706 Leo Robichaud- 705</p> <p><b>Oct. 18</b> George Hardin- 709 David Bertocci- 706 Lois Fournier- 694</p>	<p><b>Sept. 25</b> 10 teams 1st Judy Johanson &amp; Duffy Tyler 66% 2nd Cathy Cooper &amp; Rick Simonds 63.2%</p> <p><b>Oct. 2</b> 9 teams 1st Gail &amp; Cy Kendrick 71.9% 2nd Cathy Cooper &amp; Rick Simonds 56.3%</p> <p><b>Oct. 9</b> Center closed, no Bridge</p> <p><b>Oct. 16</b> 9 teams 1st Linda McIntosh &amp; Tony Belmont 67.7% 2nd Cotheal Linnell &amp; Richard Totten 55.2%</p> <p><b>Oct. 23</b> 10 teams 1st Cathy Cooper &amp; Rick Simonds 58.3% 1st Gail &amp; Cy Kendrick 58.3% (tie)</p>
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# 2023 Senior Health Expo a spectacular success!



## Expo continued from page 1

were all so impressed by the turnout.”  
Ann Murphy of Topsham says she was excited about the Bath Housing booth, where she discovered the Comfortably Home program that will implement home fixes to make her living environment safer – an indoor fuel gauge that lets her know when her propane is low, a chair for the shower, special door knobs to help with her arthritis, and hold bars in the tub.

Michele Akesson of Topsham is new to the area and was glad to get much-needed information about Spectrum Generations and Medicare.

Lin Riotto, a vendor from Curtis Memorial Library, says she has been to so many of the senior

expos and “This is the best ever. There’s such a wide selection of services and information.”

Shawn Lewin of The Community Center in Boothbay Harbor chimed in with “The energy was wonderful ... there was a buzz the whole time.”

Others interviewed mentioned learning about how to get live-in help and end-of-life planning. Still another was happy to get a free carotid artery check of plaque levels. And one raffle entrant was hopeful about a free trip on Amtrak.

“We had a continuous flow of traffic from beginning to end and glowing reviews, said Jill Ellis, People Plus Program and Events Coordinator. “We are happy to be able to bring this event to the Midcoast community.”

Thank you to all for attending and supporting the People Plus Senior Health Expo. See you next year on October 10th! Save the date!







IT WAS A BUMPER CROP OF CIDER AND DONUTS at the orchard last month for Frank's Field Trip! Some people even had the opportunity to pick apples! Regardless, it's always a fun time with Frank and the gang!!



# The eleventh hour, of the eleventh day...

Fresh out of high school and barely a year after my flawed shot at a formal, higher education, I'm stepping off that big-iron bird, ready to do my year in "Nam." I'm a freshly pressed, indestructible American paratrooper, ready for anything this little, piss-ant country in Southeast Asia and all its tiny little people might try to throw at me. Just shy of my 21st birthday, I'm one of the "old guys" getting off the plane.

I was dumped into Alpha Company, 173rd Airborne. This was a storied, combat strike unit that had just suffered huge casualties in an ambush in Vietnam's Highlands.

I got off that resupply chopper in my new boots and starved jungle fatigues, and the dirty, shock-eyed men who met me offered nothing but sneers. A soldier stepped from behind a tree, asked "Are you Connors?" When I nodded, he cranked his head and told me, "Grab your shit out of the mud and follow me." We walked a shaggy trail through failing light, stopping at a water-filled hole where he pointed his M-16 at three guys. "Jenkins," he said, "Halloway, Stevens ... this is Connors, shape him up!"

The next 257 days of my life were filled with terror, boredom, fear, filth, deprivation, shock, pain, exhaustion, surprise, and disease, with just enough love, luck and humor sprinkled in to remind me I was still a human being, and that certainly, this year would end. The year 1967 became the pivotal year in my young life, for more than a half dozen reasons.

Disease no doubt saved me from death, and life lessons learned in old Bowdoinham no doubt helped me survive. When I finally deplaned in Fort Lewis, Washington, my year in Vietnam completed, the official "detox" included an old vet doing a 30-minute orientation about the Veteran's Administration, and singing the praises of wide-ranging VA benefits.

With the sun breaking the eastern sky, I tossed my new dress-green uniform into a bag, got a Coke and a sandwich from the PX, and got on another plane, headed for Bowdoinham

Fifty-six years later, I'm a white-haired, overweight, out-of-shape retired veteran with a bad heart and sleep disorders, and I still find myself wondering what's going to happen next.

I have no doubt I'm alive today because a sweet little social worker I met at an April Fool's Party in 1969 took me on as a pass/fail master's degree project.

Today, Jane and I celebrate our son and daughter, each doing better than I did, and I often say the lasting benefit of my service came years after 1967, when neither of our kids had to serve in a combat zone. Now I can only pray that IOU will extend to our three grandboys.

A quick look at my job history will show you I was never a model employee. I've been a house painter, truck driver, town manager, reporter/photographer, writer, salesperson, project manager, and cemetery superintendent, (among other things). Some 40 years ago, I realized I would be infinitely more employable if I took Vietnam

## Speaking Frankly

Frank Connors guest contributor



veteran off my resumé. I'm a 30-year member of the American Legion, but haven't been to a meeting in 28 years. I have annual health checkups at the VA because Togus can supply the blood thinners and other drugs I need at a price far cheaper than what "civilians" have to pay. My Veteran's ID card gets me discounts on meals, drinks, and hotel stays, and the grandboys like to look at the old picture and laugh. Once, waiting for my card to clear at a Lowe's service desk, I asked the gal if she could guess what war I might have served in. She struck a horrified look at me, went silent, and, part of a minute later, guessed, "World War II?"

I consider it a flaw in my personality that I can't attend other self-help veteran organizations, to work with brother (and sister) vets whose military experiences ended far worse than mine.

At 77, I face another Veteran's Day with conflicted feelings. I'm fiercely proud of my service to this country, but keenly aware that friends and family worry when too many of my comments begin with, "When I was in Vietnam ...". But they need to understand, all these years later, there are still smells, noises, and situations that will plunge me back to the jungle in just a quick instant. The fact that there are thousands of vets like me in this grand land, suffering many of the same maladies, should give us all pause.

On the other hand, these same feelings should foster American pride, hope, and imagination, and faith in our collective futures. American veterans of so many conflicts stand at the core of so much that is good about this country.

I hope you'll join me this Veteran's Day as I celebrate the lives of Bobbie, Jessie, "Doc," Don, Father Watters, Captain Jack, Chief, and "Gunner." All my boys, just a few on the list of too many young heroes who never had a chance to get old. At 11 minutes after 11 am, on the 11th day of this 11th month, join me. Stop what you're doing, take a deep breath, and speak the name of a veteran YOU loved, and YOU lost.



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Mid Coast Senior Health  
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## Life's Coloring Book

In 1941, a tornado spun over an old rock house in Oklahoma. Inside, a mother gave birth to a baby girl. For the best of times is yet to be. Color this page black and light pink.

The girl grew up to be a teenage beauty queen. Color this page a light blue-green.

She married a sailor during the Vietnam War. Color this page a bloody bright red.

Three beautiful children joined the family fold. Color the page a sunny yellow gold.

They married and had children of their own. Color this page a soft, warm orange glow.

Then senior years swept in too fast. Today the page is foggy gray.

A lifetime of colors begins to fade. On the last page of life's coloring book A brilliant rainbow fills the page.

– Bonnie Wheeler

## Leaf

Charlie Brown had it right after all  
Waiting for that last leaf to fall.  
It's annoying to wait 'til they're all down  
Before raking; there's always one stubborn clown.

It hangs on, and hangs on and hangs on for spite,  
And thumbs its nose before taking flight.  
So I wait, and I wait 'til I finally know  
If I wait much longer I'll be shoveling snow.

I don't have problems with a regular leaf,  
But it's rather with pine needles that I have a beef.  
They come down together in torrential sheets  
Cover the grass, the driveway and streets.

They stick to my shoes, and I bring them indoors  
Where they spread all around and cover the floors.  
To get rid of them, I use my old Hoover,  
But there are places it just won't maneuver.

So here's my dilemma regarding those trees...  
When should I rake, should I wait for a freeze?  
Should I sweep, use the vac, or just let them stay  
All over my house, now what do you say?

– Sally Hartikka

**Write On Writers!  
Wednesdays at 1 pm**

## Poems & Prose

### November Rain

I like the heavy raindrops  
Beating against the windowpane  
On this dark, cold November night  
With a rhythm that seems insane.

The unevenness of their tapping  
Dependent upon the wind,  
The rapidity of the sounds  
Against the roof edge of tin.

The fire steams in the stove,  
The children are both tucked in bed.  
What a restful, pensive time for me  
To ponder this day in my head.

– Laura Lee Perkins



### Grandmother's Pin Cushion

One day while waiting for grandmother to prepare Oliver's soup, he sat down on the couch next to the lampstand. There lay some sewing items that grandmother had been using to hem a pair of slacks and never returned to their proper place.

Oliver picks up the tomato pin cushion and starts playing with it. There were several sewing needles and only four stick pins with yellow plastic balls for easy grasping.

In his mind Oliver starts to think of this round red pin cushion as something else, perhaps a spaceship. Immediately taking the yellow pins, he positions the four at the bottom of the tomato which now looks like four tall legs. This makes the spaceship stand up and hover. His mind keeps going as he watches his spaceship speed off into the office. The little orange cat never misses any

movement in the house, sees this too, and runs to chase it.

The spaceship hovers over the computers for a while, then takes off into the grandparents' bedroom with Princess, the orange cat, following. The cat jumps onto the bed, watching and waiting for the opportunity to catch the flying tomato. A streak of orange goes flying in the air and misses the spaceship by a cat's hair. The flying tomato then finds the door and zooms down the hallway. Oliver sees that it is coming and prepares it for a soft landing next to grandmother's scissors.

Grandmother calls from the kitchen, "Oliver, your soup is ready," and that snaps him out of his daydream of the tomato pin cushion.

– Nonie Moody

## Inspired to Call

"Hello, dear friend, this is Betty calling. You were in my dreams and I am calling to check what is up, or down, in your life?" Dreams are stories and images our minds create while we sleep. They can be enduring, fun, bizarre, beautiful, disturbing, and frightening. According to Wikipedia, 95 percent of dreams are forgotten by the time a person gets out of bed! Dreams connect us to the unconscious part of ourselves for insight and personal growth. Researchers of dreams focus on meaning, interpretation, symbols, and translations to help people understand their dreams.

Research is ongoing, as today's technology provides more in-depth understanding of the brain relative to dreams. Doctors, scientists and researchers strive to determine what dreams mean. They are complicated and associated with mind, body, and soul – and even daily lifestyle in our awake hours, as well during sleep. You can find current fascinating

information about dreams on the Internet.

I want to share how dreams inspire and bring me joy and sadness. It seems my recent dreams often include past activities including longtime true friends. When people move from longtime family homes, new friends and activities become established; however, memories and dreams keep us connected. Dreaming about someone inspired me to hear their voice, so I dialed their number anticipating a phone visit. I left a message. No reply, time passed, and the shoe was on the other foot! I was being called to be informed of the passing of that friend in my dream! I was too late, and sad I had not tried a second call, an email or snail mail. I said to myself, "No more delaying my dream calls," and I do not! A call inspires happiness and joys of reminiscing good times and sharing our current life activities and events.

– Betty Bavor

### Burning Leaves

The family out raking leaves,  
Huge piles of them accruing.  
Fun for kids to jump in  
While all that work undoing.

Raked to the edge of the street  
Where Dad sets them ablaze,  
Joining others across the village  
While we our handiwork appraise.

Communal smoke wafts into the air  
Surrounding our little town,  
And creating a kind of perfume  
Until the fires burn down.

The aroma of leaves burning  
Is in my memory still.  
But it was an unsafe chore,  
And leaves now go to a landfill.

– Sally Hartikka

## Life with Toby

The bird flew away as I opened the door,  
The sun was beginning to set.  
There was a nip of autumn in the air,  
and my cat began to fret.

I keep him inside though he wants to be out,  
and he showed me his disdain.  
He's usually calm and very placid,  
but right now, he is starting to complain!

I tried to give him a good brushing,  
with a special tool that I use.  
But he wouldn't cooperate and sit still.  
So, I now have another bruise!

I don't know why I still have this cat.  
He's tried every trick in the book.  
But he wins me over every time,  
with a very special look!

He has been my roommate for almost two years,  
and he entertains me most of the time.  
Maybe he is hiding under my bed,  
or showing me how high he can climb!

Toby wants to eat at four a.m.  
And there is no way I can refuse.  
He will keep meowing and pawing, too.  
I don't get to choose!

I do realize that I would miss him,  
If he were suddenly gone.  
We've built this life together.  
And no matter what, we will carry on!

– Doris Weinberg



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 - thanks.

### FICTION

**The Road to Dalton** by Shannon Bowring. A small community in Aroostock County holds many stories. The book focuses on several people, some families, and the events which shape their lives. This is a good read. The author lives in Bath.

**Golden Hill** by Francis Spufford. In 1746, a charming stranger arrives in New York with an order for a large sum of money. He doesn't explain why he has come or what he is planning to do with the money. Can he be trusted?

**The Cloister** by James Carroll. In 1950 in New York City, a Catholic priest meets a female Holocaust survivor. In 1115 in Paris,

Peter Abelard met Heloise. These two stories intertwine in a novel about religious beliefs, romance, and the treatment of Jews over 800 years.

**The Heaven and Earth Grocery Store** by James McBride. This newest offering from a best-selling author tells the story of a Pennsylvania community where downtrodden Jews and blacks live together, interact, and solve their problems. It is touching and often funny, and there is a murder included.

**The Paris Assignment** by Rhys Bowen (author of more than 50 novels.) This is the story of Madeline, Giles, their son Olivier, and their brave endurance during World War II. Their

courage and their love towards each other is shown in depth.

### NONFICTION

**To See Takes Time** by Samantha Friedman. In 1946 the first retrospective devoted to a woman (Georgia O'Keefe) was held at the Museum of Modern Art. This beautiful book included her paintings of sunsets, flowers, the sky, the moon, portraits, nudes, and many other subjects.

**The Wonder Paradox** by Jennifer Michael Hecht. Where do we find a connection between magic and peace? The author makes this connection through world cultures and poetic wisdom. She blends literary criticism with spiritual guidance. She links our needs to particular poems to help understand the needs.

**109 East Palace** by Jennet Conant. The title is the address of a plain adobe building in

Sante Fe from which the secret city of Los Alamos was administered during WWII. It is the story of the "part Western boom town and part scientific prison camp" and the growth pains suffered by its workers during the four year development of the atomic bomb in the desert.

### MYSTERIES

**Death in Holy Orders** by P.D. James. This mystery is set at a small theological college on the East Anglia coast of England. Adam Dalgliesh is sent "unofficially" to investigate the death of a student. While he is there three other deaths occur - one of which is a murder. The story involves good and evil and hidden pasts.

**High Five** by Joe Ide. An unlicensed private eye in Los Angeles investigates a murder case in which the only witness is a woman with five different personalities.

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## 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.



Writing samples

Ghostwrite Memoirs  
of Arts Professionals

KKeuffel@gmail.com

(336) 705-4382

LinkedIn.com/in/KKeuffel



Come dance with us



**MEMBERS PUT ON THEIR DANCING SHOES** and danced to music from the 60s, 70s and 80s at the kick-off event for the new People Plus “Bandstand” Club last month! The group hopes to meet twice a month with a theme for each! This fun new social club featuring unstructured dancing and socializing will meet on Wednesday, Nov. 8 featuring 60s dance music and Wednesday, Nov. 29 with a 70s theme, both at 1:30 pm. Don't miss it!

# 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

### 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  
14 Maine St, Bruns., 319-4431  
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

### RETAIL

- Mid Coast Hospital Gift Shop**, 10% off, anytime  
123 Medical Center Dr, 373-6018  
www.mainehealth.org/Mid-Coast-Hospital/Patients-Visitors
- Wilbur's of Maine**, 10% off, anytime  
43 Maine St, Bruns., 729-4462

### TECHNOLOGY

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

\*Benefits subject to change

**Are you a local business?**

Call 729-0757 or email office@peopleplumaine.org to discuss advertising your business with People Plus!

## New and renewing members for October

Memberships received as of October 17.

- \* indicates new membership
- indicates donation made with membership

### Arrowsic:

Maureen Demers\*

### Bath:

Brigitte Bley-Swinston\*  
Jan Driver\*  
Dot Logan\*  
Morgan Cullan Rogers\*  
Louise Sharp\*  
Ann Spencer\*

### Brunswick:

Rhonda Alden\*  
Polly Anderson\*  
Suzanne Blakemore  
Lionel Bourque\*  
Susan Bradford  
Sandy Bussell  
Theresa Novak Chabot\*  
Gary Chabot\*  
David Cobb\*  
Phyllis Coelho\*  
Alison Coffin  
Nathaniel Coffin\*  
Bridget Condon\*  
Lillian Connors  
Paul Coulombe  
Ethel Crispin\*  
Marcia Crooker  
Sue Ellen Damour  
David Damour  
Susan Delois  
Karen Diamond  
Monica Ferrari\*

Judi Heeley  
Scott Johnson\*  
Ken Keuffel\*  
Deborah Kipp  
Joi Kressbach\*  
Leon Laffely  
Joe Laun\*  
Richard Libengood  
Joseph Lisi  
Phyllis Lisi  
Larry Litchfield\*  
Helene Maraghy  
Jim McCarthy\*  
Judy McGuire  
Patrick McKenna\*  
Denise Miller  
John Morneau  
Pamela Morneau  
Carol Sue Musk  
Loraine Norton  
Lee Paige\*  
Delma Patenaude  
Susan Pelley\*  
Gayle Phillips\*  
Greg Quinlan  
Jane Quinlan  
John Quinn\*  
Roger Rancourt  
Joanne Rioux  
Dalene Rogers\*  
Elinor Rosenberg  
Clare Ruthenburg\*  
Pony Shea  
Jan Sootin\*  
Maurice St. Pierre  
George Tetu  
Wayne Thibodeau  
Ruth Thibodeau  
Jeffrey Tozier\*  
Carla Tozier\*  
Linda Trapp  
Nancy Tucker  
Charles Verrill

Dana Verrill  
Susan Weaver  
Reiko Yonogi\*  
Jan Zimmerman  
Ken Zimmerman

### Durham:

Vicky Prince  
Edgecomb:  
Tamara Rumery\*  
Freeport:  
Ann Marchese\*

### Harpswell:

Tony Barrett\*  
Janet Davis\*  
Alane Downes  
William Fall\*  
Mary Hoffert  
Sharon Kirker\*  
Georgeann Kuhl  
Condon Kuhl\*  
Winifred Lim\*  
Lee Lim\*  
Susan Millar  
Nancy Rose  
Margaret Sanfasin

### Lisbon Falls:

Philene Berry\*

### Orrs Island:

Jeanne Brooks\*

### Pownal:

Alan Bradstreet\*  
Susan Bradstreet\*  
South Portland:  
Nancy Bodwell\*

### Topsham:

Kevin Bell\*  
Margaret Bell\*  
Dawna Bergquist\*  
David Bertocci\*  
Ntoetse Bertocci\*  
Beverly Bono\*  
Robert Candela\*  
Diane Hart Deci\*  
Patricia Gribben  
Walter Harris  
Marsha  
Hilton-Kingdon  
David leclerc\*  
Patricia Melville\*  
Brenda Myshraill\*  
Jackie Nichols\*  
Eileen Peabody  
Don Stein\*  
Robert Tyzick\*  
Patricia Vigilante\*  
Brad Waterhouse\*

### Woolwich:

Susan Chrystal  
Daphne Comaskey  
Susan Zimmermann

### Haverhill, MA:

Suzanne Coffin\*

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

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

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

OFFICE USE:  Account  Data  Card Sent



# Welcome, Taylor!



Experienced and personable, new Teen Center director Taylor Carter says he will do his best to “fill the big shoes” left by Jordan Cardone-Ruwet. It’s clear he knows how to connect with the teens. He encouraged one student who didn’t say much to get involved by repeated attempts to engage, ultimately connecting over a video game the student liked. When he asked him to help organize the other video games, he and a lot of the other kids joined in happily.

Originally from Biddeford, Taylor, 30, worked at the teen center there and liked watching the kids grow, remembering that some eventually became part of its teen council. He says the Teen Center is important because the teens can feel comfortable to be who they are, they don’t have to spend money, and they can meet other kids and make friendships they wouldn’t

otherwise have in school.

Taylor’s resumé includes stints in both AmeriCorps and Peace Corps. He says the community-focused nature of People Plus, the history of the Teen Center and the committed volunteer base made him feel like the job would be a good fit.

Taylor has been busy trying to gauge what kind of leadership the kids want to take in the Center. “I have kids interested in decorating sections of the Center, representing the Center at different community events, and one who wants to lead a cooking class for other kids in the People Plus kitchen,” he says. “The more I talk with them, the more I see opportunities to support them in their own goals,” he says.

No mention of the Teen Center is valid without mentioning food. Chicken tacos are so popular that Taylor was told never to run out of the ingredients to make them. Of course, muffins and other baked dishes from People Plus members are in big demand as well.

What does Taylor see for the future? It still early days, but more field trips and starting students on the path to volunteerism get mentioned. When he joined AmeriCorps, he led a program where volunteerism led to employment. “It’s so beneficial if they want to develop a skill set and then they do volunteerism that uses that skill set,” he notes. “I’d like us to volunteer in the community here in Brunswick,” he adds. He also envisions possibly bringing in guests on career counseling or cooking affordable meals.

For now, he’s wearing his “new guy” hat, adding that the teens are competing in a Taylor-instigated “Frogger challenge.” An arcade video game from the ‘80s that no one had played in ages, Frogger has proved tough to conquer. No one has yet gotten to the highest level – and therein lies the motivation to keep having fun trying. Also, he notes, “We have taken an unofficial vote and the teens have decided we need a dedicated space to display pictures of their many pets. From pufferfish to puppies, we’ve got a lot of competition for space on the wall already!”

# Getting to know the teens

It’s been a few weeks since I started and the endless déjà vu of new kids asking who I was and where Jordan went has begun to fade. There’s still the occasional rebel yell of, “Bring back Jordan!” when I don’t make the food just right, but I’m happy to say most of the teens are all right with me in charge now.

As the teens have gotten much more comfortable voicing their opinions to us, Eli and I have begun endlessly quizzing them about what they want us to plan for the year. We’ve got enough ideas to keep us booked well into next year already! From day trips to cooking classes, we’ve not only gotten the teens to sign up for them, but also have plenty of the older teens excited to lead them.

We’ve also deputized a few of our more creative kids to reorganize and design some of our wall art. We’re hoping to spend a good amount of the winter trying out the abundance of art supplies at the Center and covering the wall in the creative masterpieces the teens come up with.

If you’re looking for a way to give back this holiday season, we have two great volunteer opportunities to support the teens coming up! In November we’ll be hosting a Friendsgiving for the teens on the afternoon of Tuesday, Nov. 21. We could use a few volunteer chefs to

## Brunswick Teen Center News

Taylor Carter



help us with some meal preparations and would love donations of baked goods and meal items to serve the kids.

After that, we shift gears quickly to start pulling together our December holiday festivities. Details are TBA, but we’ll be doing our annual gift exchange, holiday party, and gift bags for every kid.

If you’re interested in volunteering your time or making a donation for either of these events, please reach out to me at [teens@peopleplusmaine.org](mailto:teens@peopleplusmaine.org) or call the Center!

Until next time,  
Taylor and the Teens



## Meet our Caregivers

Avita of Brunswick associate, Tina M.

“My beautiful residents are my extended family, they have taught me so much. Giving them hugs or sitting together and interacting with them is so special. Bringing smiles to their sweet faces is truly rewarding.”

**Sunnybrook**  
A Northbridge Senior Living Community

207.443.9100

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

207.729.6222

Two Northbridge communities conveniently located in Brunswick, ME

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

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





# People <sup>Plus!</sup> NEWS! TRAVELS!

When you're on a trip, don't forget to send us a picture with your People Plus News!



**THE PP NEWS WAS ALL OVER THE PLACE LAST MONTH!** Ellen Asherman took her PP News to Florence, Italy where she read out loud, on Florence's Mercato Nuovo, to the bronze fountain of a wild boar, also known as 'Fontana del Porcellino'. Frank's 'grandboys,' Zander and Silas, read the paper on the top of the Empire State Building in New York City! (even upside down??) A group of People Plus members posed in front of the Fairmont Chateau Lake Louise in Banff during their Collette trip last month in the Candian Rockies! And Stacy checked out the PP News at the Hill of Tara, a 5,000 year-old religious and cultural site outside Dublin, Ireland. At one point all major roads in Ireland led to Tara.

**Can YOU help a Neighbor in NEED?**



**People <sup>Plus!</sup> NEWS!**  
THE CENTER THAT BUILDS COMMUNITY SINCE 1976  
**VOLUNTEER TRANSPORTATION NETWORK**

Volunteer to drive or shop for a home-bound senior!

**Join our team!**

FMI call 729-0757 or email [driver@peopleplusmaine.org](mailto:driver@peopleplusmaine.org)

*Honoring Loss.*

**BRACKETT FUNERAL HOME**

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*Peter W. Ladner, President, circa 1980*

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29 Federal Street, Brunswick, ME  
(207) 725-5511 [www.BrackettFH.com](http://www.BrackettFH.com)

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

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**DIONNE COMMONS**

24 Maurice Dr, Brunswick  
(207) 725-4379



**Neighbors, Inc.**  
The Home Care Company

142 Neptune Dr, Brunswick  
(207) 725-9444



**Horizons**  
Living & Rehab Center

29 Maurice Dr, Brunswick  
(207) 725-7495

*We take your loved ones comfort and health to heart.*





Co-located at People Plus  
35 Union Street, Suite 1  
Brunswick, ME 04011  
729-0475  
[www.spectrumgenerations.org](http://www.spectrumgenerations.org)

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

# Monthly Update

November 2023

# MEDICARE'S

## Open Enrollment Period is upon us!

### Oct. 15- Dec. 7

Open Enrollment runs October 15 through December 7 and is the time of year when you can make certain changes to your Medicare coverage. The last change you make will take effect on January 1. Take action during Open Enrollment to make sure your coverage will meet your needs in 2024. Spectrum Generations provides Free Medicare Counseling.

**Call 1-800-639-1553 to register for a free Medicare education session.**



## THANK YOU VETERANS...

All Spectrum Generations' locations will be closed on Friday, November 10, in observance of Veterans Day. We will also be closed on Thursday, November 23, and Friday, November 24, for Thanksgiving.



**THE AgeWise Maine INITIATIVE**

## Lunch-and-Conversation WE WANT TO HEAR FROM YOU!



### Monday, November 27 at People Plus in Brunswick

You are cordially invited to join Spectrum Generations' President and CEO, Gerard Queally, on Monday, Nov. 27, for an informal Lunch-and-Conversation session at People Plus in Brunswick.

This is your opportunity to have an input on issues of aging in Maine and influence the direction Spectrum Generations' takes in the next five years. Pizza lunch provided.

Join us Monday, Nov. 27, from Noon - 1 p.m. at People Plus, 35 Union Street, Brunswick. For more information, call 626-7777, or to register, 729-0757.

### Vaccination clinics coming to a center near you!

Spectrum Generations will be hosting several vaccination clinics during this flu season. Flu and COVID vaccines will be available. If you have insurance please bring your card. Uninsured will be covered under a grant through Agewise. All ages are welcome. Reserve your spot today!

**Oct. 30, 1-3 p.m.**  
@ Cohen Community Center  
22 Town Farm Rd., Hallowell

**Nov. 1, 9-11 a.m.**  
@ Tarrantine Hall (Spectrum Generations Senior Food Box distribution), 153 Main Street, Belfast

**Nov. 2, 9-11 a.m.**  
@ Muskie Community Center  
38 Gold St., Waterville

**Nov. 6, 4-7 p.m.**  
@ the Curtis Memorial Library  
23 Pleasant St, Brunswick

**Nov. 27, Noon-2 p.m.**  
@ People Plus, 35 Union St., Brunswick  
In conjunction with the Lunch-and-Conversation session, Spectrum Generations and Northern Light Health will have flu and updated COVID vaccines available to all interested individuals.

**For more information, contact Spectrum Generations at 1-800-639-1553.**



**Save the date!**

## Midcoast Tree Festival

**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.

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







THE BHS PLAYERS PRESENTS

THE GREAT GATSBY

Linda Gardiner - Director / Michael Millett - Producer  
November 16th, 17th, 18th at 7pm and 18th at 2pm  
CROOKER THEATER

Tickets/ Students & Seniors \$12/ Adults \$17  
General admission only. Purchase tickets online or at the door.  
www.showtix4u.com/events/BHSPlayers

F. Scott Fitzgerald, adapted for the stage by Simon Levy

**DON'T MISS JILL'S DAUGHTER, CAITLIN** (on the right) in the upcoming performance of The Great Gatsby at Brunswick High School! Shows are Thursday, Nov. 16 - Saturday, Nov. 18 at 7 pm, plus a 2 pm show on Saturday, Nov. 18. Students and seniors \$12 and adults \$17 (in advance online or at the door). Crooker Theater, Brunswick High School.

# At People Plus, we're still connected!

It's finally happened: My doctor's office is now outsourcing my phone calls. It feels somehow wrong, and it makes my blood pressure spike. That shouldn't happen when I call my doctor to make an appointment about my health. It now feels like there's a 3rd-party stranger involved where a direct connection should be. I get frustrated – sometimes making me reach for a bag of chips.

Not all that long ago I remember I had a doctor who called me up after hours to see how I was doing. Wow! She moved away, but I'll always remember that. I also remember my doctor as a child would actually come to the house. Many of you probably remember that as well. Dr. Taylor was a sole practitioner with an office a couple of blocks away in a space that felt homey. I'm amazed I remember his name, but maybe it's like how you often don't forget the name of a beloved first-grade teacher.

Anyway, I don't mind long holds on the phone, if I know I'm going to speak to someone with 'boots on the ground.' But outsourcing my call makes me want to bark at someone who is just doing their job (in Kentucky maybe?). And the folks in the call center are being nice. It's just that I want to speak to someone in the office who is being nice.

When I try to figure out why I get upset about this, I realize I feel a missing, vital connection. There's 'no there there.' The modern world feels so much that way already and it makes me wonder, "Am I going to get a robot next?" We're not widgets, we're people, and I'm not calling Whirlpool about a dryer repair, I'm calling about seeing my doctor. It matters who

## Thinking out loud

Charmaine Daniels



answers the phone; it matters that I recognize their voice and their name. It comforts me when Morgan or Vicki answers.

Maybe I should be more understanding, but we do need connection and community whenever we can grab it nowadays. One of the great things about People Plus is Sarah, who answers the phone and greets people as they come in. The afternoon I shadowed her, I was amazed by how much she handled while being pleasant, respectful and mindful of everyone's name. She's that way on the phone as well, and it offers so much toward the friendly atmosphere we create here. "My goal is to be at least one person that someone can call on any given day and reach a friendly human on the other end of the line," she told me.

Sarah reminds me of the woman who was the longtime receptionist/appointment-maker at my doctor's office. Welcoming and agreeable, she made me feel like help was on the way when I heard her soothing voice. But she retired last year, and I miss her.

We need connection and community whenever we can grab it nowadays, and Sarah's personable style is always welcoming when we phone or come through the door here. As she would agree, you never know when someone needs a lift to their spirit.



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