



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

March 2024

Volume 24, No. 3



## Tickets on sale now!

**Live Auction/Dinner Gala**  
 Saturday, April 6, 5-9 pm

Live music, food & beverage, and live auction at St. John's Community Center.



TICKETS: \$50 each or 2 for \$90.



## Auction Item Donations Needed!

We are still collecting art, antiques, services, handcrafted items, experiences, gift certificates, and more.

Deadline is **March 15th**.  
 FMI call 729-0757.



Check out our fabulous sponsors on page 8.

# Got your ticket for the party?



**WE ARE SO EXCITED ABOUT THE 22ND ANNUAL MUSIC IN APRIL DINNER GALA SET FOR SATURDAY, APRIL 6TH!** And we hope that you will join us there! One of the most fun events that happens in Brunswick all year, we see over 200 people enjoy a delicious dinner, raffle, amazing music, a live auction, and lots and lots of fun with friends! And now that it's on a Saturday, it can be the highlight of your weekend! Scan the QR code in the green box on the left to buy your tickets now! Not sure how to scan the code? You can also visit people-plusmaine.org or come down to the Center to get your tickets.

## Mark your calendar, buy a ticket!

### Music in April Gala & live auction – Saturday, April 6th!

Want to have fun bidding on some nifty items while supporting a good cause? Items like a year's worth of gas for your car or a biplane ride along the Maine coast or perhaps a whiskey tasting with your friends? Drum roll, please ... The 22nd annual Music in April fundraiser is just around the bend!

Please join us as we host both our month-long online auction along with our in-person Music in April Gala and live auction/raffle. The not-to-be-missed Gala will be held Saturday, April 6, from 5-9 pm at St. John's Community Center in Brunswick, and tickets are on sale now (\$50 each or two for \$90). The evening will feature delicious food, live music, amazing raffle items, and our always-popular live auction with our favorite auctioneer, John Bottero.

Our band this year will be longtime Music in April musicians, Touching Base. This jazz ensemble loves the traditional organ trio

formula, and takes pride in creating a full sound while keeping the volume low enough so people can enjoy both the music and their conversations. The musicians, all from Bath and Arrowsic, are Lawrence Kovacs (organ), Bob Knowles (guitar), and Dave Rawson (drums).

Our vocal ensemble will be The Bowdoin College Meddiebempsters. Founded in 1937, the Meddies are the nation's third oldest men's collegiate a cappella group and a celebrated hallmark of Bowdoin College. Performing their effective blend of jazz standards, college classics, and modern songs, they entertain in New England at colleges and other venues, touring new regions each year.

Again, this year the bars will be manned by members of the American Legion, Corey E. Garver Post 202 – a non-profit organization in Topsham, which provides resources to programs and services that enhance the lives of our veterans and their families, as well as children's programs

*continued on page 8*

### STILL SEEKING DONATIONS!

Excitement builds at the Center as items start rolling in – so keep them coming! Donations due by **March 15th!**

## SAVE THE DATE!



16TH ANNUAL BRUNSWICK AREA TEEN CENTER  
**SCOOP-A-THON**

**WEDNESDAY, APRIL 24<sup>TH</sup>**

**All Day Long: 11 am-11 pm!**

**Show your sweet support for local teens!**



**74 Maine St, Brunswick**

## FYI: "In My Opinion!"

**Thursday, March 14, 1:30 pm.**

Discover the fascinating world of professional book reviewing with retired Marine Corps colonel Bill Bushnell. Bill has been giving his opinion to all who will listen for 30 years and has published 3,000 reviews in dozens of magazines and newspapers. Topics will include the roles and responsibilities of the reviewer, who selects the titles for review, the "halo effect," handling adverse reviews, do's and don'ts, the hardest reviews to write, and trends in publishing.



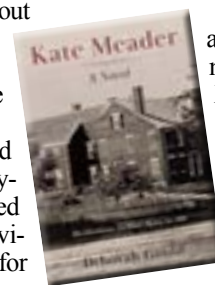
Bill lives in Harpswell and currently writes regular review columns for the *Kennebec Journal* and *Central Maine Morning Sentinel*, and *Military Officer* magazine, publishing 80 reviews a year. A longtime member of the National Book Critics Circle and the Maine Writers and Publishers Alliance, he has taught classes on book reviewing at the

University of Southern Maine and for the MWPA. This event is free, open to the public, and registration is required.

## Author's Chat: Deborah Gould

**Wednesday, March 27, 2:30 pm.** Come meet Brunswick author Deborah Gould, whose writing connects history with "the common people." She will discuss her newest book, *Kate Meader*, a short novel about a woman who becomes a live-in cook at the almshouse in Gardiner, Maine, after losing her family in the Civil War.

Deborah grew up in Portland and Brunswick. After college at Colby-Sawyer in New Hampshire, she moved to Boston and worked in the trade division at Houghton Mifflin Company for a stretch, but soon came to her senses and moved back to Maine. She lived and worked on a dairy farm, then owned a successful graphic arts business for a number of years



before earning a degree in sign language interpreting. She spent the next 25 years in public education, specializing in English acquisition for students with cochlear implants.

Deborah's first novel, *Household*, appeared in 2011. Her second novel, *The Eastern: The Early Years*, was published in 2015. She has been a Maine Literary Award Short Fiction winner and a finalist in the Maine Literary Book Awards for Fiction. Her third novel, *The Eastern: Later On*, was published in 2018. She lives and writes in Brunswick for three seasons; she summers on Flying Pond in Mount Vernon. This event is free, open to the public, and registration is required.





# 13th time's the charm!

As we head into the 22nd annual Music in April Gala and fundraising auction, I have realized it's actually my 13th time attending and participating in this event! You know what they say about the number 13 right?? It's exceptionally lucky!!

And I'm sure it will be this year, too. However it's got me reminiscing on where I was in life, how things were going at this Center 13 years ago, and what Music in April was like back then...

By the way, I well remember the organizing committee (comprised of Lennie Burke, Alison Harris, Jeanne Mayo, Claudia Adams, Terri Burgess and other board members), basically asking me to step aside and just "stay out of their way" because they had everything for the fundraising dinner/gala well in hand! Between these ladies and volunteers Gladys Szabo and Wilma Sarna, the event went off without a hitch every year.

Thinking about that gives me a little chuckle. Especially because those ladies are still involved here at the Center to make the current Music in April Gala hugely successful!

So I looked at the paper from May 2012 and

here's what I wrote back then... (see below)

PHEW!! (that was a fun jaunt down memory lane...)

We're back in 2024, and it looks like all of the gratitude that I had in 2012 has stayed with me. And, not surprisingly, this auction and Gala dinner event would also not be happening if it wasn't for the efforts of an amazing staff and many volunteers! With community support from over 20 businesses, this is shaping up to be our biggest Gala ever!

We really hope that ALL OF YOU can participate in some way!

First and foremost – come to the event! Tickets are on sale now, and it is fun! There is fantastic music, the food is great, there's a cash bar and loads of amazing raffle items and live auction items! And it's on a Saturday this year, which makes it much more of a party!

Second, donate something to the auction! If you don't feel like you have anything in your home that's worth donating, we completely understand – which is why we're asking for gift cards too! We need gift cards to restaurants and local businesses anywhere

## From the Executive Director

Stacy Frizzle-Edgerton



from Brunswick to Portland. How about an overnight stay at a vacation home or tickets to a show that you don't think you're going to use? There are loads of ways that we can use your donation to raise funding!

And the event is really shaping up! We've got music with our favorite jazz trio, Touching Base, who has played at Music in April for the last six or seven years. And we've got the Bowdoin College Meddiebempsters, an all-male a cappella group to entertain with fun Barbershop-style music!

The chefs have already met to begin planning the menu for your delicious dinner and fabulous desserts, and members of American Legion Post 202, in Topsham, will be serving up wonderful drinks at the bars. John Bottero, our auctioneer extraordinaire is, of course, signed up to help make this event fantastic!

There's got to be at least 13 more things I can think of that will be incredibly fun, lucrative and memorable about the dinner Gala on Saturday, April 6.

And if you're going to be there, it will certainly be charming! So we are really looking forward to it and I hope you'll join us – either by donating or attending or both! I know that you'll be glad you did.

**Plus!**  
**People**  
THE CENTER THAT BUILDS COMMUNITY SINCE 1976  
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)



*It's been a crazy, busy month of community support for our wonderful People Plus Center and I think we are all ready to take a breath as we ease into spring.*

*With the Gelato Fiasco and Music In April fundraisers and the Comcast Cares Day, April saw more than a thousand people donate their sponsorship, their money, their businesses, their skills, their patronage and most importantly their time to help support this organization and the programs that we offer.*

*I know I speak for all the staff, volunteers and members of People Plus when I give a heartfelt thank you to each and every one of you who donated so much. It is deeply appreciated by*

*all of us. I simply cannot say often enough how much we appreciate the efforts from our staff and volunteers.*

*Everyone at the Center has worked extra hours this month, organizing, setting up, cleaning, counting, folding and printing while coming in on weekends to clean (with their children in tow).*

*And the front desk and lunch gang volunteers have all worked tirelessly to stuff and stamp envelopes, fold flyers, make meals, create spring flowers and still serve double duty at Music in April as receptionists, check out helpers and the set-up/take-down crew.*

## March is National Nutrition Month®

Each year my national organization has a theme for National Nutrition Month. This year the theme is "Beyond the Table," and there are a variety of focus areas. Here are some of them:

- Shop smart! Get the facts from the food label. Look at the serving size, amount of fiber, added sugar, and saturated fat.
- Practice food safety. Make sure your meats are cooked to the proper temperatures. Throw leftovers away after 3 days in the refrigerator. Avoid leaving food in the danger zone for more than 2 hours.
- Learn meal-planning skills. I like to look through my favorite recipes to plan my meals and make my shopping list at the same time.
- Get creative with leftovers. I had pork tenderloin, red cabbage, and rice for dinner. I took the pork and red cabbage,

## From Anita's Plate

Anita Nugent  
(207) 504-6439



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

added guacamole, placed it on a whole grain tortilla, then folded and cooked it in a skillet for a great leftover dinner! A quesadilla without cheese!

- Try more plant-based meals. I made a great black-eyed pea burger for New Year's.
- Try new recipes. I hope you try this month's recipe!
- Buy from local farmers markets.

I like this year's theme. There are a lot of ideas that we can try and incorporate into our food routine without adding a lot of time!

## Sichuan Chinese Chicken for 2

### Ingredients:

- Marinade**
  - 3 tsp. low-sodium soy sauce
  - 2 tsp. white cooking wine
  - 2 chicken breasts, diced
- Sauce**
  - 2 tsp. low-sodium soy sauce
  - 3 tsp. vinegar
  - 1 tsp. sesame oil
- 1 Tbsp. water
- 2 tsp. sugar
- A pinch of cornstarch
- Stir fry**
  - 2 Thai chili peppers; halve them and remove the seeds.
  - Fresh ginger, thinly sliced
  - 2 cloves garlic, thinly sliced
  - 3 spring onions, diced
  - 2/3 cup roasted peanuts

### Directions:

- Mix together the soy sauce and wine. Pour over the chicken and mix. Marinate for 1-2 hours.
  - Mix together the sauce ingredients.
  - Pour oil into a pan or wok. Add the chilies and stir fry for a few seconds.
  - Add the chicken, ginger, garlic, and onions.
  - Pour the sauce into the pan or wok, tossing to coat the ingredients.
  - Add the peanuts and serve.
- Note: We made this last week and it is my new favorite! Serve with rice or cauliflower rice.

**Plus!**  
**People**  
THE CENTER THAT BUILDS COMMUNITY

## Nearly There!

The People Plus Center annual fund is in the home-stretch with four months left to reach our goal! These funds are vital to the success of our programming, and we appreciate your donations! The current total is \$61,853 (not including gifts of stock.)

77%

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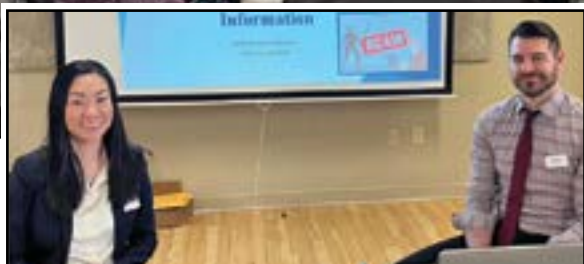
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**THANKS TO JENNY MADDOX (AVP BANK SECURITY) AND DAN WILSON (AVP DEPOSIT OPERATIONS)** from Bath Savings for teaching us how to protect ourselves from fraud at last month's Lunch and Learn. A packed audience learned essential steps to protect themselves from becoming a victim of current scam trends, identify theft and fraud attempts.

### Seen at the Center



**THANKS TO ELEANOR MORRELL** for her regular contribution of her famous chocolate chip cookies to the Teen Center program every month! The kids are so happy when she drops off her legendary goodies!

Classical Uprising presents  
**Sweetest in the Gale: Grace and Grit**  
*Maria Belva, Director*  
**Saturday, March 23, 4 pm**  
(Snow date: March 24)  
**Freeport Performing Arts Center**  
Reconnect to your inner strength with sacred and secular songs of reverence and resolve.  
Adults: \$30 advance, \$35 at the door  
Students: \$10 advance, \$15 at the door  
FMI or to purchase tickets visit [classicaluprising.org](http://classicaluprising.org).

I've got peace like a river  
I've got strength like a mountain  
I've got joy like a fountain  
I've got love like an ocean  
in my soul

**People Plus**  
THE CENTER THAT BUILDS COMMUNITY SINCE 1979  
**YELLOW BRICK ROAD SOCIETY**

Become an honored member of the Yellow Brick Road Society for People Plus when you communicate your intentions through planned giving.

By designating individuals & organizations as beneficiaries in your will, you can make a powerful statement about your values and priorities.

**For more information call 207-729-0757**

David and Margo Knight, of Brunswick, are two who named People Plus as a beneficiary, ensuring their legacy while enabling People Plus to plan strategically for its long-term growth and stability.

**Benefits for All Ages**  
The Brunswick Area Teen Center's endowment fund's foundation was fortified with a willed gift from the estate of Deane Lanphear. With Deane's generous gift, we helped ensure the future of area teens for generations.

In addition to wills and bequests, there are many creative vehicles for planned giving that can provide enormous benefit to People Plus while also providing significant tax advantages for donors and their heirs including:

- Life insurance
- Life income gifts
- Stock
- Charitable remainder trusts

Scan for link



**OFFICE COORDINATOR BARBARA QUINN AND LIFETIME MEMBER AND BOARD TRUSTEE GAIL KENDRICK** work together on organizational manuals at the Center last month. Thanks, ladies, for keeping us organized and up to date!!

## Islebrook Village at Wiscasset invites you to

# LUNCH & LEARN

Ask questions about our wonderful, new senior living community.

**OPENING FALL 2024**

Due to limited seating, RSVP to Laura Roehrig at 207-656-7600 or [LRoehrig@islebrookvillage.com](mailto:LRoehrig@islebrookvillage.com).



**Wed., March 6th  
Noon - 1:30pm**

**RSVP by March 4th**

942 US Route One  
Woolwich, ME 04579



**Thurs., March 28th  
12:30pm - 2:00pm**

**RSVP by March 26th**

35 Union Street,  
Brunswick, ME 04011

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## Islebrook Village at Wiscasset

An Everbrook Senior Living Community



# Sharing a meal and sharing the love!

Our shared, congregate dining meals are a staple of what we do here at the People Plus Center and we love it! It brings folks together to eat nutritiously, and with more enthusiasm. Sharing a meal increases longevity and connectivity with community. We offer three sitdown meals a month plus free soup every Monday, so there are at least six or seven opportunities to have a meal at the Center every month – many of them for free! Please join us for all of them!



## Come for a Traditional Irish Boiled Dinner!

Join us Thursday, Mar. 21, for corned beef and cabbage! Delicious side dishes include salad, potatoes, carrots, onions, rutabagas and traditional Irish soda bread. And it wouldn't be our March luncheon without pistachio pudding for dessert! Remember to wear green!

Special thanks go to Aetna Medicare for sponsoring this month's lunch!

These monthly Lunch & Connections meals are underwritten by 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 for this members only meal is just \$7. It is important that you pre-register by calling 729-0757 after the first of the month.

### Lunch & Connections Punch Cards!

\$35 for 5 lunches, \$70 for 11 lunches (that's one lunch FREE!) FMI call 729-0757 or stop by the Center to purchase your card!



### Exercise at the Center!

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

**Register at 729-0757**

### Medicare 101 with Spectrum Generations

Tue, Mar. 12, 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.



### Calling all game players!

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

### 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.

### Collette Trip Talk: Visit Sunny Portugal!

Thu, March 21, 2 pm. Join us as Andrew Leighton from Collette Travel tells us about the upcoming trip, Sunny Portugal!, scheduled for next fall. See details on page 5. Talk is free and open to the public. Registration appreciated.

### Come for free lunch!

#### Lunch and Learn with Islebrook Village

Thu, March 28, 12:30 pm. Islebrook Village invites you to their Lunch and Learn at the Center. Laura Roehrig will tell you all about this new senior living community opening this fall in Wiscasset! Lunch will be provided. Free, open to the public. Registration required.

#### Islebrook Village at Wiscasset

An Everbrook Senior Living Community

### Good Eats—Good Friends!

#### Monday Munchies

**Mondays, 11:30-12:30 pm.** Join us for free lunch on Mondays donated by Mid Coast Hunger Prevention Program—usually a delicious soup!

#### Women's Breakfast

**Thu, Mar. 7, 8:30 am.** Enjoy breakfast while socializing with the ladies. Members only, call to register. \$5 suggested donation.

#### Men's Breakfast

**Thu, Mar. 14, 8:30 am.** Enjoy breakfast while socializing with the gents. Members only, call to register. \$5 suggested donation.

#### Do you get our weekly email?

Get news about the Center, including wrap-ups by Stacy & Taylor, Frank's Two-Cents, and Anita's Bites. If you're not on the list, contact programming@peopleplusmaine.org or leave a message at 729-0757.

### CENTER CLUBS

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

#### Apple Club

**Mon, March 18, 1:30 pm.** Bring your Apple device and questions.

#### "Bandstand!" Dance Club

**Wed, Mar. 7 and 28, 1:30 pm.** Join this casual group to enjoy unstructured dancing and socializing!

#### Table Tennis

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

#### Fiber Arts

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

#### Fiber Spinners

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

#### Wednesday Walkers

**Wednesdays, 1:00 pm.** Meet for a walk or hike (usually an hour).

#### 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 though WW II eras.

#### Cantina Espanol

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

#### Kaffeestunde!

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

#### Books a la Carte

**3rd Tuesday, 2 pm.** Join an fun, interesting discussion about books & 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.

### Wednesday Walkers Club Destinations for March:



Please note meeting time each week. Call 729-0757 to let staff know if you will need or can give a ride. **\*\*Walks begin once carpool arrives.** Micro spikes or snowshoes may be needed – watch the weather. Meet at the Brunswick Rec. Center at 1 pm if inclement weather.

**Mar. 6.** Planning meeting & coffee at PP @1 pm. Come share your ideas and help plan the walks for April!

**Mar. 13.** Mitchell Field, Harpswell. Carpool: meet @PP by 12:30 pm or arrive at the trail (lower parking lot) by 1 pm.\*\*

**Mar. 20.** Swinging Bridge Walk. Departs from the Center and goes over two bridges. Arrive at PP by 1 pm.



**Mar. 27.** Littlejohn Island Preserve, Yarmouth. Carpool: meet @PP by 12:30 pm or arrive at the trail by 1 pm.\*\*

SAVE THE DATE!



October 10th, 9-1  
Brunswick Rec. Center



Mon	Tue	Wed	Thu	Fri	Sat
 <p>Scan QR code for People Plus online calendar</p>			<p>Call 729-0757 to register for activities</p>		 <p><b>People Plus!</b> THE CENTER THAT BUILDS COMMUNITY SINCE 1976</p>
			<p><b>HOURS</b> Mon-Thu 9 am - 4 pm Fri 9 am - 1 pm</p>		
				<p>9:00 Mah-Jongg 9:00 Loosen Up 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick</p>	<p>9:00 Zumba 10:15 Table Tennis</p>
<p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Bridge 6:00pm English Country Dance</p>	<p>8:30 AARP Tax Help 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 12:30pm Easy Riders Biking Club 1:00pm Qigong 2:30pm Spanish Club 6:00pm Belly Dancing 6:30pm Toastmasters</p>	<p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Wednesday Walkers 1:30pm 'Bandstand' Dance Club 6:00pm Belly Dancing</p>	<p><b>8:30 Women's Breakfast</b> 9:00 Table Tennis 9:30 Art Class 9:30 Apple Device Tech Tutoring 10:00 AARP Tax Help 11:00 Yoga 6:00pm Int/Adv Belly Dancing</p>	<p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick</p>	<p>9:00 Zumba 10:15 Table Tennis</p>
<p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Bridge</p>	<p>8:30 AARP Tax Help 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis <b>11:30 LUNCH OUT</b> 12:30pm Medicare 101 2:30pm French Club 1:00pm Qigong 2:30pm German Club 6:00pm Belly Dancing</p>	<p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Wednesday Walkers</p>	<p><b>8:30 Men's Breakfast</b> 9:00 Table Tennis 9:30 Art Class 9:30 Apple Device Tech Tutoring 10:00 AARP Tax Help 11:00 Yoga <b>1:30pm FYI! "In My Opinion!" With Bill Bushnell</b></p>	<p>9:00 Mah-Jongg 9:00 Loosen Up 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 3:00pm Folk Dance Brunswick</p>	<p>9:00 Zumba 10:15 Table Tennis</p>
<p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Bridge 1:30pm Apple Club 7:00pm Civil War Book Club</p>	<p>8:30 AARP Tax Help 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 12:30pm Easy Riders Biking Club 1:00pm Qigong 2:00pm Books a la Carte 6:30pm Toastmasters</p>	<p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Wednesday Walkers 1:30pm 'Bandstand' Dance Club</p>	<p>9:30 Art Class 9:30 Apple Device Tech Tutoring <b>12:00pm Lunch and Connections</b> 12:30pm AARP Tax Help <b>2:00pm Collette Trip Talk: Sunny Portugal!</b> 6:00pm Int/Adv Belly Dancing</p>	<p>9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick</p>	<p>9:00 Zumba 10:15 Table Tennis</p>
<p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Bridge</p>	<p>8:30 AARP Tax Help 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 12:30pm Easy Riders Biking Club 1:00pm Qigong 2:30pm French Club 6:00pm Belly Dancing</p>	<p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Wednesday Walkers <b>2:30pm Author's Chat: Deb Gould</b></p>	<p>9:00 Table Tennis 9:30 Art Class 9:30 Apple Device Tech Tutoring 10:00 AARP Tax Help 11:00 Yoga <b>12:30pm Islebrook Village Lunch and Learn</b> 6:00pm Int/Adv Belly Dancing</p>	<p>9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick</p>	<p>9:00 Zumba 10:15 Table Tennis 1:00pm Private Rental</p>

**Mid Coast–Parkview Health**  
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**Seeking Volunteers.** Do you enjoy working with people? Come join the Mid Coast Hospital volunteer corps! Volunteers are needed to serve as Hospital Ambassadors at the Main Entrance of the hospital on Saturdays and Sundays. For more information please contact the Volunteer Director at (207)373-6015 or [susan.lafferty@mainehealth.org](mailto:susan.lafferty@mainehealth.org).

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**The Plains of Africa - deposit due 9/21/24**  
April 27-May 10, 2025. Collette Small Group Excursion with just 12-24 passengers for more personal adventures. Highlights include Nairobi, Aberdare National Park, Shaba National Reserve, Samburu National Reserve, Sundowner, Lake Nakuru, Masai Mara, Karen Blixen Home, Amboseli National Park, 11 Game Drives, and Africa's "Big 5". Visit with Rothschild giraffes up-close at a sanctuary, learn the traditions of the Saburu people during visit with a tribe member and enrich yourself in the culture during a visit to a Masai village. FMI [gateway.gocollette.com/link/1190216](http://gateway.gocollette.com/link/1190216)

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**Vaccination options:**

- MaineHealth patients may schedule a vaccine appointment directly through MyChart. If you do not have a MyChart account, please call your provider's office to schedule.
- Many community locations and pharmacies offer vaccinations. Find an appointment near you at [vaccines.gov](https://vaccines.gov), by texting your ZIP code to 438829, or by calling 1-800-232-0233.
- If you or a loved one is living with a disability, you can get vaccine support by calling the Disability Information and Access Line at 1-888-677-1199 or emailing [DIAL@n4a.org](mailto:DIAL@n4a.org).

FOR ASSISTANCE FINDING A VACCINE,  
CALL 207-373-2350 OR VISIT [MAINEHEALTH.ORG/VACCINE](https://mainehealth.org/vaccine).

**MaineHealth**





**JEANNE MAYO, LEFT, AND FRANK CONNORS FOUND A FRIEND** at the People Plus Center last month! Kids from the Teen Center (seen on page 12) built this fun “teen” and Frank added his own sunglasses for a little character! You never know who you might meet or run into at the Center! Maybe Frosty will make an appearance in March!

## Expanded eligibility for Medicare Savings Program at risk

Gov. Janet Mills has proposed repealing a law that expanded the income eligibility for the Medicare Savings Program. The change in eligibility, to have taken effect on March 1, would have helped people pay for their Medicare premiums if they were over 65 with an income between \$25,965 and \$36,450. The legislation passed last year meant that about 30,000 older Mainers facing financial insecurity would be eligible for the savings.

A public hearing on the governor’s budget proposal was held Feb. 26, and the follow-up committee work sessions have started in early March. There is plenty of time for folks to engage with their legislators and to have a real say around this issue, according to Jess Maurer, executive director of Maine Council on Aging. Contacting legislators and writing letters to the editor both have a powerful impact, she states – and adds that her organization will help folks who are directly affected to write a letter to the editor or get their story out to all legislators.

“Our advocacy will last right until the decision is made about the proposal and we could use all the help we could get,” notes Jena Johnson, policy and advocacy director for Maine Council on Aging. For more information, she can be reached at [jjones@mainecouncilonaging.org](mailto:jjones@mainecouncilonaging.org).

**As of January 1, the asset test for the Medicare Savings Program was officially eliminated.** Thus, anyone who is currently income-eligible for the Medicare Savings Program, but was ineligible because of the asset limit (an asset such as retirement savings) is now eligible for the program and may apply or re-apply through their local Area Agency on Aging (Spectrum Generations in Brunswick and Harpswell or Southern Maine Agency on Aging for other nearby towns). Or the application is available online at [mymaineconnection.gov/benefits](http://mymaineconnection.gov/benefits). Note: Eliminating the asset limit is distinct from consideration of income eligibility guidelines and is not a part of the governor’s proposal to block expansion of the guidelines.

### Looking for a meeting, event, or party space?

Are you looking for a place to hold a baby or wedding shower, have a committee meeting, teach a class, hold a memorial service, have a birthday party and more? You can rent our back room, our cafe and kitchen area, the hall or the whole Center! We have evenings and weekends available. FMI please contact Jill Ellis at 729-0757 or [programming@peopleplusmaine.org](mailto:programming@peopleplusmaine.org).

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# Read what YOU want!



**WHAT A HUGE CROWD AT BOOKS A LA CARTE LAST MONTH!** This fun club has grown by leaps and bounds because the group has a great time every month! Longtime members Ralph and Diane Laughlin, the club's creators and leaders for many years, developed a concept where people share what they choose to read rather than everyone reading the same book. And every month they all get together to share their new books. It's great fun! Stacy's note: "When I went in to take this picture, I found myself standing there for about 10 minutes just listening to them describe some of the books they've been reading. And I wrote down two of the names so I could go check them out. It was really interesting!"



**DON'T MISS THE BHS PLAYERS** production of *The Phantom of the Opera* at Brunswick High School this month! The show will be performed over two weekends with shows on Thursday, March 14, Friday, March 15 and Saturday, March 16 at 7:00 pm; Sunday, March 17 at 2:00 pm; plus Friday, March 22 and Saturday, March 23 at 7:00 pm. Tickets are available in advance online and at the door (subject to availability) for \$17 for adults, \$12 for seniors/students. For tickets visit [www.showtix4u.com/events/BHSPlayers](http://www.showtix4u.com/events/BHSPlayers)

3rd Tues. 2 pm **Books a la Carte**

We talk about books of all types with no assigned list. FMI and our complete list of recommendations visit [peopleplus-maine.org/books-la-carte](http://peopleplus-maine.org/books-la-carte).

### FICTION

**The Man from St Petersburg** by Ken Follett. A novel set against the background of the Anglo-German arms race just before World War I.

**Demon Copperhead** by Barbara Kingsolver. Inspired by David Copperfield, the book dives deeply into

societal evils: addictions, harmful child services, prejudice. Set in Appalachia.

**Kate Meader** by Deborah Gould. An engaging story by a Brunswick author based on real people in a Gardiner, Maine, almshouse in 1900. See page 1 for Author Chat!

**Bernard Malamud: The Complete Stories.** Intensely human tales of people coping with difficult lives, often made more difficult by the people themselves.

**Among the Beautiful Beasts** by Lori McMullen. Historical fiction about the early life of Marjory Stoneman Douglas, who later became a tireless

activist for the Florida Everglades.

**A Different Sun** by Elaine Neil Orr. The daughter of a prosperous slave owner becomes a missionary in Africa.

### NONFICTION

**Braiding Sweetgrass** by Robin Wall Kimmerer. A writer, professor, and founder of the Center for Native Peoples and the Environment embraces the idea that plants and animals are our teachers.

**First in His Class: A Biography of Bill Clinton** by David Maraniss. This book covers Clinton's life from his birth in 1946 to the day he

announced his run for president in October, 1991.

**Think Again** by Adam Grant. The author wants us to rethink our beliefs, thoughts, and identity – and asks why we believe in certain things.

**A Mighty Long Way: My Journey to Justice at Little Rock Central High School** by Carlotta Walls LaNier with Lisa Fraiser Page. The story of this high school's desegregation in 1957 told by the youngest of the first nine students to attend.

### MYSTERIES

**The Best Man to Die** by Ruth

*Rendell.* In this British mystery, a bridegroom's best man is murdered the night before the wedding.

**The Ghost Orchid** by Jonathan Kellerman. A psychologist and a police detective try to solve a double homicide. Which victim was the target?

**Desert Star** by Michael Connelly. Harry Bosch and Renee Ballard resume a partnership of years ago to pursue two killers.

### SCIENCE FICTION

Selected Stories of *Philip K. Dick.* Dark stories by the author behind the movie "Blade Runner."

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# 22nd Annual Music in April 2002 - 2024

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\*Sponsor list as of print date.



THANKS TO DENNIS DUGGAN AND HIS LOVELY WIFE, SHIRLEY, for delivering a \$1,000 Music in April sponsorship check at the Center last month! They are a new supporter for the organization and came to us via board trustee Joe Palma. One of the jobs a board member will fill is bringing in sponsorship partners for the Center! Thanks to Legacy Properties - Sotheby's International Realty for this sponsorship and thanks to Joe for thinking of it!



# Lunch Out!

March 12th at 11:30 am.



104 Maine St, Topsham

## Music in April Online Auction Opens April 1!

New items added weekly through April 30.

### 2024 AUCTION ITEM SNEAK PEEK



## Music in April

continued from page 1

and our Maine communities as a whole, today and for future generations.

And, of course, as always our servers will be teenage volunteers from local high schools, keeping with our mission of building community for all ages.

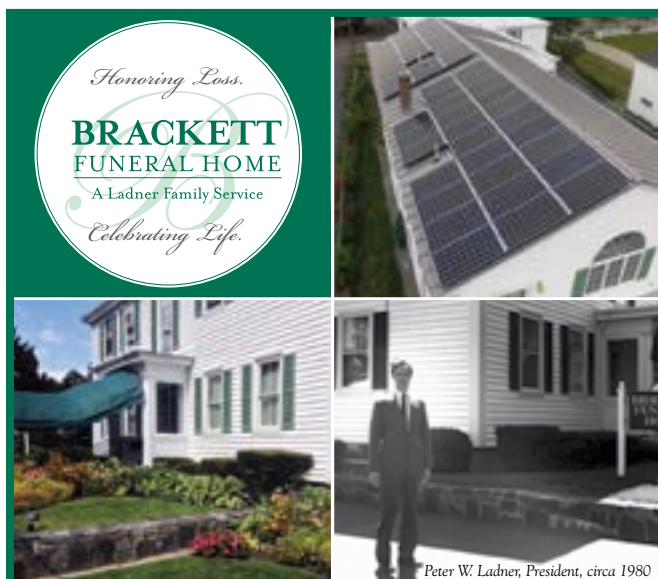
The online auction will run April 1-30, with new items added every week during the month. Last year's event drew more than 400 bidders and almost 400 donated items for the People Plus Center. Our goal this year is to raise \$80,000, and we are right now collecting fabulous items to put up for auction.

Do you have items that are interesting, antique, pretty, or valuable? Or maybe you're downsizing and have artwork or vintage items you are looking to find a good home for? Or maybe you know a business that would donate a gift certificate?

Donations can even be an experience or an adventure, like a gourmet meal in a donor's home. You can donate jewelry, handcrafted items, season tickets or professional services. The list goes on – and you never know what an item will bring in! If you're not sure an item would be good for the auction, or if you have questions, call Jill at the Center. We need to have all donations on hand by March 15.

To buy a ticket to the Music in April Gala, register as a sponsor, or donate items for the auction, please call the Center at 729-0757. Tickets are also available online by scanning the QR code to the left or visiting our website at [peopleplusmaine.org](http://peopleplusmaine.org). Thank you!

Look to the left for a sneak peek at some of the 2024 auction items!



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



# We are all in stitches at the Center!



**IT WAS A LOVELY TURNOUT** at the Art Show last month to celebrate the work of nearly a dozen members of the People Plus Fiber Arts Club! These lovely ladies posed next to some of the pieces that they created over decades of their lives through weaving, sewing, quilting, working on a loom, knitting, and crocheting. Since many of these ladies spin their own yarn, we added a “spin off” group called Fiber Spinners Club! If you’re interested in joining the Fiber Arts Club, they get together every Monday morning at 10, and it’s free for members! The camaraderie and laughter will keep you in stitches!



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## MID COAST HOSPITAL AUXILIARY Grand & Glorious Yard Sale 3 ways to be part of the fun!

### 1. DONATE Drop off your “Good Goods”

9 a.m.-12 noon, Wednesdays & Saturdays, March 6-April 6  
Wayfair, 46 Burbank Ave. (Brunswick Landing)  
Please no electronics, office furniture, chairs or file cabinets.

For questions call (207)373-2122.

### 2. TAKE A SNEAK PEEK Come to the Preview Event

Friday, April 12, 5:30-7:30 p.m.  
Get first dibs on purchases. \$20 at the door.

### 3. FIND A TREASURE

Saturday, April 13, 9 a.m.-3 p.m. and Sunday, April 14, 9 a.m.-12 noon  
Admission is **FREE**. Proceeds will benefit Health Care Career Scholarships and vital Mid Coast Hospital projects.

Drop off and yard sale location: **Wayfair**, 46 Burbank Ave. Brunswick

Special thanks to *Priority Real Estate Group* for sponsoring this community event!



 Mid Coast Hospital  
MaineHealth  
[midcoasthealth.com/auxiliary](http://midcoasthealth.com/auxiliary)



## Poems &amp; Prose

## You Will Find Me

When I die  
Don't let it be  
In spring  
When everything  
Is alive

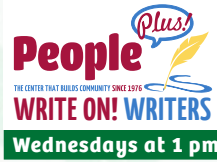
You will find me  
In crocus under snow  
In bright wild sprays  
Of forsythia  
In darkened woods  
In tulip bulbs at the starting gate  
And pussywillow bud  
Waiting on a twig

I leave this fertile earth  
Fulfilled and longingly  
As a lover, a beloved

Life a chance  
Death a certainty  
You die no matter how you live  
Someone caring matters  
– Virginia Sabin

## Haiku

Busy Saturday  
Cleaning, laundering, shopping  
Fat cat in my lap  
– Nonie Moody



## No Sale

Not long after we moved to Maine a salesman stopped by and wanted to show us the smoke alarms he was selling. We were sitting in the living room as he gave his spiel about how superior his products were and that they would wake everyone up in time to seek safety. Then he offered to give a demonstration, but asked if we would mind if it woke our 3-year-old son, Guy, who had fallen asleep on the couch – probably bored by the salesman. I told him that he was a sound sleeper.

Guy once fell asleep under our bed playing hide-and-seek. We noticed him missing and searched all over calling his name – even considered draining the pond. He woke up and came out rubbing his eyes.

So the salesman activated his device – it did not wake Guy at all. We declined to purchase his product!

– Sue Linkel

## Kenny Rogers

I lived in Houston, Texas, from 1985-1995. During part of the time, I was an RN at Parkway Hospital. I had the privilege of caring for Kenny Roger's younger sister, my age – 20. She was in for back problems and her twin brother, Paul, would come visit her every evening. He was very good looking with coal-black hair. He would come sit at the nurse's desk when I was charting at the end of my shift. Paul told me how every time Kenny went on a music tour, his wife would be gone when he got home.

I looked online to find out more about Kenny's wives. He had five and he had five children. His last wife had a set of twin boys and stayed with him until he died, March 20, 2020, in Sandy Springs, Georgia, aged 81. He was born in 1938 in Houston. He was the fourth of eight children to Lucille and Edward Rogers.

Kenny performed with his very experienced band members for his entire career. Many musicians switch around band members due to various reasons. Kenny's band was named Bloodline. His song "Lucille," came out in 1977. His "Islands in the Stream," was Number 1 on the charts for weeks in 1983. He performed with Dottie West, Dolly Parton, and Sheena Easton. Kenny did a song that Lionel Richie wrote named "Lady."

I guess the reason I am writing about Kenny is, he seemed to be a normal person like me. Kenny had the same problems I have. He had a hard time having healthy relationships, yet his personal life never held him back. Thanks, Kenny for making my days happier.

– Lucy Derbyshire

## First Kiss at the Concert

Summer concerts on the town green were enjoyed every Wednesday by all residents in our town. The town had few new families, and when we did, they shined like a light bulb.

In May one year, the Packards became residents. William was one of the boys, ahead of me grade wise, and we girls took notice! I had conversations with him before school ended in June. I was in 6th grade, just getting interested in boys!

The family did not live on a farm or become involved with community affairs or activities. I kept in touch with William with a phone call or impromptu meeting in town. The concerts began, and lucky me, farm chores were done, so my mom took me to the lake. It was Wednesday, and lo and behold, William was there with his friends I also knew. I greeted them and casually asked if they were going to the concert. William did not comment, so I went for a swim. He

followed, asking me more about time and location details for the concert and said maybe he could meet me. Wow – was this a date? No mention of his family, so I said, "Of course."

My dad and brother played in the band, so our family went early. I did not mention William, just followed our family concert routine, though I was excited and hopeful. The concert atmosphere was always congenial and friendly as we kids romped around, men folk caught up with farm issues, and women shared home-front chatter.

William was alone when I saw him, so I hustled to greet him and introduce him to my mom. He seemed nervous and suggested we take a walk. She said, "Okay, be back before the concert ends." We ended up behind the school. It was getting dark and we could hear the music. We talked a bit, I don't remember about what, and the next thing I felt was his arms around my shoulders just pulling me close. He was

taller than me. I could feel his chest. He loosened his hug, gently lifted my chin, and kissed me on the lips. It was a thrill, and we headed back to the concert.

We had a platonic relationship. I headed off to college and he went to war. When he was in Korea, we corresponded. I came home for the Christmas holidays, and when my folks learned I was writing to him, they were proud. Returning to college, I received a pack of my letters tied with a black ribbon stamped with large letters, MIA. It was a very sad day, and I cried as classmates comforted me. His parents never befriended me and had to move. He remains in my memory, and I pray he had some success and happiness in his life. Thank you for my first kiss, you are not forgotten. Rest in peace.

– Betty Bavor



## Are You Planning to Age in Place?

Are you at the point where continuing to live in your house is getting difficult? There are likely lots of good memories of your children, grandchildren, or pets in that place that you've called home

for many years. But now you are not as steady as you once were. Perhaps you've even had a fall. My name is Ashley Richards and I am a certified aging-in-place specialist and a member of People Plus. I am

offering a free walk-through of your home and will suggest changes that will allow you to more safely stay in your home. You can reach me at 207-712-3042 or by email at ashleyr151@gmail.com.



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# Club Corner



**IT'S EASY TO SMILE WHEN YOU'RE DANCING!** "Bandstand!" Dance Club spins oldies but goodies on two Wednesdays per month at 1:30 pm, and it's a blast – from the past!

## Bandstand: Come boogie down and enjoy fun in motion

As people of a certain age, we know Motown and dancing go together like a hand and glove. And now, twice a month at the "Bandstand!" Dance Club, People Plus welcomes all of us to dance free-style to the amazing music that kept us grooving in our youth.

Whether it's Smokey Robinson and the Miracles singing *Shop Around*, or The Marvelettes doing *Please Mister Postman* – or my personal favorite, The Temptations' soulful *My Girl* – smiles abound as we dance around and forget about whatever might have been bothering us just moments ago.

As the '50s, '60s and '70s playlist from Pandora or Apple Music spins (okay, it's not really spinning like in the old days of a DJ with actual records), we sometimes skip over ones that don't quite have the right beat. Just know that no matter what is playing, anything goes as far as how we move. This is a judgment-free zone and no partner is needed!

Even with the music playing, we pause and

socialize at times – and that's part of the fun. I talked to Ann Clayton, who grew up in rural Maine without a place to dance, but she listened to Motown on the radio and liked it. Caroline Chinlund says she simply loves to move and came with her friend, Dan Levine. Rae Duval has been dancing since childhood and joined the local Elks, which allows her to go to the dances. She even traveled to Jackman this winter to dance to a favorite band.

Janis Parent boogies through the doorway as she enters and tells me Janis is spelled as in Joplin after I write down her name as Janice! At the end of Bandstand! Club she counts her steps – sometimes 3,000 steps in all. She says she likes to dance and since losing her husband, she enjoys the social aspect.

Marge and Ron Himmer came and danced together. She tells me that since joining Bandstand, Ron has fired up these tunes at home and has been known to find his

groove. Great, another convert!

Teddi Reed told me that if she's on her deathbed and folks aren't sure if she has passed away, "Just put on some Motown and if my toes start wriggling, that means I'm still here."

Winter is an especially good time to dance, and it's hard to frown when you're dancing, so come *Dance to the Music* (remember that Sly and The Family Stones song from 1967?) Or in the famous words of the Four Tops, move around and delight in *The Way You Do The Things You Do*. Join us!

– Charmaine Daniels

PS: I used to watch *Bandstand with Dick Clark* every afternoon after school. There was no one to dance with, so I danced with the doorpost. It's much more fun to dance with others! Come see for yourself!



### FREE Video Library

Are you hunkering down for the winter? Don't forget to check out the People Plus video library. It's filled with community updates, exercise classes, art classes, guest presentations on varying topics (including previously recorded presentations/events at the Center), our "Storytime with Frank" series, News & Views TV shows, People Plus Cooks! TV shows, with additional cooking videos, and other fun videos.

Our free videos are all available on our website (click on the Free Videos tab), and many air on Brunswick TV3 & Harpswell TV14.



### Weekly Winners

**Jan. 31** James Cherry - 724  
Sherrill Morgan - 722  
John Bouchard - 718  
Jen Haskins - 705

**Feb. 7** Jerry Donovan - 721  
Sherrill Morgan - 718  
Trenna Crabtree - 696  
Judy Hardin - 693

**Feb. 14** Ashley Richards - 722  
John Bouchard - 704  
Joe Tonely - 702  
Paula Palaza - 695

**Feb. 21** David Bertocci - 726  
Ashley Richards - 716  
Jerry Donovan - 714  
Judy Hardin - 696  
Joe Tonely - 726

### DUPLICATE BRIDGE

**Jan. 29** 8 teams.  
1. Linda McIntosh & Tony Belmont, 57.1%  
2. Martha Cushing & Jeff Lauder, 54.0%

**Feb. 5** 8 teams.  
1. Martha Cushing & Jeff Lauder, 61.1%  
2. Judy Johanson & Tinker Hannaford, 54.0%  
(tie) Norm Curthoys & Richard Totten, 54.0%

**Feb. 12** 9 teams.  
1. Martha Cushing & Jeff Lauder, 63.5%  
2. Gail & Cy Kendrick, 61.5%

**Feb. 19** 9 teams.  
1. Donna Dillman & Kathy Cooper, 67.7%  
2. Judy Johanson & Tinker Hannaford, 59.4%

**Feb. 26** 10 teams.  
1. Martha Cushing & Jeff Lauder, 59.0%  
2. Marcia Good & Woody Townsend, 57.6%

BATH-BRUNSWICK  
**RESPIRE CARE**  
ADULT DAY SERVICES FOR THE MIDCOAST AREA

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JOIN OUR TEAM**

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info@respite-care.org

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

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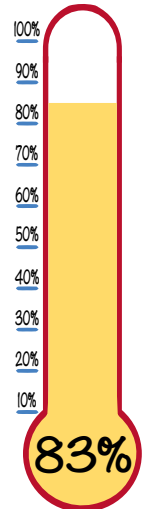


# Teens spruce up the stoop, then the community gets ready to scoop!



**Annual Appeal**

**33,297**

100%  
90%  
80%  
70%  
60%  
50%  
40%  
30%  
20%  
10%

**83%**

It's finally March! Winter is on the way out and the days are getting longer. We're excited to see more kids coming through the door as the weather warms up and as a lot of our kids are taking a break between sports. We're embracing the month with a whole slew of seasonal activities from making shamrock shakes to cooking up some traditional Irish dishes. We're hoping this keeps them all satisfied until they're back out for track season at the end of the month.

The biggest item still on our springtime to-do list is a revamp of the Teen Center entrance. As one of the kids put it, "It's just a brick building, it's creepy." The staff certainly disagrees with the opinion about the brick, but we'd love to do a little art

project with the kids this spring to give our steps and doorway a pop of color. With the weather warming up a little more each day, we're hoping to get something off the ground by the end of the month. The teens are all in on helping us do it, so we're excited to see what they come up with!

We're also well into Gelato Scoop-a-Thon season! Staff and volunteers are hard at work planning for our annual fundraiser. We'll be starting at 11 am on April 24th at Gelato Fiasco on Maine Street, and we'll be there for a full 12 hours! We have a slew of community members eager to join in for the day, and we'll have a full schedule of entertainment, activities, and celebrity scoopers. A huge thank you to

## Brunswick Teen Center News

Taylor Carter



Gelato Fiasco and all of our volunteers, performers, and sponsors who help make this event happen! Keep an eye out for more details and make sure to carve out a few minutes in your day to join us!

From everyone here at the Teen Center, we hope you have a great March filled with plenty of good luck!



– Taylor and the teens



**TEEN CENTER MEMBER, DENISE**, poses with the snow "teen" that she built with the help of volunteer, Rebecca. This snowman attracted lots of attention and admiration at the Center, as can be seen on page 7!



**TEEN CENTER SIBLINGS, CHASE AND FAITH**, constructed homemade bird feeders last month. The teens made a variety of bird feeders out of popsicle sticks, peanut butter, and bird seed.





**BRUNSWICK AREA STUDENT AID FUND**  
BOWDOIN • BOWDOINHAM • BRUNSWICK • HARPSWELL • TOPSHAM


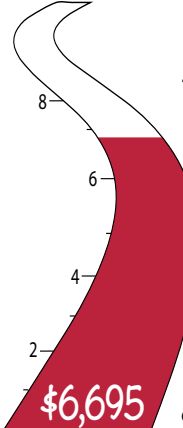
**"Brunswick Area Student Aid Fund, along with a lot of hard work, allowed me to go to the University of Maine which then led to a legal career, ten years as Maine Attorney General and a position now as a teacher at both Columbia and Harvard Law Schools. BASAF changed my life and it will change the life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

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

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





**BRUNSWICK AREA STUDENT AID FUND**  
P.O. Box 867, Brunswick, ME 04011



# Almost there!

Only \$3,305 to go! The Jordan Cardone-Ruwet Scholarship Fund provides an annual award for a graduating high school senior who has been a member of the Teen Center program. Each year the award will provide \$500 to a graduating high school senior to be used for post-secondary education. To date, we have raised \$6,695!

Scan the QR code to donate. Or you can donate at People Plus in person or by mail sent to PO Box 766, Brunswick 04011. The endowment fund needs to reach \$10,000 to maintain the annual scholarship award in perpetuity. Thanks to those who have already donated!

Get delicious chowder at St. Charles Church!  
On **March 1** all tips go to the Teen Center!  
see details below

All Saints Parish **St. Charles Borromeo Church**

## LENTEN HADDOCK CHOWDER TAKEOUT

**5-6 PM ON MARCH 1, 8, 15, 22**

**Tasty Take-Out Meal**  
A pint of homemade fish chowder, package of crackers and dessert. **\$10 each**, exact cash or check (made out to All Saints Parish). 200 portions available: first-come, first-served.

Profits will be divided equally among these area organizations: *Mid Coast Hunger Prevention Program, Tedford Shelter, The Gathering Place, Habitat for Humanity-7 Rivers Maine, Oasis Free Clinics, and Brunswick Area Teen Center.*

\*Enter via the east parking lot (132 McKean St.) and follow the signs to the pick-up area.





**spectrum generations**  
 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

March 2024

## SPRING FORWARD!



SUNDAY, MARCH 10

**DAYLIGHT SAVING TIME** will begin for 2024 on Sunday, March 10 at 2 a.m. local time, when clocks spring ahead one hour. That night we lose one hour of sleep, but regain it the first Sunday in November.

On an interesting note, two U.S. states, Arizona and Hawaii, don't observe daylight saving time at all, refusing to roll their clocks forward and backward every year. The U.S. is one of 70 countries to participate in Daylight Saving Time since it was introduced in 1918, with the intention to save energy and to get more use out of natural daylight.



Each March, Meals on Wheels celebrates the historic day in 1972 when a national nutrition program for seniors was added to the Older Americans Act. This legislation supported the rapid growth of the Meals on Wheels network that now collectively serves 2.8 million seniors each year.

This year's March for Meals celebration comes at a time when eight out of ten local Meals on Wheels programs are still delivering meals to more older adults than they were prior to the pandemic, and operational and food costs are still soaring even while inflation slows.

Now is a critical time for you to support your local Meals on Wheels and urge Congress to protect, strengthen and invest in these proven and effective programs by increasing federal funding so that it is available to every older adult in need for decades to come.

To send a message to Congress through the Meals on Wheels America portal, visit

[www.mealsonwheelsamerica.org/take-action/advocate](http://www.mealsonwheelsamerica.org/take-action/advocate)

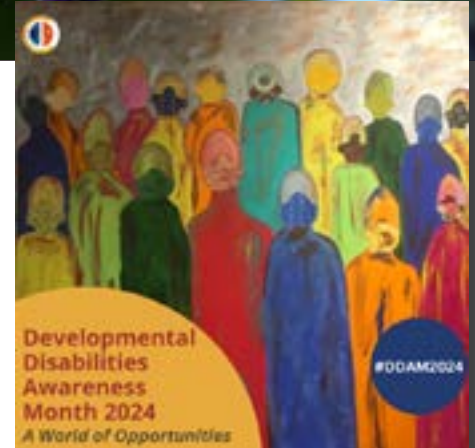
Thank you for your time and support.

## Developmental Disabilities Awareness Month 2024

Each March, the National Association of Councils on Developmental Disabilities (NACDD), raise awareness about the inclusion of people with developmental disabilities in all facets of community life, as well as awareness of the barriers that people with disabilities still sometimes face in connecting to the communities in which they live.

We would like to take the opportunity to introduce you to our Case Management team who serve these members of our communities. Spectrum Generations serves seven counties; we're here to help you and your family navigate the many complexities of available funding resources. With effective and responsive coordination, Spectrum Generations' case managers link people to resources, enhancing their quality of life and inclusiveness in their communities.

**For more information on resources that are available, contact Sandra Labelle at 207.620.1667 or [slabelle@spectrumgenerations.org](mailto:slabelle@spectrumgenerations.org).**



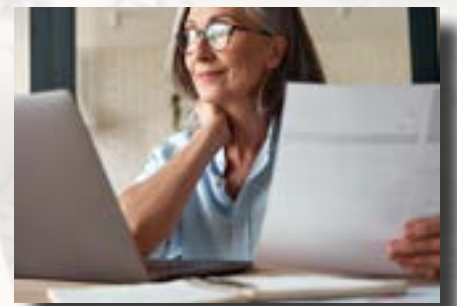
### WE ARE HERE TO HELP:

- Follow the wishes and needs of each individual through a person-centered planning process
- Enable people to explore a full range of options
- Develop formal and informal supports
- Advocate for the interests, preferences, and dreams of the individual
- Assist individuals and families in independently coordinating their own supports and services if they so desire
- Support the development and expression of self-determination and self-advocacy; and provide a wide range of available resources

## Money Minder Volunteers Needed

**THE MONEY MINDERS PROGRAM** is in search of individuals who would like to give back to their community, and help people maintain their independence, by assisting them with financial matters. This is a rewarding program that averages two hours each week of your time. The program matches trained, bonded volunteers with people who need help establishing a monthly budget and to ensure bills are paid in a timely and accurate manner.

**If interested, contact our Volunteer Coordinator Stacey Forkey at 207.620.1684 or [volunteer@spectrumgenerations.org](mailto:volunteer@spectrumgenerations.org) for more information.**



**The Respite for ME program ends September 30, 2024. Call 1.800.639.1553 for more information today.**

## Elder Law Attorney Fees May be Reimbursable through Respite for ME Grants

Caregivers and care partners need to ensure they plan for the future needs and care of the individual(s) they are assisting. Many families avoid taking these necessary steps because legal fees can be costly. Respite for ME may reimburse attorney fees associated with estate planning, advance directives, durable medical power of attorney, durable financial power of attorney, and wills to eligible caregivers.

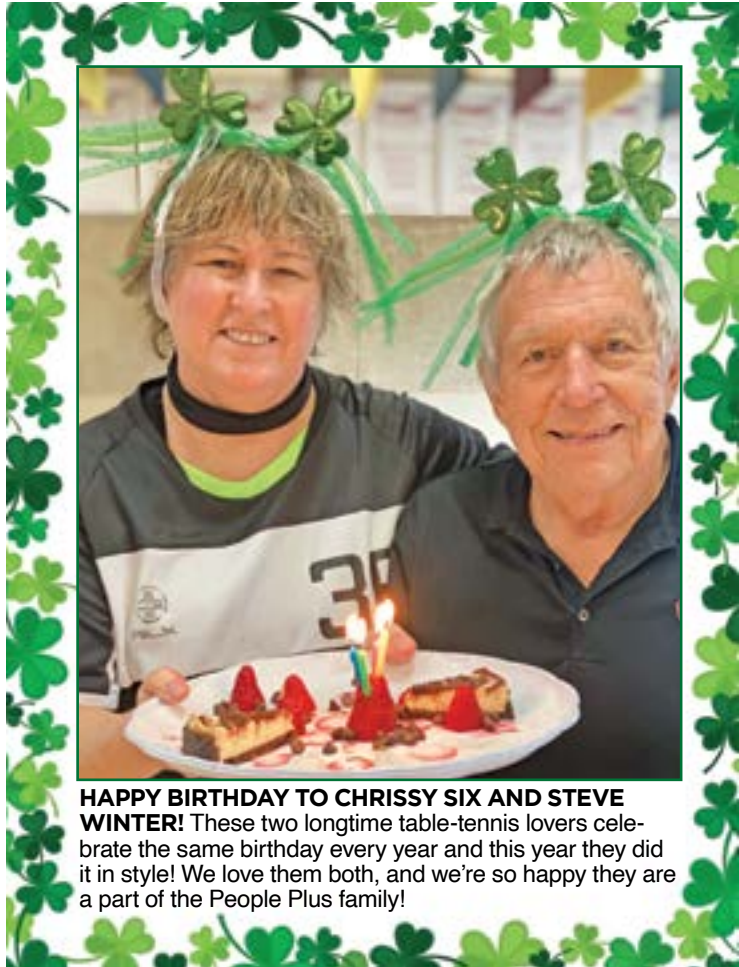
**RESPITE FOR ME GRANTS**, funded by the Maine Jobs and Recovery Plan, will allow non-paid caregivers to access respite care as well as other services not currently covered by existing programs. Eligible caregivers may receive funds, in the form of a reimbursement, in order to access needed services.

**EQME** **WHEN: Thursday, March 14, 10:30 a.m. to 12:30 p.m.**  
**WHERE: Cohen Community Center, Hallowell**  
 EQUALITYMAINE

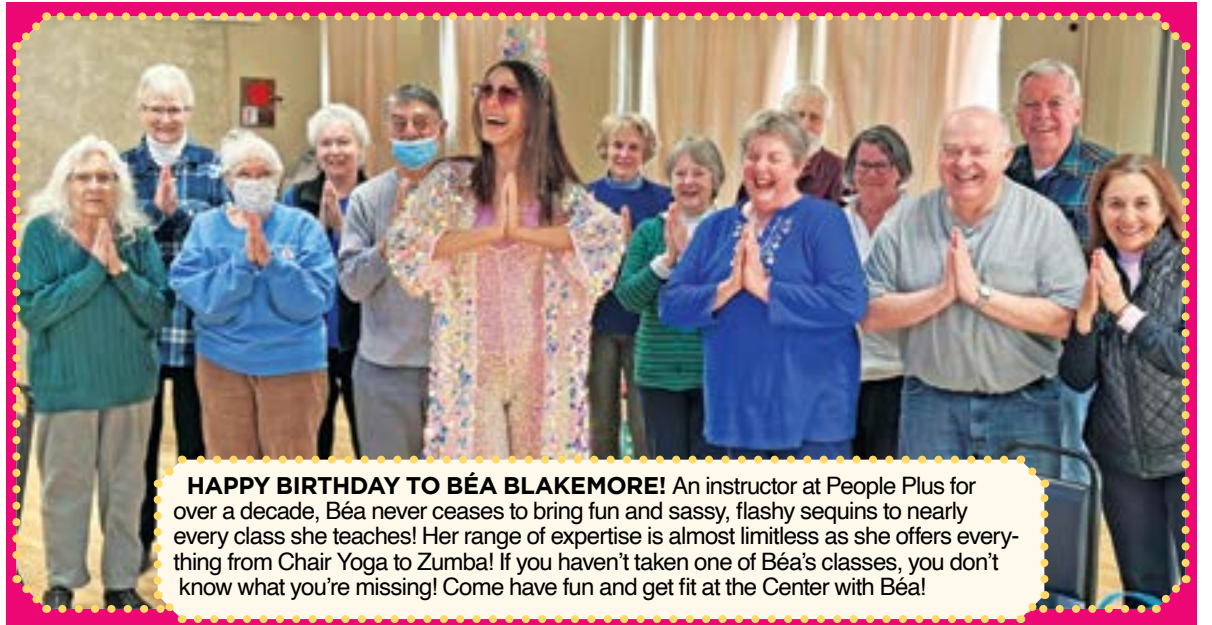
Join LGBTQ+ older adults in the Augusta area for lunch at the Cohen Community Center, 22 Town Farm Rd, Hallowell, ME 04347. This luncheon is hosted and run by other LGBTQ+ older adults and occurs monthly on the second Thursday of each month. Folks meet at 10:30 a.m. and lunch is served at 11 a.m. The meal is free to those 60 and older; there is a \$7.50 charge for anyone under 60. All older LGBTQ+ adults are welcome to attend! Email Chuck Randall at [europabear@aol.com](mailto:europabear@aol.com) or Izzy Ostrowski at [izzy@equalitymaine.org](mailto:izzy@equalitymaine.org) for more information.

Proud to partner with People Plus





**HAPPY BIRTHDAY TO CHRISSY SIX AND STEVE WINTER!** These two longtime table-tennis lovers celebrate the same birthday every year and this year they did it in style! We love them both, and we're so happy they are a part of the People Plus family!



**HAPPY BIRTHDAY TO BÉA BLAKEMORE!** An instructor at People Plus for over a decade, Béa never ceases to bring fun and sassy, flashy sequins to nearly every class she teaches! Her range of expertise is almost limitless as she offers everything from Chair Yoga to Zumba! If you haven't taken one of Béa's classes, you don't know what you're missing! Come have fun and get fit at the Center with Béa!

## Maine launches new housing program!

It's getting more difficult for seniors to stay in their larger homes as they age, and younger people are navigating an increasingly unaffordable rental market. So Maine is starting a pilot program that seeks to house those generations together.

MaineHousing, the state's housing authority, recently signed a nearly \$200,000 contract with Nesterly, a platform that allows homeowners — mostly retirees and

empty nesters — to list extra rooms online. The service also performs background checks and determines compatibility. The homeowners are matched with renters, who are often students looking for an affordable living space.

The program can help with social isolation among older people and help younger people find housing they can afford.

## Membership Benefits

The following businesses offer discounts for People Plus members.

**Ashley Richards**, Certified Aging in Place Specialist, free home walk-through with recommendations to help you age in place  
712-3042, ashleyr151@gmail.com

**Attorney N. Seth Levy**, discounted legal services for seniors including wills, living wills and estates  
14 Maine St, Bruns., 319-4431  
www.sethlevylaw.com

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

**Autometrics**, 10% off labor  
21 Bath Road, Bruns., 729-0842

**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

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

**Bill Dodge Auto Group**, 10% off parts/service  
118 Pleasant St, Bruns., 729-6653  
www.billdodgeautogroup.com

**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

**Darling's Ford**, 10% off up to \$50, parts/service  
262 Bath Road, Bruns., 725-1228  
www.darlingsbrunswickford.com

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

**Eveningstar Cinema**, discount bag of popcorn at evening shows (\$1 sm, \$1.50 med)  
149 Maine St, Bruns., 729-5486  
www.eveningstarcinema.com

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

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

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

**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

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

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

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

**Mid Coast Hospital Gift Shop**, 10% off, anytime  
123 Medical Center Dr, 373-6018  
www.mainehealth.org/Mid-Coast-Hospital/Patients-Visitors

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

**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

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

**Tire Warehouse**, 20% off labor  
Topsham Fair Mall, 725-7020  
www.tirewarehouse.net

**Wilbur's of Maine**, 10% off, anytime  
43 Maine St, Bruns., 729-4462

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

*\*Benefits subject to change*

### ARE YOU A LOCAL BUSINESS?

Email [office@peopleplumaine.org](mailto:office@peopleplumaine.org) or call 729-0757 to discuss advertising your business with People Plus!



# Say YES to Life

## Say YES to a BETTER YOU!



**The McLellan**

*Live better.*

One Bedroom Unit  
OPEN NOW!

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

207-725-6200 | [info@themclellan.com](mailto:info@themclellan.com)

[Themclellan.com](http://Themclellan.com) | 26 Cumberland St. Brunswick, ME

**People <sup>Plus!</sup> MEMBERSHIP APPLICATION**  
729-0757 [www.peopleplusmaine.org](http://www.peopleplusmaine.org) Date \_\_\_\_\_

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/ rides to appts/shopping  
 cleanup  Meals on Wheels  
 Reception:  Teen Center  
 check-in/phone

OFFICE USE:  Account  Data  Card Sent

## Gone but not forgotten –

**James Rutter**

Nov. 28, 1947—Jan. 29, 2023

**Margaret Wetzels**

Dec. 17, 1927—Jan. 26, 2024



# Borrowing beyond books: Need an oversize coffee carafe or a slide projector?

Curtis Memorial Library in Brunswick is tremendous. It feels welcoming and sunny and has great reading nooks. The older, original building has an especially cozy atmosphere with comfy leather seats or chairs near the fireplace – with a real crackling fire on some days in the winter.

But one thing you might not know about Curtis is the great help desk up on the second floor. That’s where I found Hazel Onsrud, who told me all about parts of the upstairs non-fiction collection that don’t look anything like books. They make up The Library of Things.

Say you are babysitting the grandkids while their parents take a break. Perhaps you need something to keep the kids entertained and occupied. You can borrow a game or toy kit just like you can borrow a book. And if you’re not sure what kind of game or toy might suit your grandchild, you can ask the help desk or any other librarian for advice, just like you might ask for guidance on your next book

choice. “Just call up and we will walk you through some fun options depending on the child,” says Hazel, one of the librarians. “We are full-service.”

Hazel gives me a tour obviously filled with delight that so many things are available to share – more than 600 things actually. The list of things is organized by category for easy searching and comes with photos of each thing – and the list appears both on the website and in printed catalogs alongside where things are located. If you don’t know exactly how to use what you just borrowed, there are even books and videos to help you. Or just ask one of the helpful help desk folks. (For bigger items stored off the shelves, the staff will even bring those items outside to a pickup table or curbside to your car.)

What are some of the things? Everything from a gizmo to pick up pine cones in your yard without bending over to a watch repair kit. There’s also lots of games and sports equipment, along with a palm router and a

conduit bender (I might need to borrow one once I figure out what they do!) There’s a sewing machine, bulb digger, cider press, wood chipper, soap-making kit, air quality instrument, air fryer, flour mill, tile cutter, garden kneeler for creaky joints, slide projector (for those vacation slides pushed to the back of the closet!), solar panel, boom box, full-spectrum therapy lamp, flower press, pasta maker, cooler on wheels, lens kit for a phone camera, Kitchen Aid stand mixer, a rainbow maker for folks who can’t get out much ... I could go on.

The Library of Things was started six years ago using things that were bought for community programs. “We decided to keep them and loan them out,” says Hazel. It turns out loaning out tools and other things is a growing trend in libraries. As she points out, if you don’t have room to store stuff or only need an item occasionally, why not borrow?

So just remember: Instead of “There’s an app for that, there’s a thing for that!” Check it

## Thinking out loud

Charmaine Daniels



out – (pun intended).

Oh, and just in time for March, there are kites. And you never know when you’re going to need an ice cream maker or a bucket of 20 mugs for that family gathering.

**STORM POLICY**

When Brunswick schools are closed due to weather, all People Plus activities are canceled for the day. Check [peopleplusmaine.org](http://peopleplusmaine.org) or local media for closure information.

## New and renewing members for February

Memberships received as of February 17. * indicates new membership • indicates donation made with membership	<b>Brunswick:</b>	John Doherty Mary Anne Doherty Nancy Dorr• Barbara Douglas Patti Douglas*• Omer Gagne• Teresa Golan• Richard Golek Jim Hamilton Sally Hartikka Nancy Hoffman• James Holland* Matile Hugo Elaine Hyman Doris Kent• Nancy Kenney Laura Kenworthy Lynn Kinee Daniel Kornegay• Mary Kornegay• Paula Conley*	Michael Land* Ed Langbein Joan Laws DonnaLee Larose Diana Lohse Barbara Lunsford* Connie Marran Ingrid Mayer* Judith McKnight• Howard Nannen* Janet Nannen* Beverly Nickerson• Richard Nickerson• Christina Oddleifson Tom Pantaz Ruth Phillips Carol Pelletier Donald Quaid• Deborah Rice Lorraine Ring Sam Saltonstall	Nat Shed Gayle Sirois Jill Snyder• Dorothea Sulzer• Karyn Swiger Lois Thacker Connie Turner Claire Wallace Alice Yanok•	Lee Johnson*• Linda Lawler	Rosalie Collins• Dave Cranston Bill Ewing*• Judith Fitterman*• Candace Guerette Robert Guerette Joseph Guttentag Merna Guttentag George Hardin Maryanne Lamont Barbara Laurie Patricia Maloney• Ralph Newton Jeannine Staples
	<b>Bath:</b>	Cheer Allan Kathryn Baribeau Shirley Bello Dennis Belt Nancy Belt Sherrie Bergman• Lois-Jean Berry Karen Black• James Bridge Philip Brzozowski* Donna Burch Hollis Calhoun* Cynthia Carney Donna Carver Keith Carver Kate Clough Mary Ellen Cooper• Patricia Croy• Nancy Desjardins	<b>Durham:</b> Susan Karnes	<b>Lisbon Falls:</b> David Shafer Marcia Shafer	<b>Orr’s Island:</b> Dexter Kamilewicz• Gretchen Kamilewicz•	<b>Richmond:</b> Susan Blake
<b>Bowdoinham:</b>	<b>Bowdoin:</b>	<b>Freeport:</b> Curry Ander	<b>Topsham:</b> Michele Akesson* Ellen Bernstein Larry Bernstein Al Canino	<b>Harpsswell:</b> Elizabeth Bouve*• Wayne Cole• Julia Garrity Jere Hoffert•	<b>Yarmouth:</b> Edward Ainsworth	



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

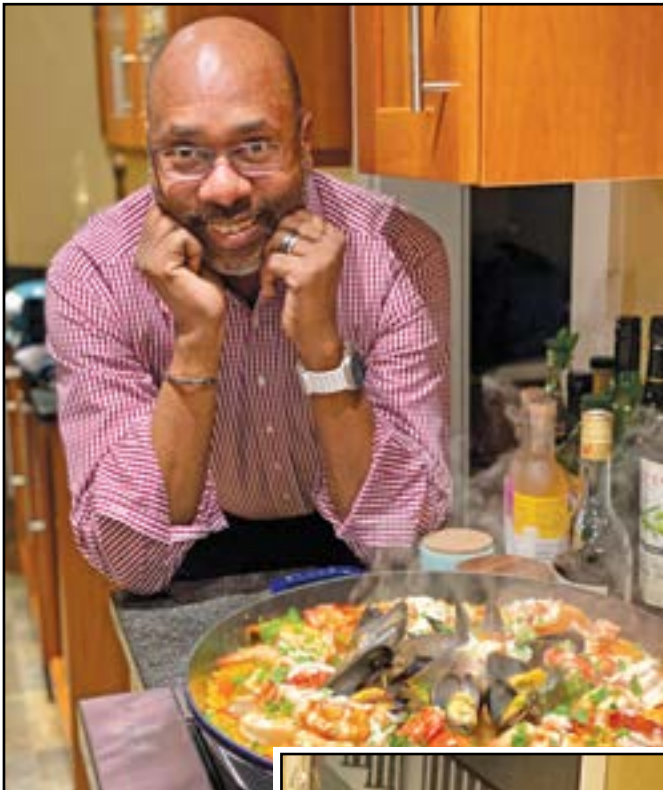
207.443.9100

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

207.729.6222



# Delicious Donated Dinner!



### THANK YOU TO ROBIN AND LISA COPLAND

for donating this fantastic Spanish paella dinner event at their house! This has been a highly coveted auction item at Music in April for the last couple of years and has brought in over a thousand dollars for the Center! As a trustee for the board of People Plus, Robin serves on the development committee, so he totally understands what fundraising is all about. We love these personal auction items, and they always go for way more than you would expect! Thanks again to Robin and Lisa!



# ‘Bugs, bones and botanicals’ inspire our new art show

When Frances Nankin goes into her studio, her blood pressure drops. It is there she takes delight in the natural treasures that she has collected and used to create assemblages for 30 years. These might include a piece of dogbane she spied in New Jersey or a curly grapevine from her home in Brunswick.

On her meanders, she doesn't search for particular pieces or have forethought of what she might see. She typically finds material in gardens, along roadsides, in fields and forests ("and from friends who humor me!")

These pieces of nature form her palette in a way, because her works make use of texture, shape, color and balance just as in other abstract artwork. "It's about composition and bringing forward something that others might not otherwise have noticed. I try to use things that most people would pass over as ordinary." As part of her work, she also experiments with using handmade paper, pastels, watercolors, fabrics, and yarn to create backgrounds that give a sense of movement, place, or time of year – and they often lend color as well.

She says her art is a way to show her love for the natural world. That started early in her case, when she grew up in rural New York and roamed the woods with her brother. She was nearsighted as a child and more easily noticed what was quite literally under her feet. She began to collect things and never tired of it. She recalls noticing what is around her even included a time waiting in a lobby area for a work meeting to begin when she spotted dried rubber plant leaves that had fallen to the floor. She made a mental note to go back and collect them after the meeting.

Before moving to Maine with her husband five years ago to be near their daughter, she lived in upstate New York, where she showed a lot of her work and developed a network of artist friends. She also held a job as a producer for the "PBS Kids" channel. After retiring, she started taking art classes with Ed Higgins at People Plus and credits Ed with encouraging and inspiring her. "He's been so supportive. And at the end of each class, he weaves in art from the masters and that gives me ideas," she notes.

Her favorite part of what she does? She pauses and then states, "Inspiration that sets you on a path that you don't know where it's going to end ... and then you step back and see that you ended up where you intended." That



**THIS FRANCES NANKIN PIECE** titled *Sin Nombre* contains paper, yarn, pastels, seed pods, bone, and a flower.

doesn't happen often, she is swift to point out.

Meanwhile she also enjoys writing poetry, family time, and growing fruits and vegetables. She inherited 15 grapevines on the 5-acre farm she and her husband bought. Nature's odds and ends might be a little different in Maine, but what she sees as the divinity of natural things has continued to inspire her, and she describes her work as "my ongoing attempts to do them justice."

– Charmaine Daniels

*Note: Because her work is extremely fragile, Frances asks folks not to touch any of the pieces and told me she recently had a favorite piece broken in an exhibit. She also wants folks to know the bugs or animal bones in her work were all from death by natural causes. You can see more of her artwork at [www.francesnankin.com](http://www.francesnankin.com).*

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