



People ^{Plus!} NEWS!

THE CENTER THAT BUILDS COMMUNITY SINCE 1976

People Plus
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Non-Profit Organization
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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

April 2024

Volume 24, No. 4

START YOUR BIDDING NOW!



CHARGE YOUR BATTERIES AND DOWNLOAD THE APP, FOLKS! You really want to make sure you're ready for the People Plus online auction with over 300 items rolling out this month, and new items released every week. The system sends you a notification when you've been outbid, so you can up the ante to win your items! Accessible from anywhere and for anyone, this is the "auction for the people." So you don't want to miss a moment!

Online auction opens April 1!

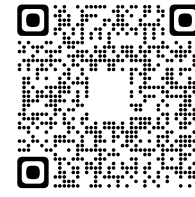
If you can click, you can win, so have fun bidding to see if you've won that special item (or items!) during the 22nd Music in April online auction that runs through the end of the month. Sometimes you might have your eye on that perfect pickleball paddle or a getaway or a gift card to your favorite restaurant. A smorgasbord of choices awaits you!

Here's a live update from Music in April 'Central': There are at least 300 items – and counting – up for grabs in our largest fundraiser of the year. Jill Ellis, our programming coordinator who organizes the auction, has been busy as an elf as she inventories donations and sets up the catalog. She will add items each week, so keep coming back to look.

"Last year we had 400 bidders! It's free to participate and everyone can have fun bidding. There are items in every price

range. Back-and-forth bidding is just plain fun, and we'd like everyone to get involved," says Executive Director Stacy Frizzle-Edgerton.

How to find the online auction? Just go to peopleplusmaine.org and click on the big button that will take you right to the auction site or you can scan this QR code. Browse our catalog and check back often! See something you like? Bid on it! The system sends notifications if someone outbids you, so then you can increase your bid – because you really wanted that item. The



Auction link

"game" gets really fun during the last week, when the bidding heats up! The auction will close at 10 pm on April 30 and the highest bidders will be notified via email. You can either pay online with a credit card or we will accept cash or check when you pick up your items at the Center. (Please note: If there is a bidding war on an item, the

continued on page 8

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

Eat gelato and raise money!

It's time to treat yourself. Join us at The Gelato Fiasco on Wednesday, April 24, to benefit the Brunswick Area Teen Center at its 16th annual Scoop-a-thon. Caramel sea salt, torched marshmallow s'more, Maine wild blueberry crisp ... yum! Enjoy up to 40 flavors to choose from as you support the fundraiser that helps area teens have a safe place to recreate after school. Have fun as you mix-and-match flavors, try free samples, and know your dollars not only taste good, they do good!

Enjoy live music and celebrity scoopers at The Gelato Fiasco flagship store at 74 Maine Street from 11 am to 11 pm. Bring the grandkids! Bring your neighbors! Gelato Fiasco will donate \$2 per dish, cone, pint, or coffee to the Teen Center cause.

Purchases from every customer will count and no special code is needed.

For Taylor Carter, the new director of the Teen Center, this is his first Scoop-a-thon. "I'm really excited to meet so many members of the area community," he says. With a goal to raise \$15,000, the event has become one of the best-known public fundraisers in Brunswick and attracts over 1,000 people every year.

When you come, consider joining the Red Spoon Society, which lets you earn points toward your next gelato. You might have to even come back later in the day because two desserts in one day are definitely allowed! You know what they say, eat dessert first. Come and get the scoop! *FMI see page 12*



WE LOVE JUDY HARDIN! She has become our culinary leader, our creative chef, our Monday Munchies soup doctor, and always lights up the room! All of the lunch volunteers love that she's in charge as she leads with fun and kindness. And she's so creative! Who would've thought to put green food coloring in the water when you boil potatoes? Only Judy! Thanks, Judy, we love you and you're adorable.

Book an adventure with Collette Travel!

See page 5 for details about the fabulous trips planned for 2024 and 2025!

Ageing Well Lunch & Learn:
Understanding Vascular Disease
Mon, April 22, 12 pm. Amber Schaub, PA-C, of The Vascular Care Group in South Portland, will help you understand and recognize the risk factors for vascular disease, the symptoms to watch for, and advanced treatment options now available – many in the practice's outpatient office setting. Bring your lunch (or grab our free soup of the day), and we'll provide drinks, chips and dessert. Registration required. Free, open to the public.

FYI: "In My Opinion!"

Thursday, April 11, 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 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. He lives in Harpswell. Free and open to the public. Registration required.



Updating the 5-year plan!

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.

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. Submissions must be received by the 15th to be included in the next month's edition.

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One of the rules of success is to set goals – or you will never reach them. And the People Plus organization has been incredibly responsible about setting and checking in on its goals. In 2010 the board of People Plus held a board retreat to discuss the future of the organization, and what they wanted for an Executive Director. They also established five-year goals that they wanted the new Exec. Director to accomplish. A year later I was hired and was thrilled to have a “roadmap,” per se, with which I could understand the priorities of the organization, educate the staff, and work as a team, ensuring the health, growth and success of People Plus. We reviewed these goals in 2019 and again last month to stay on track with a five-year plan! According to Craig Freshley, our meeting organizer, “A strategic plan is intended to

From the Executive Director
Stacy Frizzle-Edgerton



serve several purposes: it's a tool to guide the ongoing work of People Plus, and its leadership, in executing the mission, as well as to facilitate the annual evaluation of the organization. This includes the effective day-to-day operation of the organization and future direction towards growth and change that are needed to remain a relevant and vibrant organization in the community.” We put out a survey for all of our members to take in advance to get feedback on how we are doing and suggestions on new ideas. We had over 170 people respond, which is amazing, and we are incredibly thankful to each and every one of you for filling out your survey! With your feedback, and the work of the Board and executive committee, we are most of the way toward developing a strategic plan for the next five years. If anyone is interested in being involved with the Board of People Plus and this important work, please let me know! A big thanks goes out to our Board of Trustees for their time and dedication to this process over the last several months! People Plus would not exist without them!

Try some new herbs and spices

If you are looking to elevate your flavor profile and explore complex flavors, here are some herbs and spices that you may have heard of but didn't know how to use.

- * Cardamom: Cardamom has a warm and slightly sweet and citrusy flavor. It's commonly used in Indian and Middle Eastern dishes. Use in both sweet and savory dishes.
- * Garam Masala: Garam is a complex spice blend used in Indian dishes. It combines warm and aromatic spices like cardamom, cinnamon, and cloves.
- * Herbes de Provence: This French herb typically includes thyme, rosemary, and oregano. It's perfect for seasoning roasted meats and vegetables.

From Anita's Plate

Anita Nugent
(207) 504-6439
info@nutritionforeveryday.com



- * Ras el Hanout: A North African spice mix, ras el hanout is a blend of various spices and herbs, including cumin, coriander, and cinnamon. It's used in tagines and couscous dishes.
- * Fenugreek: Fenugreek seeds and leaves have a slightly bitter taste with notes of maple. They are used in Indian and Middle Eastern dishes, especially in curries.

These spices can be bought at the local grocery store or bulk section of a specialty store. This month's recipe is a great way to try some of these spices! Not only can you discover new flavor combinations, but also the added health benefits of spices.

Indian chicken stir fry

Ingredients:

1 Tbsp. grated ginger	1 bell pepper, chopped
1 Tbsp. grated garlic	1 small onion, chopped
1 serrano pepper, chopped	1 cup cooked chicken, diced
1/2 tsp. gram masala	1 can chickpeas, drained and rinsed
1/8 tsp. cardamom	1 large tomato, chopped
1/8 tsp. fenugreek	Few sprigs of cilantro
2 Tbsp. peanut oil, divided	

Directions:

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

Check out past newspapers online at www.peopleplusmaine.org

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Time to stretch!



We are excited to set an increased stretch goal of \$100,000! These funds are vital to the success of our programming, and we appreciate your donations! The current total is \$94,479 (including membership donations and gifts of stock.)



scan to donate

First-ever, all-ages renters forum

The Brunswick Renters Organization will hold Maine’s first Renters’ Forum on Sunday, April 28, at 4:30 pm in the Morrell Meeting Room of Curtis Memorial Library. The event is a time to share your stories, build community and connect with other area renters concerned about rising rents.

Jessica Czarnecki of the organization says the group represents everyone that shares the struggle for affordable and reliable housing, including disabled and elderly community members on fixed incomes. “Our elders deserve to live the rest of their lives with dignity, not an ever-present fear of losing their home due to increasing rent prices. We recognize that many people, particularly older folks, fall between the cracks of ‘poor, but not poor enough’ to receive certain benefits that could help them survive.”

Through talking with neighbors of all ages, the group hopes to build a secure future based on housing where accessibility needs are met and rents do not require living paycheck to paycheck. The event is free to the public and light refreshments provided. For more information, www.brunswickrenters.org.

BEING on BOARD

Editor’s note: There are countless factors that play into the success of People Plus. There are the volunteers, the instructors, the generosity of individuals, groups, communities, and businesses, and there are the members themselves. Another key component of the Center is our Board of Trustees, who devote a great deal of time and attention to help make all this possible. “Being on Board” is an opportunity to get to know these wonderful people a little bit more and we thank them for participating.

Meet Terri Burgess, dedicated Board member and loyal supporter over the years

“My love has always been the older generation,” says Terri Burgess, current Board member and former Board member at our predecessor, 55 Plus Center.

know that I’ll ever be completely quiet and sedentary.

What about People Plus draws you in?

I really like the idea of having a place that helps seniors live their best life and find other interests and friends. Working in home care and seeing people in their worst health, I knew there was a place where their life could grow. People Plus is a gem.

You’ve been a big part of the history of Music in April and the organization as a whole.

Jeanne Mayo originally asked me to lend a hand, and then I was asked back to help out with setting up the baskets, making things pretty, scrapbooking, you name it. It satisfies my creative streak. I have to have some creative outlet.

I always have fun and the friendships are completely amazing. I remember when 55 Plus hired someone to help raise funds, but it didn’t work and we had to change the format. I would have been very sad if Music in April hadn’t gone on to live, because I knew the event was a huge chunk of our funding. And I hoped by working on it each year, it would mean the Center would be



here when I reached the age to take advantage of the richness of its activities.

What do you do at home for a creative outlet?

I love crafts, I love to grow things. I have lots of flower gardens and they’re my sanity. I also press my own flowers and love doing flower arrangements with flowers I grow.

What is the interesting item your family contributes for the April fundraiser?

My husband is president of the Southern Maine Astronomers club, and we host a tour of the night sky as part of the Music in April live auction items.



TERRI AND ROB donned whimsical props in the photo booth at the 2018 Music in April Gala.

“Terri has been an amazing contributor to the Music in April committee for the last 20 years! Her artistic ability lends itself to not only the layout of the room and the auction tables, but also to creating beautiful gift baskets that have sold for hundreds of dollars at the auction. With her background in nursing, she also brings empathy for others and an extreme interest in helping her community. We love Terri, and we’re so excited that she has rejoined the board after a 20-year hiatus!”

Executive Director
Stacy Frizzle-Edgerton

How did you get involved with People Plus?

I served in the community liaison position with Mid Coast Hospital, which placed me on the Board of 55 Plus. By the time that job got phased out, I was hooked on helping to build the community that became People Plus.

Where did you grow up?

I am from Indianapolis and come from a family of six adopted children. I moved to Brunswick with my three kids in 1998. My husband Rob and I have been married since 2006, and we have a blended family with five grown children.

What is your professional background?

I’ve been a nurse since 1981 and have worked with older people for a long time in various settings, including nursing homes, assisted living, rehab and hospice. Home care is my favorite. I just retired from full-time work, but still work as a companion at Neighbors Inc. I’m not ready to be totally at home, and I like to garden and travel. I don’t

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OPENING FALL 2024



Due to limited seating, RSVP to Laura Roehrig at 207-656-7600 or LRoehrig@islebrookvillage.com.



**Wed., April 10th
Noon - 1:30pm**

RSVP by April 8th

25 Union Street
Boothbay Harbor, ME 04538



**Thurs., April 18th
Noon - 1:30pm**

RSVP by April 16th

220 Warrenton Street
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IT WAS MARCH MADNESS AT THE CENTER for lunch last month! With everyone sporting the luck of the Irish in their green attire, we could not have been luckier than to have that afternoon together – enjoying Judy’s Irish boiled dinner of beef brisket, cabbage, potatoes, onions, and her homemade Irish soda bread! Everyone had a smile on their face and special thanks go to Aetna Medicare for sponsoring the luncheon! The swag was great!

CENTER CLUBS

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

Apple Club

Thu, April 25, 1:30 pm. Bring your Apple device and questions.

“Bandstand!” Dance Club

Wed, Apr. 10 and 24, New time -2:30 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, 9:30 am. 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.



Calling all game players!

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

Program Notes for April

- Center closed Monday, April 15
- Books a la Carte will be on April 30 (instead of April 16)
- No Women's Breakfast on May 2

Apple Device Tutoring

Thu, 18 and 25, 9:30-12noon. One-on-one Apple device tutoring sessions. Bring your iPhone, iPad, Macbook, etc. Members only, by appointment, call 729-0757.

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, Apr. 4, 8:30 am. Enjoy breakfast while socializing with the ladies. Members only, call to register. \$5 suggested donation.

Men’s Breakfast

Thu, Apr. 11, 8:30 am. Enjoy breakfast while socializing with the gents. Members only, call to register. \$5 suggested donation.

WEDNESDAY WALKERS

Wednesday Walkers Club Destinations for April:

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.** Meet at the Brunswick Rec. Center at 9:30 am if inclement weather. Note: Remember, it may be muddy! Wear appropriate shoes!

Apr. 3. Planning meeting & walk. Come share your ideas and help plan the walks for May! After the meeting we will head to Topsham Ponds Trails for a walk. Meet at PP @9:30 am.

Apr. 10. Josephine Newman Sanctuary, Georgetown. Carpool: meet @PP by 9 am or arrive at the trail (lower parking lot) by 9:30 am.**

Apr. 17. Swinging Bridge Walk. Departs from the Center and goes over two bridges. Arrive at PP by 9:30 am.

Apr. 24. Mackworth Island. Carpool: meet @ PP by 8:45 am or arrive at the trail by 9:30 am.**

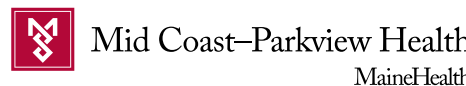
Register at 729-0757

Enjoy the flavors of spring at our April lunch!

Join us Thursday, Apr. 18, for ham, carrot and navy bean soup with corn bread, along with broccoli casserole, green salad, fruit cocktail and cherry cobbler with vanilla ice cream for dessert.

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.

Special thanks to this month’s lunch sponsor: Mid Coast-Parkview Health, Maine Health.



Have you got your Lunch Punch? \$35/5 lunches, \$70/11 lunches (one lunch FREE!) FMI call 729-0757 or stop by the Center.

Exercise at the Center!

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

Medicare 101 with Spectrum Generations

Tue, Apr. 9, 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.



BRACKETT FUNERAL HOME

29 Federal Street, Brunswick, ME
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Follow us on Facebook to take advantage of community events and our *Celebrating Life* promotions!

Mon	Tue	Wed	Thu	Fri	Sat	
<p>1</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>2</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 1:00pm Qigong 2:30pm Spanish Club 5:30pm Toastmasters Plus</p>	<p>3</p> <p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 6:00pm Belly Dancing</p>	<p>4</p> <p>8:30 Women's Breakfast 9:00 Table Tennis 9:30 Art Class 10:00 AARP Tax Help 6:00pm Int/Adv Belly Dancing</p>	<p>5</p> <p>9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick</p>	<p>6</p> <p>9:00 Zumba 10:15 Table Tennis 5-9-pm Music in April Live Auction and Dinner Gala</p>	
<p>8</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>9</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 11:30 LUNCH OUT 12:30pm Medicare 101 1:00pm Qigong 2:30pm German Club 4:30pm TCAC</p>	<p>10</p> <p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 2:30pm "Bandstand" Dance Club 6:30pm English Country Dance</p>	<p>11</p> <p>8:30 Men's Breakfast 9:00 Table Tennis 9:30 Art Class 10:00 AARP Tax Help 11:00 Yoga 1:30pm FYI! "In My Opinion!" 6:00pm Int/Adv Belly Dancing</p>	<p>12</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>13</p> <p>9:00 Zumba 10:15 Table Tennis</p>	
<p>15</p> <p>Solar Eclipse 2:18-4:39pm</p> <p>Center Closed PATRIOTS DAY</p>	<p>16</p> <p>9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Qigong 6:30pm Toastmasters</p>	<p>17</p> <p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers</p>	<p>18</p> <p>9:30 Art Class 9:30 Apple Device Tech Tutoring 12:00pm Lunch & Connections 6:00pm Int/Adv Belly Dancing</p>	<p>19</p> <p>9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick</p>	<p>20</p> <p>9:00 Zumba 10:15 Table Tennis</p>	
<p>22</p> <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:30 Monday Munchies 12:00pm 'Aging Well' Lunch and Learn: Understanding Vascular Disease 1:00pm Bridge</p>	<p>23</p> <p>9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Qigong 2:30pm French Club</p>	<p>24</p> <p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 11 to 11 - Teen Center Scoop-a-thon at Gelato Fiasco 12:00pm Gentle Barre 1:00pm Write on Writers 2:30pm "Bandstand" Dance Club 6:30pm English Country Dance 6:30pm Bruns. Coin/Stamp</p>	<p>25</p> <p>9:00 Table Tennis 9:30 Art Class 9:30 Apple Device Tech Tutoring 11:00 Yoga 1:30pm Apple Club 6:00pm Int/Adv Belly Dancing</p>	<p>26</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>27</p> <p>9:00 Zumba 10:15 Table Tennis</p>	
<p>29</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>30</p> <p>9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Qigong 2:00pm Books a la Carte</p>	<p>People Plus THE CENTER THAT BUILDS COMMUNITY SINCE 1976</p>		<p>Scan QR code for People Plus online calendar</p> 	<p>Call 729-0757 to register for activities</p>	<p>HOURS Mon-Thu 9 am - 4 pm Fri 9 am - 1 pm</p>


Mid Coast–Parkview Health **HELP WANTED**
MaineHealth

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. FMI contact the Volunteer Director at (207)373-6015 or susan.lafferty@mainehealth.org.

DO YOU LOVE YOUR CENTER?
We are seeking letters from Brunswick residents we can use for our town funding request. Help us help you!
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or email director@peoplelusmaine.org

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Sunny Portugal - deposit due 4/28/24
Oct. 27 - Nov. 5, 2024. From the Portuguese Riviera to the sunny cliffs of the Algarve, venture along Portugal's stunning shoreline. Discover the charms of Lisbon. In Evora, step inside a medieval city with Roman ruins. Enjoy a leisurely 3-night stay in the Algarve region. Explore the soft sandy beaches and classic fishing villages. Take advantage of a free day to soak in the Portuguese sunshine and savor local flavors. Visit the charming town of Tavira with its Moorish inspired architecture and Renaissance style buildings. Encounter picturesque resort towns, winding cobblestone streets, oceanfront promenades, and quaint villages of perfection. FMI gateway.gocollette.com/link/1248866



Southern Charm: Charleston, Savannah & Jekyll Island - deposit due 8/27/24
Mar 3- 9, 2025. Highlights include: Historic Charleston, Walking Tour or Fort Sumter Cruise in Charleston, Boone Hall Plantation & Gardens, Savannah, Savannah Trolley City Tour or Walking Tour, St. Simons Island, Jekyll Island, and Sea Turtle Hospital. FMI gateway.gocollette.com/link/1249127



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



Spotlight on Tuscany - deposit due 3/26/25
Oct. 1 - 9, 2025. Highlights include Montecatini Terme, Lucca, Gothic Line, Winery Tour, Florence, Montecatini Walking Tour or Siena, Pisa, Cooking Class, Cheese Farm, San Gimignano. FMI gateway.gocollette.com/link/1249201



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THANKS GO TO THE FIBER SPINNING CLUB for giving up their space in March so the Board could have its meeting in the back room! Everyone came out to see this amazing site of 10 women and their spinning wheels! It's incredibly fun to watch! Come join the fun!



Echoes of Creation: A Choral Celebration of the Earth

April 27, 7 pm, First Parish Church

The Adult Choir of First Parish Church in Brunswick will present their spring concert – *Echoes of Creation: A Choral Celebration of the Earth* – featuring music reflecting our spiritual connection with the natural world.

Under the direction of Dr. Jane Hagness, this concert will feature the premiere of the choral song cycle, *Pilgrimage Through Sacred Lands* composed by Dr. Hagness after her sabbatical trip to the parks of Utah, Arizona, Colorado, and South Dakota.

There will be free child care provided by the First Parish Sunday School staff beginning at 5:30 p.m. in the Fellowship Hall, Pilgrim House second floor.

Tickets can be purchased at the church prior to the concert, at the door, or at www.firstparish.net/concert. Adults: \$20; students and children: Free.

Can YOU help a Neighbor in need?

Join our team! Volunteer to drive or shop for a homebound senior!



FMI 729-0757 peopleplusmaine.org

U Concerts for a Cause presents the legendary Chris Smither on Saturday, April 20, at 7:30 pm. He will perform at the Unitarian Universalist Church of Brunswick, and all proceeds from the concert will be donated to Mid Coast New Mainers Group and Oasis Free Clinics.
U
C Chris Smither is a folk/blues singer, guitarist and songwriter who has been performing for almost 60 years.
B

Think summer: Plots available now in Senior Garden

People Plus is now accepting sign-ups for plots in the Senior Garden on Industry Road. The plots average 20 feet by 24 feet (half plots available too). People Plus asks for a contribution of \$10 for the season, which runs from May to the end of October. Gardeners are encouraged to call People Plus to express interest in gardening and they will then be contacted by the coordinator to be assigned a space.

The gardens have three water spigots with hoses for use in the gardens, but gardeners are expected to provide their own tools. It is expected that the gardens will be tilled and ready for planting around the first of May, and all gardeners will receive a numbered plot assignment before anything is allowed to be planted. New members are welcome to join this group of knowledgeable and friendly gardeners who are always ready to assist beginners with planting and cultivation techniques. Members of People Plus are given priority in signing up, but there are usually extra plots available for other interested gardeners. Call People Plus at 729-0757 for more information!



The Victory Vertical Project

Saturday May 4th at 7:30 pm
Sunday May 5th at 2:00 pm

A Piano Performance and Presentation Presented by **Garik Pedersen, pianist**

With music by Samuel Barber, Duke Ellington, Roy Harris, Sergei Rachmaninoff, Glenn Miller and many others. at the Unitarian Universalist Church, 15 Pleasant Street, Brunswick, Maine. [Scan QR Code For Tickets: General Admission \\$40 / Veterans \\$30.](#)

Do you get our weekly email?

It's the quickest way to get updated news about the Center! The email also includes a weekly wrap-up article written by Stacy, a Teen Center update from Jordan and of course, Frank's weekly Two-Cents article.

If you aren't getting it, just email programming@peopleplusmaine.org or leave a message at 729-0757 and Jill can add your email address to the list!

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THE WEDNESDAY WALKERS WERE EXCITED to run into the Curtis Memorial Library bookmobile when they went for their walk last month at Mitchell Field in Harpswell. You never know where the bookmobile will pop up, and the walkers got to pick their next books to read after their walk!



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.

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, which 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

For more information call 207-729-0757

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 peopleplusmaine.org/books-la-carte.

FICTION

Our Missing Hearts by Celeste Ng. An Asian woman goes on the run when an a 1984-type dictator takes over America. Will she be able to reunite with her son?

Chronicle of a Death Foretold by Gabriel Garcia Marquez. Fictional reconstruction of a murder that was foreseen by many townspeople, but nobody attempted to prevent it.

Lady Clementine by Marie Benedict. Historical fiction about Winston Churchill's wife and her role in the events of his life.

A Symmetry by Lisa Halliday. This book explores inequities in age, power, talent, wealth, fame, geography, and justice.

Night of the Living Rez by Morgan Talty. Short-story fiction about modern Native American life by a citizen of the Penobscot Nation in Maine.

The Guest List by Lucy Foley. Set on a remote island off Ireland's west coast, wedding guests arrive in a gale and disaster erupts. A fun read.

NONFICTION

To Wake the Giant by Jeff Scharra. An excellent book examining both sides – the U.S. and Japan – of the bombing of Pearl Harbor.

Call Me American by Abdi Nor Iftin. A young Somali man fights his way out of Africa to gain freedom in the U.S. A good book about war-torn conditions.

Midnight in Chernobyl by Adam Higginbotham. The causes and aftermath of the 1986 meltdown of the nuclear reactor in Ukraine, featuring the Soviet bureaucracy and the mistake of a single operator.

Sins of the Shovel by Rachel Morgan. Profiles the evolution of American archeology – a tale of

robbery and murder, leading to legislation.

MYSTERY

Lightseekers by Kemi Kayode. An investigative psychologist travels to Nigeria to uncover the truth about the murder of university students.

The Spy Coast by Tess Gerritsen. Set in Maine, former spy Maggie Bird and the "Martini Club" of former operatives investigate when a body turns up in Maggie's driveway. Maggie knows her past has returned.

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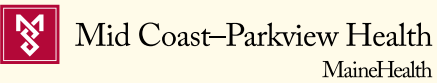
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Edward Jones MAKING SENSE OF INVESTING



Start your bidding continued from page 1

month of April, but also from anywhere! For instance, are you taking a trip to Europe? You can check your bids on items from there!

“You can check them from your couch at home, from your office, from the bathroom, to the ski slope... You can check them from a boat, you can check them with a goat - as long as you are near your device, and/or computer, you have access to our online auction all month! And you’ll be sure to know if someone tries to outbid you!” said Frizzle-Edgerton.

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scan for link

MUSIC IN APRIL ONLINE AUCTION RUNS APRIL 1-30!

Sample of online auction items. New items added each week - for complete list visit peopleplusmaine.org or scan code.

Adventures



- Boston Duck Tour Passes
- Black Lantern Bed and Breakfast Getaway
- Biplane Ride

Christmas in April

- Santa Clause Figure
- Christmas Tree Cookie Jar
- Christmas Tree Quilted Wall Hanging



Clothing and Bags



- Vera Bradley Large Duffel Bag
- MAXX New York Sky Blue Leather Handbag
- Handmade Cape

Neddick Woolen Sweater

For the Home

- Handcrafted Wood Lazy Susan
- Keurig K-Café Special Edition Single Serve Coffee, Latte & Cappuccino Maker
- Polish Pottery Oval Serving Dish
- L.L.Bean Puppy with Bean Boot Diner Mugs



Gift Baskets



- Ice Fishing Package
- Park Row Kitchen Basket
- Breakfast Basket from Gentleman Farmer in Maine

Gift Cards

- Cook's Lobster and Ale House
- Waterfront Concert Tickets
- Pura Vida Day Spa One Hour Massage



- WellTree Gift Certificate
- Pizza Night from Warmings Market

Golf

- Highland Green Outing for Four
- Virtual Golf Club of Brunswick



Jewelry



- Handmade Beaded Necklace
- Vintage Fused Glass and Beaded Necklace
- Peridot and Diamond Ring

Kids and Baby



- Handmade Baby Quilt
- Vintage Wood Train Set

One of a Kind



- Mac Jones Autographed Patriots Football
- An Evening at Fiore for Ten

- Gentleman Farmer in Maine Cutting Board

Paintings and Prints



- “Fat Boy Drive-In” Framed Print by “Diner Don” Sawyer
- Thomas Kinkade “Great American Mansions 1” Framed Limited Edition Print
- Original Oil on Canvas “Ice Skates” by Robert Sansonetti

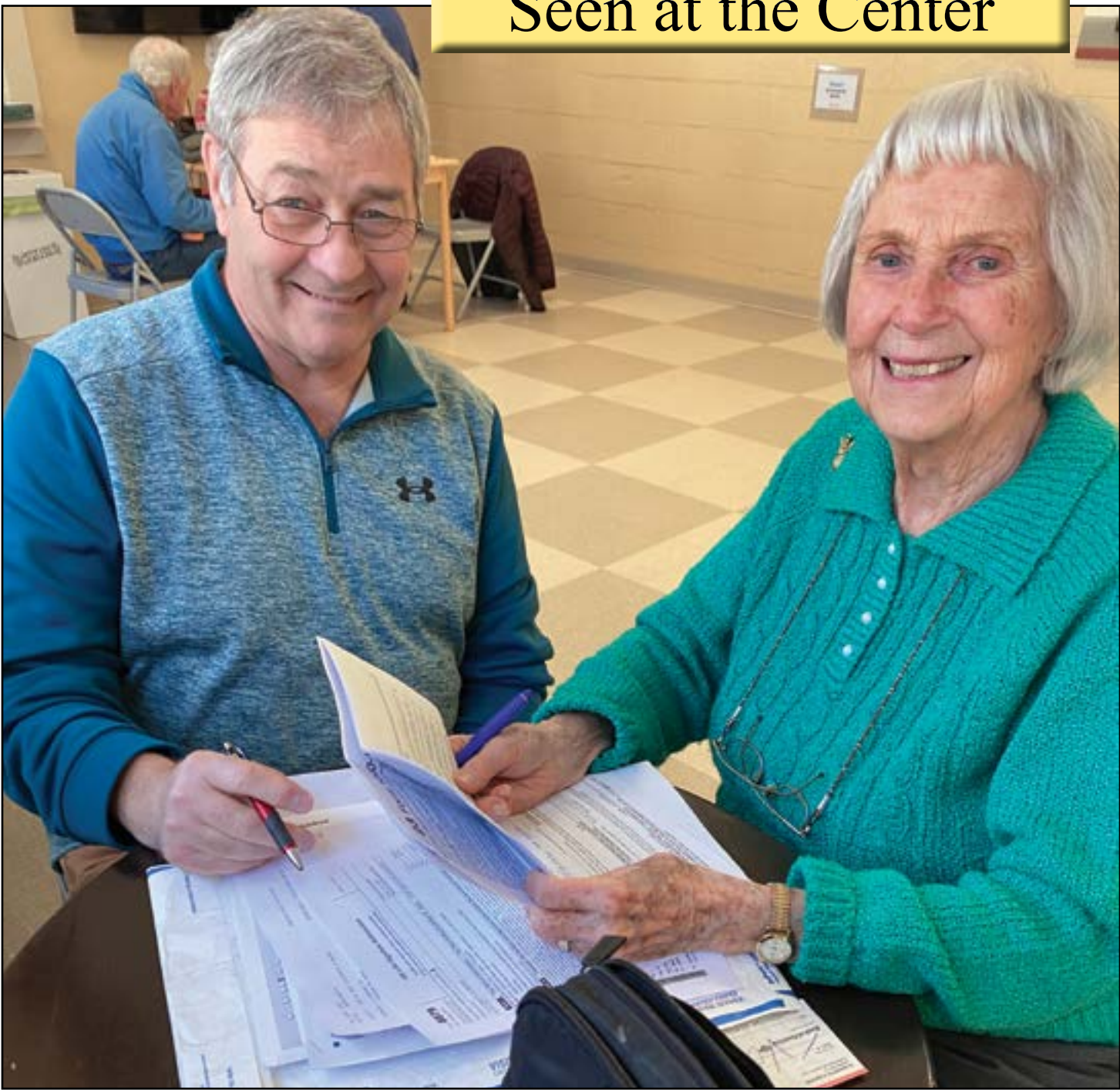


Vintage



- Antique Wood Dough Bowl
- Vintage Tiffany Style Desk Lamp
- Framed Vintage Cross Stitch
- Vintage Brown Hanging Plate Set

Seen at the Center



"THANKS, MIKE!" SAYS BETTY BAVOR to Mike Bernier for preparing her taxes last month at the Center. Betty sure does look happy for someone who's doing taxes... Must be that she's getting a refund! She is one of nearly 400 people who've been served by the AARP tax aid volunteers this year at the Center! They are an amazing team and we're so honored to have them back every year!



WHAT A NICE PICTURE of Allison Coffin (right) and Lauralee Poutree in art class! These talented ladies have been participating in this class for nearly a decade, and it really shows in their work! And all you ever hear from this class is either dead silence while they concentrate or howling laughter! And we love it!



AND... REACH UP... HOLD IT... ONE... TWO... THREE... thanks to Betty Bavor for leading an impromptu chair yoga group with the lunch volunteers in March! Betty has been doing chair yoga twice a week for years now, and can clearly teach the class herself!



A LITTLE SCRABBLE ANYONE? That's what these ladies thought when they came in to have their taxes done last month at the Center. They even brought their own Scrabble game and figured it was better than just sitting in their car!



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

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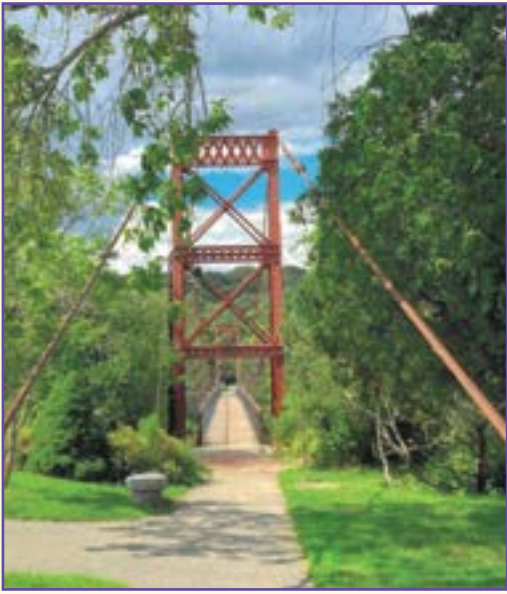
18 Middle St., Ste 2, Brunswick, ME 04011

(207) 725-4900

info@midcoastseniorcollege.org

Bridge To Safe Haven

Memories...
 A view from the walking bridge
 My usual path to home
 leaving work
 on sunny days
 watching the graceful river
 wind around the bend
 And, to the other side,
 rushing falls
 But then...
 One harrowing journey
 Ice pellets pounding
 Slippery Route One
 Pulling over in the park
 car of no use
 The walking bridge ... swaying
 wind gusting
 raging river reaching,
 lapping long licks of water,
 spray like fog
 obliterating the opposite shore
 Gripping handhold
 One step at a time
 Then the other side,
 crawling home ... literally
 up Prospect Street hill
 Now...
 Historic swinging bridge
 Steadfast and strong
 My path to safety
 Memories not forgotten after almost forty years
 -*Debora (Deb) Noone*



This April, in honor of National Poetry Month, Brunswick will celebrate the 3rd Annual Downtown Brunswick Poetry Stroll. Community members will have the opportunity to discover the magic of poetry and be enriched by the downtown experience!



This year's theme is *Brunswick: The Poetry Place* and includes participants from Spindleworks, People Plus and students from Brunswick schools. Storefront windows will display posters featuring poems inspired by photos of our hometown. Come and enjoy a stroll through Brunswick's downtown!

Swinging Bridge Park

Topsham Heights residents in the 1890s worked at Cabot Mill in Brunswick. Crossing the Androscoggin River needed to be easy, safe, and quick. In 1891, the Roebling Company designed and built the swinging suspension footbridge, Which swung, bounced, and rocked as people walked the miniature of New York's Brooklyn Bridge. Years of use, high waters, and winter storms rendered it dangerous from time to time. Restoration has kept the little historic park and bridge perfectly fine! Experience history as settlers and workers walked the wooden span secure with a safe rail; And enjoy the river's mesmerizing flow, birds on rock ledges, upon this treasured scenic park trail.
 - *Betty Bavor*

Tanka Poem 1

Located in Brunswick
 Androscoggin Swinging Bridge
 Footbridge for workers
 A lovely walk any time
 Benches at both ends of bridge
 - *Nonie Moody*

Tanka Poem 2

Veterans Plaza
 On the Town Mall, Brunswick, Maine
 For all those who serve
 Enjoying all our freedoms
 Summer music on the mall
 - *Nonie Moody*



Ode to Bridges

Traveling from one side to another,
 Bridges speak of possibilities.
 Their connections share culture
 As they stretch our capabilities.
 A bridge unites all islands
 And as the sides meet each other
 To link its spans to mainlands
 Populations expand in wonder.
 The covered bridge sits so pretty.
 It arches over the gurgling brook
 Amid its surrounding tranquility,
 As one waits with pole and hook.
 - *Carol Smith Markell*

The Swinging Bridge

The swinging bridge sways
 between Topsham and Brunswick towns.
 The Androscoggin rushing underneath,
 reflections of yesteryear's footsteps echo.
 Workers headed for the mills.
 People going each way greeting each other
 often to buy groceries or visit friends.
 Children skipping and running.
 Older folks slowly walking and talking.
 Tourists taking pictures and smiling.
 This small, narrow old bridge
 still welcomes strangers and old friends.
 - *Bonnie Wheeler*

Untitled

Do you like our bridge?
 It was built for you in 1892.
 The Towns of Brunswick and Topsham
 are joined over the Androscoggin River.
 Please come and walk on me.
 Sometimes it is the Swinging Bridge due
 to wind.
 Then it becomes a harmonica to you.
 - *Beth Aldenberg*



Petals of Progress

Small intricate tapestries of color
 have blanketed the soil,
 taking up residence on Maine Street,
 witnessing decades of change and industrialization.
 Their focused fixation
 on the building up of a fort, brick by brick.
 They've witnessed Andross become George,
 settling into a new era of cotton,
 conjuring a few new names here and there
 with Worumbo and Cabot closing out
 the last of the cotton years.
 The flowers watched
 as they moved from cotton to gas
 and then war supplies.
 Still here with us today,
 as they peek to see the creativity
 and goings-on in the old but ever-growing mill
 sitting atop the Androscoggin.
 - *Christopher Baldinger*

Gone but not forgotten –

Susan Bradstreet
 July 14, 1950 – Nov. 10, 2023

Linda Arnold
 Jan. 26, 1943 – Feb. 1, 2024

Frank Broadbent
 April 29, 1931 – Dec. 18, 2023

Willis Morse
 Feb. 20, 1935 – Feb. 15, 2024

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"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
 Donations may be sent to:





SPECTRUM GENERATIONS CEO, GERRY QUEALLY, and Stacy Frizzle-Edgerton paused for a selfie at the Spectrum Generations annual meeting held in Waterville last month. This year People Plus is celebrating 10 years of partnership with Spectrum Generations!



THE TURNOUT FOR MONDAY MUNCHIES, WITH FOOD PROVIDED BY MIDCOAST HUNGER PREVENTION PROGRAM, HAS GROWN every week since it started in January! With delicious soup and a side of bread, everyone should know they can have a free hot lunch on Mondays at People Plus! And thanks to Judy Hardin and Judy Gilbert for teaming up in the kitchen! These “Judys” make sure the soup is hot and flavorful!



Weekly Winners

CRIBBAGE

Mar. 6 Ash Richards 726
George Hardin 723
Patricia Johnson 708

Mar. 13 George Hardin 726
James Cherry 721
Jen Haskins 709
Ash Richards 709

Mar. 20 Lorraine LaRoche 726
David Bertocci 711
Sam White 709

DUPLICATE BRIDGE

Mar. 4 9 teams.
1. Gail & Cy Kendrick 64.6%
2. Donna Dillman & Sherry Watson 63.5%

Mar. 11 10 teams.
1. Gail & Cy Kendrick 70.1%
2. Norm Curthoys & Richard Totten 58.3%

Mar. 18 10 teams.
1. Jane Roy & Ellen Toomey 66.7%
2. Gail & Cy Kendrick 56.9%

Mar. 25 9 teams.
1. Gail & Cy Kendrick 66.7%
2. Wayne Cole & Keith Flattue 61.5%



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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

Caramel sea salt, brownie batter, raspberry truffle: Come get the scoop!

BRUNSWICK AREA teen CENTER
SUPPORTING YOUTH SINCE 2008

Annual Appeal

\$39,148

98%

scan to donate

I'm not sure if it's the warmer weather, extra daylight or all of the buzz around Music in April and the Scoop-a-Thon, but there's certainly been a burst of energy at the Center this last month!

The Teen Center staff, our advisory committee, volunteers, and plenty of other staff at People Plus have been hard at work planning for this year's Scoop-a-Thon. We're even lucky enough to have Jordan stopping by to help guide us through the process. This year's event will be on April 24 from 11am to 11pm. We'll have a steady supply of entertainment, celebrity scoopers, fun activities, and much more! And remember, the scoopers change throughout the day, so no one will judge you if you want to stop by a few times.

With the warm weather comes a boost to our springtime numbers. We're seeing new kids almost every week and the number of regulars is on the rise as well! The big thing lately is Fortnite, again, as every kid races to grab one of the stations to compete against the others. No one gets left out, though! If they don't want to wait for their turn, there's almost always a round of Uno starting up at one of the tables.

In other news around the Center, Eli has started in their new role as an AmeriCorps member! They'll be working to build on new health-focused programming like getting the kids more active and promoting healthy lifestyles in general. As part of this, we'll be kicking off a new Outdoor Club this summer and working on some more nutritious menu options for the teens. We're excited to see what else we can start incorporating into the Center through this program!

We're also busy putting together our summer programming. We have a laundry list of ideas

Brunswick Teen Center News



Taylor Carter

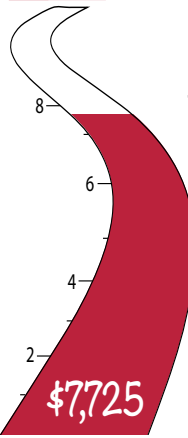
that we've crowdsourced from the teens, but we may have had to sort through a few dozen responses of "I don't know" or "I'm just going to sleep." Regardless, we'll be working hard to put together plenty of stuff for them to do and we'll do what we can to be open whenever they just need a nice cool place to hang out and grab a freeze pop.

For now, though, everyone around the Teen Center is just excited to be so close to the Scoop-a-Thon finish line! We'll be scrambling to check and re-check that we have everything ready to go for the day. Until then we'll just be dreaming of warm summer adventures with the kids!

Until next time, Taylor and the Teens



GREG AND JANE QUINLIN DONATED A SCOOTER to the Teen Center! Their donation will be raffled off to a lucky member of the Teen Center program. They really want the scooter to go to one of our teens, so we will do a FREE raffle during the month of April! Does anyone have a helmet and elbow pads to donate? That would make this package complete!



Almost there!

Only \$2,275 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 \$7,725!

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!



Thank you 2024 Sponsors!

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Reform PT

Come to Gelato Fiasco Wednesday, April 24, 11am-11pm!

The Brunswick Area Teen Center will celebrate its 16th anniversary of scooping for teens on April 24th at the Gelato Fiasco flagship store at 74 Maine Street! For the whole day, Gelato Fiasco will donate \$2 per dish, cone, pint, or coffee served to the Teen Center. Purchases will count from all customers and no special code is needed. Thanks for helping the Brunswick Area Teen Center – it's not too late to join the wonderful sponsors listed below.



CELEBRATING 16 YEARS OF BRUNSWICK AREA TEEN CENTER SCOOP-A-THON





Co-located at People Plus
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Brunswick, ME 04011
729-0475
www.spectrumgenerations.org

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

Monthly Update

April 2024

AGING ME GERIATRICS WORKFORCE ENHANCEMENT PROGRAM (GWEP) PRESENTS

Combatting Dementia Worry LECTURE TRAINING

May 29 | 10 a.m. – 1 p.m.
Cohen Community Center

AgingME has created a brief lecture that has been shown to alleviate worry and gives clear guidance on what you can do to improve your cognitive health. Owing to the success of this program, we are looking for speakers that we can train statewide.



Susan Wehry is a board-certified geriatric psychiatrist with almost 40 years of experience. She is the director of AgingME, a GWEP to create a more age-friendly health system.

Hotel accommodations, mileage, and ferry reimbursement are available for the training. Email info@healthylivingforme.org or call 1.800.620.6036 to register or for more information.



This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1,266,297. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.

April is Autism Awareness Month



April is Autism Awareness Month, and April 2 is World Autism Awareness Day - established by the United Nations in 2008. In general, these designations bring awareness and increase understanding and acceptance of people with autism. Blue in April represents the color of autism spectrum disorder awareness.

Autism and Developmental Disabilities Monitoring Network estimates 1 in 44, 8-year-old children, have been identified with autism spectrum disorder (ASD) and boys are four times as likely to be diagnosed with ASD as girls.

If you, or someone you know, is managing autism or other intellectual and/or developmental disabilities, Healthy Living for ME is here to provide support. Through our **HealthMatters™** program we offer support and assistance, and our **Building Better Caregivers** program is available as a resource for those caring for someone with autism.

For more information, visit healthylivingforme.org, call 207-620-1642, or email mhawk@spectrumgenerations.org.



WHEN: Thursday, April 11, 10:30 a.m. to 12:30 p.m.
WHERE: Cohen Community Center, Hallowell

Join LGBTQ+ older adults in the Augusta area for lunch at the Cohen Community Center, 22 Town Farm Rd., Hallowell. 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 or Izzy Ostrowski at izzy@equalitymaine.org for more information.

COMING SOON | STAY TUNED!



12th ANNUAL
Celebrity Chef Challenge

SpectrumGenerations.org/events/Celebrity-Chef

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
thomaspoinbeach.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 or call 729-0757 to discuss advertising your business with People Plus!



ARE WE SEEING DOUBLE?? No, that's just duplicate bridge! It's played every Monday from 1 to 4 at the People Plus Center and it's a really good time! Come join the fun! It's free for members!

MEMBERSHIP APPLICATION
 729-0757 www.peopleplumaine.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: rides to appts/shopping cleanup

Reception: Meals on Wheels check-in/phone Teen Center

OFFICE USE: Account Data Card Sent



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

207-725-6200 | info@themcclellan.com

Themcclellan.com | 26 Cumberland St. Brunswick, ME



STAY HEALTHY, GET VACCINATED

Older adults are at greater risk of serious complications from COVID-19 and influenza (flu). Vaccination is the best way to protect yourself and your family.

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, 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.

FOR ASSISTANCE FINDING A VACCINE,
CALL 207-373-2350 OR VISIT MAINEHEALTH.ORG/VACCINE.

MaineHealth

On the road again ... the call of places near and far

I always want to go on a day trip, even if it's to Topsham. When I was 4, my mom couldn't find me one day and panicked. Turns out I was blocks away crossing a bridge, seeing what I could see.

I guess I've always been a roamer. In the neighborhood where I grew up, I was constantly on my bike. A born observer, I just like to look around. In my youth, I wasn't a far bike ride from a lumberyard. Somehow exploring those wood piles seemed exotic. And then there was nearby Newberry Hill, with no houses, just random paths through the woods and fields. I knew the city streets were just below the hill, but that patch of unspoiled land felt special.

Have you ever been riding along somewhere, seen a road and wondered where it goes? That happens to me all the time.

As a kid, I used to delve into almanacs and memorize facts about other countries. And I

have always loved maps, perhaps because they are a handheld suggestion of other places to imagine and visit. Even just looking at place names like Islamorada can make me want to go there.

I've traveled to all of the lower 48 states – yes, even Arkansas! Will I make it to 50? I don't know, I'm running out of time and airline miles. Actually, closer to home, I'm itching to get back to Aroostook County. How many of us Mainers have been there? I went once many years ago and saw the Northern Lights. Now I want to go back and see the potato fields in blossom.

Yes, some places are worth going back to. For example, I've happily lived in Florida twice. The first time was in a predominantly African-American neighborhood as a VISTA Volunteer right out of college in the '70s. They say being in a new place resets your brain, and it certainly opened up my mind, since I

grew up in a city that was 99.9 percent white. I learned that someone of a different race is an individual to get to know, appreciate, and respect. Since then, I've always believed that living in proximity could help eliminate racism. Surely, part of the magic in being somewhere else is being open-minded.

On a recent vacation in Florida seeking sun and warmth, I saw amazing wildlife, including manatees (just their backs and noses) and pelicans (to me, they look like they're about to tell a joke). But the grass in Florida feels like crunchy plastic instead of soft carpet. And the traffic and endless development along 6- or 8-lane roadways feels like way too much. Of note, the 2024 car we rented didn't have the old-style USB to charge my phone nor a cigarette lighter my friend needed to plug in her Garmin navigation. Since I didn't want to use up all the data on my phone to plot routes, us old-schoolers had to use AAA paper maps!

Thinking out loud

Charmaine Daniels



Can you imagine? I don't know how we survived! (There is no emoji for sarcasm, is there?) Thankfully, I was with a fellow map lover, and we did fine.

In any case, after a 14-hour travel day of two planes, one bus and a rainy-night car ride, I was really glad to get home to Maine. Yes, travel resets the brain, but so does your own bed. I think I fell asleep dreaming of a quiet trip to Topsham.

Equipment loan helps everyone!

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

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

Now, on a regular basis, community members needing equipment to keep them safe and secure at home have a new source of access. "Everyone wins," Connors said. "We ask people to bring it in clean and in working condition," he noted. "We take care of the rest." If you have a specific need, or equipment to loan to the program, call or come by the Center. You do not need to be a member to borrow equipment.



New and renewing members for March

Memberships received as of March 17.

* indicates new membership
• indicates donation made with membership

Arrowsic:

Janet Persen*

Bath:

David Anderson
Ted Wolfe

Bowdoin:

Faye Plummer

Bowdoinham:

Robert Bremm
Allison Green
Grace McCarthy

Brunswick:

Deb Augustine
Alison Bell*
Donald Bizer•
Priscilla Bizer•
Patricia Brown
Barbara Burns*
William Burns*
Robert Chase
Panee Coffin
Suzanne Cook*
Irma Dewitt•
Barbara Dolinger*
Jacqueline Drapeau•
Lee Emery
Wendy Flaschner*
Lois Fournier
Doris Grano
Pauline Hannaford•
Robert Harroff
Rick Hendsbee
Leslie LaCount*

Mary Levesque
Linda Marquis
Norah Maling
Edward McCartan
David McCraney*
Thomas McDine*
Don McHarg•
Barbara McHarg•
Karen Messick*
Nancy Moore*
Sandra Ray
William Rollins•
Lorraine Suckow
Syretha Tardiff**
Jean Tompkins
Bill Weatherbie
Lorraine Wood
Richard Yanok*

Cape Elizabeth:

Carol Mulloy

Freeport:

Walter Bannon*

Harpswell:

Joseph Andrew*
Pauline Baiss
Laurie Johnson*
James Henderson•
Scott Keller*
Tom Mahoney*
Cindy Lee Rideout
Robert Sawyer
Keith Smith•
Rebecca Williams•

Lisbon Falls:

Judith Tracy

Lisbon:

Janet Stenberg

Porter:

Marjorie Stanley•

Topsham:

Sandra Allen
Susan Babb
Florence Carter
Deb Infante*
Sandra Kerr Daley
Denman*
Anne Lawrence**
Marilyn McEntee
Sherman Milliken
Elizabeth Munsey
Douglas Munsey
Susan Pendleton
Dan Perreira*
Linda Schoenfeldt
George Woodworth
Sue Woodworth

Woolwich:

Susan Woodward•

Yarmouth:

Bruce Mayberry*



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.”



207.443.9100



207.729.6222

PEOPLE PLUS COMMUNITY BOARD

Lawn Care. Now accepting new customers for the 2024 summer season. No contract necessary. We offer weekly, bi-weekly, or as-needed lawn maintenance. For an estimate call Gerard at (207) 725-9738 or email flanaganlawncare@mail.com

Items to sell? Services to offer or request? Contact over 4,000 readers, in print and online. Advertise in these classifieds. Cost is only \$10 per inch, per month, paid in advance. Call 729-0757



Lunch Out!

April 9th at 11:30 am.



BUFFALO WILD WINGS
WINGS. BEER. SPORTS.

105 Topsham Fair Mall Rd, Topsham



WHAT A GORGEOUS AND INTERESTING SHOW WE'VE HAD AT THE CENTER in the art gallery! Artist Frances Nankin has shared her *Bugs, Bones and Botanicals* show, and we are fortunate that it runs through the end of April. Everyone who walks past has had to stop and check it out! If you haven't seen it yet, come on by the Center for a look!

Expanded Medicare Savings Program remains undecided

The Health and Human Affairs Committee will now decide how to proceed.” Jones encourages people to reach out to members of the AFA committee, asking them to reject the governor’s proposed cuts to the expanded eligibility, to contact their own legislators as well, and to consider submitting a letter to the editor in their paper. To learn more, reach out to Jena Jones (jjones@maine-councilonaging.org).

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.



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