



# April fundraisers break all records!



## We're grateful for your generous support!

Music in April is the signature fundraiser for People Plus, and this year at press time we have raised over \$88,000 so far – the most ever and smashing the previous record of \$77,000!

Thank you to everyone who helped us reach that amount because that means we can continue to build community in the best possible ways – providing social outlets and meals for folks seeking connection, giving hundreds of free rides so people can get to medical appointments, offering exercise classes to promote health and well-being, and organizing clubs and lectures that stimulate our mind and expand our thinking. It also means people find friends and have fun!

This year's Music in April included the popular month-long online auction and the gala and live auction on April 6 at the St. John's Community Center in Brunswick. Overnight the community center there transforms to a lovely, magical setting for a festive crowd of People Plus supporters. Picture soft white lights, decorated tables, yummy appetizers, soft live jazz, an a cappella group from Bowdoin College, and a meal catered by local eateries. And then the bidding begins!

The well-attended gala drew more than 200 people and generated a lot of buzz.

Nearly 40 local businesses combined to provide our largest sponsorship ever!

Auctioneer extraordinaire John Bottero piloted us through an impressive list of live-auction items, including vacation getaways, one-of-a-kind items, and specialty dining experiences. The evening wrapped up with a raffle containing lots of great prizes (the weekend at Popham Beach drew a lot of interest!)

April's online auction broke records with 393 items, the most we've ever had, and more than 350 bidders. It featured a variety of items donated to the Center, including local gift certificates, jewelry, local adventures, variety baskets, clothing, paintings, vintage treasures, hand-made items, and so much more.

Again, thank you to everyone for your support of People Plus. And we'll see you at next year's Music in April. People Plus is often referred to as "the Center that Builds Community," and the community showed its support by making our biggest event the biggest-ever success!



## FYI! Veterans' Stories

**Thu, May 9, 1:30 pm.** Please join us for an afternoon of entertaining stories about veterans, centered around Memorial Day. Bill Hinderer, an award-winning storyteller, has enjoyed telling stories in front of an audience for more than 30 years. He grew up in a family where everyone told stories, often the same ones over and over, but the stories were different each time (you may remember him from his Scottish Stories!). He has performed at the Vietnam Veterans Memorial in Washington, D.C. This talk is free and open to the public. Registration is required.



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



**GELATO FIASCO**

OUR 16TH ANNUAL SCOOP-A-THON saw a reunion of retired Teen Center Coordinator, Jordan Cardone-Ruwet coming back for the fun with new Teen Center Director, Taylor Carter, along with Stacy Frizzle-Edgerton, and Teen Center Assistant E. Diaz. Check out the full "scoop" on pages 12 and 13.



## Get your tickets now!

### MSMT ticket deal is here!

Maine State Music Theatre is once again offering People Plus a block of tickets to sell

### FYI! Curtain's Up with MSMT

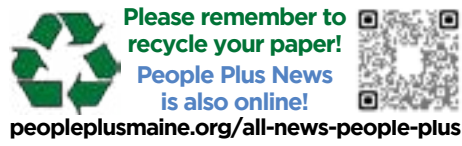
**Thu, June 6, 1 pm.** Join us for our fabulous annual event with the Maine State Music Theatre! The 'MSMT Singers' will perform songs for you in a concert at the Center. Free and open to the public. Light refreshments will be served. Registration is required – this will fill up fast!

at a discounted rate. Tickets that normally sell for more than \$80 will be available on a first-come, first-served basis for only \$40 to People Plus members! We have 30 tickets for the first Sunday night performance of the four Mainstage shows at 7:30 pm:

- *South Pacific*: June 9, 7:30 pm
- *Funny Girl*: June 30, 7:30 pm
- *White Christmas*: July 21, 7:30 pm
- *Beautiful*: Aug. 11, 7:30 pm

Purchases are for members only, are not refundable, may not be exchanged for other shows, and all payments should be made at People Plus. A portion of each ticket is donated back to the Center by the theatre. See Jill or Barbara at the Center.





# Self-reflecting on community

**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.

- People Plus Board of Trustees**
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- Stacy Frizzle-Edgerton, Executive Director, [director@peopleplusmaine.org](mailto:director@peopleplusmaine.org)
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  - Taylor Carter, Teen Center Director, [teens@peopleplusmaine.org](mailto:teens@peopleplusmaine.org)
  - Elisabeth Diaz, Teen Center Assistant

- Spectrum Generations Staff**
- Patricia Pollock, Aging & Disability Resource Center, [ppollock@spectrumgenerations.org](mailto:ppollock@spectrumgenerations.org), 207-607-4405 or 1-800-Medicare
  - Eben Rowe, Meals on Wheels Coordinator, [erowe@spectrumgenerations.org](mailto:erowe@spectrumgenerations.org), 207-607-4406

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

It's 12:08 am on the night of the Gelato Fiasco Scoop-a-thon and I'm finally driving home. I do a lot of writing in my head while I drive and composed these thoughts about how amazing this community of Greater Brunswick is...

Taylor Carter, the Teen Center Director, his staff, and the Bowdoin volunteers left at around 11:30 pm after 12 hours at the venue. Tom Farrell, the Brunswick Director of Parks and Recreation, and I took down the last of the decorations and sidewalk tents and left at around 11:45 pm. The Recreation Center staff had been there at 9:30 am that day to set up for our record-breaking Scoop-a-thon and we owe them a debt of gratitude. Especially as we brought in nearly \$12,500 dollars this year through sponsorship, donations from Gelato Fiasco and our community! We saw over 1,000 people, including hundreds of Bowdoin College students during the 12 hours that we held the event at the flagship Gelato Fiasco store on Maine Street.

Thank you again so much to the staff at Gelato Fiasco for "tolerating" this event every year. We love it, but we also know it's a huge amount of work for their staff and business and we are deeply grateful. And there's no way it would've been so successful without the Bowdoin College Rotaract club

led by college freshman Dakota Wilson. She and the other students did an amazing job pulling this event together and getting all of those students down to the store! We hope they had fun and we know we did!

And I can't help but reflect on what an amazing month this has been. Having the gala for Music in April very early in the month worked really well. We were able to plan for the big gala in March, then launch the online auction, while supporting Jill as she added about 100 new online auction items every week, WHILE we planned the Gelato Fiasco Scoop-a-thon, and helped get things organized for auction item pick up in May! PHEW!!!

The Music in April Gala saw about 250 people in attendance that evening, including around 30 volunteers! AND we had 30 volunteers Friday night setting up, plus at least 15 on Saturday morning. I don't know how we would get anything done here without our volunteers! When I presented to Town Council last month, I was asked how many volunteers we have and after talking through it with the councilor, we determined maybe close to 300 is a safe guess!

So as we roll into the month of May - hopefully cresting \$90,000 in income from the auctions, plus \$12,500 for the Scoop-a-thon, that's a grand total of over \$100,000

**From the Executive Director**  
*Stacy Frizzle-Edgerton*

of fundraising income in one month for this organization. It's one-sixth of our budget and incredibly valuable to the financial health of the organization!

The staff at People Plus is fantastic, cohesive, thoughtful, and giving. And they pass these traits along to our volunteers who all come together to help us do what we do. Local residents, businesses, restaurants and other nonprofits partner with us to support our endeavors and it is this collection of community that comes together to create the Center that is People Plus! It's a bunch of good-doers, doing good in our community.

So as I spend a couple of minutes self-reflecting on how the month of April went, I hope you enjoy these selfies that I've taken this month at our fundraisers. One of them is with empty tables in anticipation of the gala, many are with volunteers, some are with family, staff, friends, and community supporters. And we would be nothing without them. Thank you to you all!



**Checking in!**

I am always asking my clients to check in with themselves to see how they feel they are doing with their nutrition and activity plan. By checking in, they can look back at what they are eating and doing to be active to make sure they stay with the plan. Life gets busy, and it can be very easy to put our nutrition and activity goals on the back burner. When you check in, you can see if you are consuming fruits, vegetables, whole grains, healthy fats, low-fat dairy, and lean meats on a daily basis. It allows you to give yourself areas where you can make additions. So I will encourage you to check in with yourself to see if there are any areas where you can add more nutrition and activity to your current routine. Here are some ideas:

- Add chickpeas to your tuna salad or scrambled eggs
- Have avocado toast for breakfast with a slice of tomato
- Add black beans and salsa to your baked potato or rice

**From Anita's Plate**  
*Anita Nugent*  
(207) 504-6439  
[info@nutritionforeveryday.com](mailto:info@nutritionforeveryday.com)

- Add sliced berries to a peanut butter sandwich
- Make a frozen yogurt bark for a dessert
- High-fiber wrap with veggies and grilled chicken
- Have chocolate hummus with strawberries
- Park at the far end of Maine Street to run an errand
- Walk with a friend on the bike path
- Take several loops around the grocery store before putting items in your cart.

By "checking in," we can stay on top of our nutrition and activity goals!

**Yogurt Bark**

**Ingredients:**

- 2 small containers of yogurt
- 1 Tbsp. natural peanut butter
- ½ cup sliced strawberries

**Directions:**

1. Place a sheet of wax paper on a cookie sheet.
2. Spread the yogurt over the wax paper.
3. Take a knife and spread the peanut butter throughout the yogurt.
4. Spread the strawberries on top.
5. Place in the freezer for 10 minutes.
6. Once it is frozen, break into pieces and put in a container.
7. Put it back into the freezer to enjoy a healthy sweet treat from time to time!

# The Great American Eclipse of 2024



**Time to stretch!**

We are excited to be so close to reaching our stretch goal of \$100,000! These funds are vital to the success of our programming, and we appreciate your donations! The current total is \$95,022 including membership donations and gifts of stock.)

**95%**

**Expanded Medicare Savings Program to become law**

The Maine Legislature recently preserved the expansion of the Medicare Savings Program, allowing an estimated 45,000 Mainers to become newly eligible to save money on premiums, deductibles and co-pays. Under the new law that becomes effective July 1, such health care costs will be reduced or eliminated according to expanded income guidelines originally passed by lawmakers last year but contested by Gov. Janet Mills.

According to the Department of Health and Human Services, those eligible will be able to apply for the program in June.

The new law increases eligibility to those earning from 185% of the federal poverty level to an upper limit of 250% of the poverty level, which is a ceiling of \$36,450 for an individual. It also boosts benefits for people who earn between 150% and 185% of the federal poverty level and eliminates an asset test that excluded some from being eligible for benefits.

**Say YES to Life**

**Say YES to a BETTER YOU!**

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!

**The McLellan**  
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**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](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).

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**EASY COME, EASY GO!**  
Thank you so much to our AARP tax preparers who served 400 community residents with free tax preparation, filing and follow-up. They were getting a little punchy by the end of four months and tried to hide behind their signs! But we are happy to see their smiling faces at the end of the day and wish them well until next February! Thanks folks!

**Calling all game players!**

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



**Wednesday Walkers Club Destinations for May:**

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!

**May 1.** Planning meeting. Come share your ideas and help plan the walks for June! Meet @PP by 9:30 am.

**May 8.** Otter Brook Preserve, Harpswell. Carpool: meet @PP by 9 am or arrive at the trail by 9:30 am.\*\*

**May 15.** Swinging Bridge Walk. Departs from the Center and goes over two bridges. Arrive at PP by 9:30 am.

**May 22.** Spear Farm Estuary Preserve, Yarmouth Carpool: meet @PP by 8:45 am or arrive at the trail by 9:30 am.\*\*

**May 29.** Littlejohn Island Preserve, Yarmouth (limited parking). Carpool: meet @PP by 9 am or arrive at the trail by 9:30 am.\*\*

**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!

**Men's Breakfast**

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

**Sweet and Sour Luncheon!**

Join us Thursday, May 16, for sweet & sour pork, fried rice, glazed carrots, green beans, salad, Hawaiian rolls and pineapple- upside-down cake 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.



**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)

**Program Notes for May**

- The Center will be closed May 27
- No Women's breakfast on May 2

**Medicare 101 with Spectrum Generations**

**Tue, May 14, 12:30 pm.** Spectrum Generations provides information regarding Medicare, drug coverage, and Advantage plans. Free, open to the public (\$15 suggested donation appreciated). Registration required.

**Activity Punch Cards**

Safe & convenient. FMI 729-0757 or stop by to purchase your card! \$25 for 5 classes, \$50 for 11 classes.

**Apple Device Tutoring**

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

**Register at 729-0757**

**CENTER CLUBS**

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

**Apple Club**

**Thu, May 23, 1:30 pm.** Bring your Apple device and questions.

**"Bandstand!" Dance Club\***

**Wed, May 8 and 22, \*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.

**DO YOU LIVE ALONE?**

The Good Morning program is a FREE daily safety check-in phone call providing peace of mind. In partnership with Brunswick Police Department. FMI 729-0757 or peopleplusmaine.org.



**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>Scan code for People Plus online calendar</p> <p>Call 729-0757 to register for activities</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>9:00 Table Tennis 9:30 Art Class 9:30 Apple Device Tech Tutoring 11:00 Yoga 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 11:00 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</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 Spanish Club 6:30pm Toastmasters</p>	<p>8:45 Cribbage 9:00 Hair Cuts with Margarita 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 1:30pm "Bandstand" Dance Club 7:00pm English Country Dance</p>	<p><b>8:30 Men's Breakfast</b> 9:00 Table Tennis 9:30 Art Class 9:30 Apple Device Tech Tutoring 11:00 Yoga <b>1:30pm FYI! Veterans' Stories</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 7:00pm Civil War Book Club</p>	<p>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 1:00pm Qigong 2:30pm German Club 4:30pm TCAC</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 7:00pm English Country Dance</p>	<p>9:30 Art Class <b>9:30 Apple Device Tech Tutoring</b> <b>12:00pm Lunch and Connections</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 11:00 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</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 6:30pm Toastmasters</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 1:30pm "Bandstand" Dance Club</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>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><b>Memorial Day!</b> <b>Center Closed</b></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>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 6:30pm Bruns. Coin/Stamp</p>	<p>9:00 Table Tennis 9:30 Art Class 9:30 Apple Device Tech Tutoring 11:00 Yoga</p>	<p><b>HOURS</b> <b>Mon-Thu</b> 9 am - 4 pm <b>Fri</b> 9 am - 1 pm</p>



**WHILE ON A TRIP TO JAPAN** in April, Karen Bergren and Cindy Carney traveled to the ancient city of Nara. There, they visited the Todaiji Temple, home to the Great Buddha of Nara, a massive, seated image of Rushana-butsu, known as the "Cosmic Buddha." Good thing they didn't forget to bring their trusty *People Plus News!*



**IT'S SO MUCH FUN TO TRAVEL WITH A GROUP** and meet new friends! We offer several trips a year with Collette Travel. You can travel with your partner, your friend (even if they live in another state!), or even your child or older grandchild! Collette takes care of everything for you! See our currently planned trips below or let Jill know where you want to go and we can plan a trip around you! The best part is you get picked up and dropped off right at People Plus!

**Book an adventure with Collette Travel!**

<p><b>Southern Charm: Charleston, Savannah &amp; Jekyll Island</b> - deposit due 8/27/24</p> <p>Mar 3- 9, 2025. Highlights include: Historic Charleston, Walking Tour or Fort Sumter Cruise in Charleston, Boone Hall Plantation &amp; Gardens, Savannah, Savannah Trolley City Tour or Walking Tour, St. Simons Island, Jekyll Island, and Sea Turtle Hospital. FMI gateway.gocollette.com/link/1249127</p>	<p><b>The Plains of Africa</b> - deposit due 9/21/24</p> <p>April 27-May 10, 2025. Collette Small Group Excursion with just 12-24 passengers for more personal adventures. Highlights include Nairobi, Aberdare National Park, Shaba National Reserve, Samburu National Reserve, Sundowner, Lake Nakuru, Masai Mara, Karen Blixen Home, Amboseli National Park, 11 Game Drives, and Africa's "Big 5". Visit with Rothschild giraffes up-close at a sanctuary, learn the traditions of the Saburu people during visit with a tribe member and enrich yourself in the culture during a visit to a Masai village. FMI gateway.gocollette.com/link/1190216</p>	<p><b>Spotlight on Tuscany</b> - deposit due 3/26/25</p> <p>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</p>
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### Think summer, think veggies, think Senior Garden plots

People Plus is now accepting sign-ups for plots in the Senior Garden on Industry Road (off Water Street, near the river before the bike path/boat launch). The plots average 20 feet by 24 feet (half-plots are available, too). People Plus asks for a contribution of \$10 for the season, which runs from June to the end of October.

The gardens have three water spigots with hoses, and gardeners are expected to provide their own tools. The town will till the garden area so it's ready for planting at the beginning of June, 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. To reserve a space, help in laying out the plots, or for more information, call People Plus, 729-0757, to reach garden coordinator Mary Hepburn.

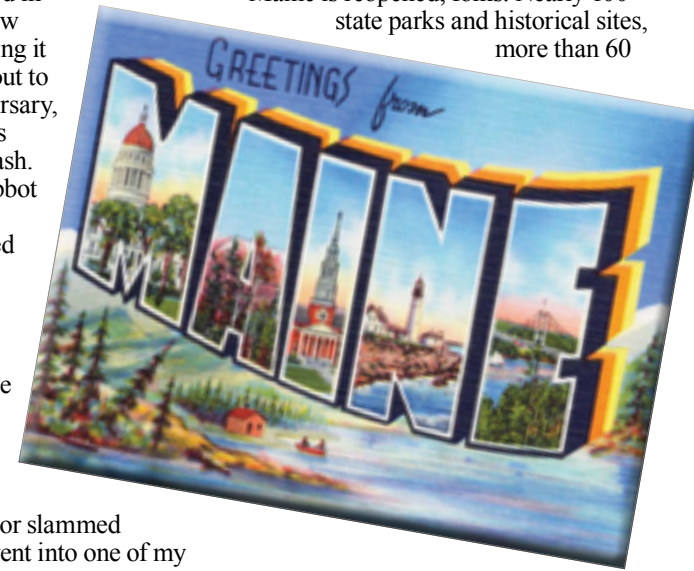
"We happily welcome new and returning gardeners so we can get a full crew out there to fill up the plots and commit to making it a veggie and flower paradise!" Mary says.

## Frank's favorite places

Come along for the ride in his new monthly column

I'm guessing you're old enough to remember that remarkable list of 200 favorite Maine places we published in the *People Plus News* a few years ago. I'm remembering it was 2020, Maine was about to celebrate its 200th anniversary, and there were high hopes for a big, old-fashioned bash. From moose antlers in Abbot to Waterville/Winslow's Penny Bridge, we intended to celebrate our state's special places in a dozen or more special ways. There was talk of more Frank's Field Trips, maybe another book – a guide book? – new columns, and special programs at the Center. Then Covid came along, door after door slammed shut, and the list of 200 went into one of my files.

Doesn't it all seem like a decade ago? But Jill says you can find our Maine list of 200 in the *News* archives of March 2020. (Glad I saved a paper copy.) Always looking for an angle, and for something to do, I've dusted off the list and suggested to Stacy that we revisit, rebrand, and present it again



### Maine and me

Frank Connors



– enlarged and more exciting than ever – and call it the list of 207 favorite places! Maine is reopened, folks. Nearly 100 state parks and historical sites, more than 60

lighthouses, bridges, forts, museums, mountains, beaches, and farms. Maine has more interesting places, more things to see and do, than I could highlight and visit if I was 20 years old again.

Gas prices are headed the wrong way, my knees are telling me to forget about Katahdin, Chuck and Miles make fun of me when I climb into (or out of) a canoe or kayak, and Jane just shakes her head and shrugs her shoulders. But I'm planning to hit the road again this summer, folks, and I want you to come along starting in June by checking out my monthly column in the *News* about one of the 207 places. (The "Peek at the Week" email will add a little more than Two Cents each week.)

We're going to call the column "Maine & Me," and we're all going to see where it goes. And once you read it, you might just want to go wherever that is, too.

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**DON'T MISS JILL'S DAUGHTER CAITLIN** in the upcoming Midcoast Youth Theater performance of *Bye Bye Birdie* at the new Morse High School in Bath! She'll be playing Kim MacAfee while her dad is playing Mr. MacAfee!! Shows are Thursday, May 9 - Saturday, May 11, at 7 pm, plus 2 pm shows on Saturday, May 11 and Sunday, May 12. Students and seniors \$12 and adults \$15 (in advance online at [www.showtix4u.com/events/myt](http://www.showtix4u.com/events/myt) or at the door).



## Ooh La La- Les Fromages!



CAFE EN FRANCAIS ENJOYED A DELICIOUS SPREAD OF CHEESES from different regions in France, courtesy of Regine Whittlesey, along with baguettes and crackers at their meeting last month. The French conversation club meets on the 4th Tuesday of every month at 2:30 pm and enjoys chatting, reading, singing, socializing and playing games while practicing their French skills. Other foreign language clubs include Cantina Espanol, the Spanish conversation club which meets the 1st Tuesday of every month and Kaffeestundel, the German conversation club which meets the 2nd Tuesday.

## Midcoast Senior College rolls out Summer Wisdom 2024 program

Midcoast Senior College invites you to explore a free series of presentations held at Curtis Memorial Library's Morrell Meeting Room on four consecutive Tuesdays from 1-2 pm beginning May 14:

**May 14, "To Err is Human: Philatelic Errors and the Stories they Tell" with Richard Neiman**  
 Since the appearance of the first adhesive postage stamp in 1840, hundreds of political entities have issued billions of such stamps. It is natural to expect that among these there would be errors in their production. This lecture will illustrate a number of blunders by a variety

of postal entities, tell the unusual stories surrounding some of them, and relate how these stamps have become, pound for pound, among the most valuable items known.

**May 21, "New Wine in Old Bottles – Conflict or Peace in the Middle East: The Gaza War" with Kathleen Howard Sutherland**  
 The October 7th Hamas attack on Israel climaxed a 75-year-plus conflict between Israelis and Palestinians over the question of the land of Palestine: Whose land is it? Palestinians', Israelis', or both? In this presentation we explore the historical basis for this conflict,

as well as the colonial legacy, and the social, political, and religious issues involved. Where do we go from here?

**May 28, "A Fulfilling Chapter: Happy and Healthy Retirement Years" with Dr. Chris Bowe**  
 Dr. Bowe will speak about ways to make our lives happier, healthier, and more fulfilling in retirement and the healthcare system's role in promoting wellness. He will be happy to answer questions about his first year as president of Mid Coast-Parkview Health.

**June 4, "Puppet-Making for Dummies" with Austin Phillips**

With the art of ventriloquism making its way back into mainstream entertainment, Austin Phillips finds himself busier than ever meeting a unique demand. Based in downtown Portland, he is a builder and restorer of professional ventriloquist figures as well as puppets. Austin is also a ventriloquist history and Punch and Judy enthusiast possessing an extensive collection of antique figures and artifacts dating back to the 1800s.

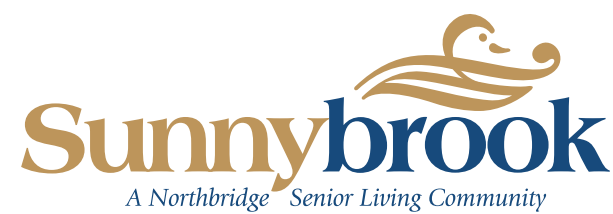
For more information please visit: [midcoastseniorcollege.org](http://midcoastseniorcollege.org), or contact us at 207-725-4900 or e-mail Donna Marshall, Executive Director, [mscoffee@midcoastseniorcollege.org](mailto:mscoffee@midcoastseniorcollege.org)



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### A memory flashback

Summers during my college years, were focused on earning and saving for college tuition. One opportunity was being a baton twirler at summer concerts with the Worcester Brass Band. Watching the 128th Boston Marathon on April 15 recently, with a starting line in Hopkinton, took my breath away when the gazebo on the green flashed by on TV. Two concerts each summer took place at this community green. My parents came to all the concerts to enjoy and support me. My dad unloaded our van and put up my stage he had constructed, while Mr. Hills, the band director set up the sound system, chairs, and music stands for the band members soon to arrive. I knocked on a nearby house front door asking if I could come in to put on my costume. The lady at the house welcomed me.

All the town residents came to this concert – standing room only, I recall. Watching this Marathon, I imagined this New England country town hosting thousands of spectators before and after this event. I was very happy the weather was perfect and a glorious day for all participants, officials, and organizers. I was proud to learn about and congratulate 175 Mainers who qualified and ran in the 2024 Boston Marathon 26-mile race. It was a privilege to have all-day TV coverage and my memories of being in Hopkinton, Mass., in the 1950s.

– Betty Bavor

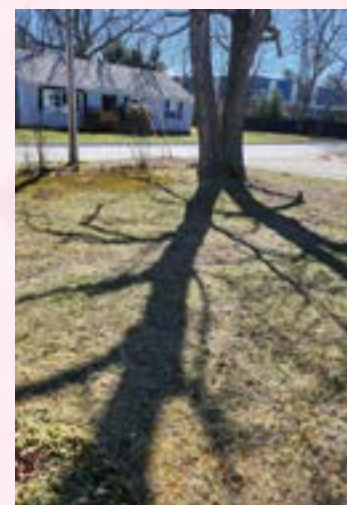
### What is a mother?

M a mother is a motivator and a mind reader  
 O a mother is an organizer  
 T a mother is a teacher of all things of life  
 H a mother is a healer of all wounds  
 E a mother is an example to be followed  
 R a mother is a retriever of memories and dreams

– Kathy Gaunt

### The Magic of April into May

A view from my window, as one season moves to another  
 The majestic oak, its main trunks, bare, rise thick and tall,  
 Others, narrower, angling off the sides  
 One cradles a leafy pile, as bare branches converge to meet on the hefty limb  
 a squirrel's winter nest of leaves  
 now abandoned  
 Each growing baby now scurries round and round and up and up  
 chasing the others  
 The limbs reaching to the skies



Late afternoon, the sun stretches the trunk's shadows  
 Clear across the yard and up the neighbor's wooden fence  
 Tonight ... just beyond the leaning trunks  
 the sun paints the gray clouds with orange  
 as the golden globe lowers in the west  
 Above the highest-reaching trunk, sitting above the clouds  
 against a deep blue sky  
 the half-moon – a perfect white crescent  
 A flock of turkey hawks circling  
 in and out amongst those same puffy clouds  
 and deep blue sky  
 hunting unsuspecting prey

And in the garden, green shoots grow taller each day  
 Soon to bring the purple of crocuses,  
 plus, the oranges and yellows of day lilies  
 The magic of April into May

– Deb Noone

## Poems & Prose

### For the Birds

How many sayings refer to birds  
 And bring up images when hearing the words?  
 How about birdbrain, bird's-eye view,  
 And birds of a feather for just a few.

A jerk is sometimes called a turkey;  
 "Silly goose" can be someone quite quirky.  
 A chicken describes a person who's fearful.  
 "Chatter like a jay bird" to give someone an earful.

Doves are for peace, and hawks are for war.  
 You're greedy as a vulture if you always want more.  
 People proud as a peacock often act regal,  
 While flying fanatics want to soar like an eagle.

You'll get nowhere on a wild goose chase,  
 While being "smart as an owl" can get you first place.  
 The bluebird of happiness is the one I prefer;  
 I want to find and then adopt her!

– Sally Hartikka

### Ah, Spring

6:30 am. Early April. Ah, spring. The birds are singing.  
 Sunlight is flooding into my bedroom. Wonderful!  
 Flowers are coming up. Snow is mostly gone. All is good.

6:00 am. Mid-April. Birds are singing – lots of them.  
 The sun is even brighter. I really love to see the flowers  
 starting to bloom.

5:30 am. End of April. Birds are very noisy this morning.  
 Sunlight is very bright in my bedroom. The flowers are  
 growing nicely.

5:15 am. Mid-May. Those birds are becoming a  
 nuisance. So is the sun. I should get some thicker  
 shades. I guess the flowers are doing well – I haven't  
 checked lately.

5:00 am. End of May. Damn birds – why don't they  
 sleep in? I must get an eye mask – it is too bright  
 in here. I'm not getting enough sleep. Oh, for  
 some clouds and a little snow.

Ah, spring.

– Vince McDermott



### What Kind of Flower Am I?

I started life as a bud on a twig  
 It took all summer just to get big  
 No perfumed scents come from inside  
 High in the air is where I reside  
 My skin is not soft or tender to hold  
 Some would say I look rather bold  
 Blown by the wind till autumn comes around  
 Detaching myself, I fall to the ground  
 With roots digging down like a sharp knife  
 A twig shoots upward to start a new life  
 Year after year reaching for the sky  
 Can you guess what kind of flower am I?

– by P.K. Allen

### Haiku

Fishing with my mom  
 At dusk, loading boat on truck  
 Rattlesnake noise close

– Nonie Moody

### Dear Heavenly Mother

You gave me life  
 Nourished me from your body  
 Rocked me when I fussed  
 Fixed my hair when it was mussed  
 You did without when money was dear  
 Fried chicken and baked chocolate pies  
 Bought my school clothes in September  
 Gave me a birthday party at 11

You looked into my eyes for the truth  
 I paid a price for bad behavior  
 You were firm and always fair  
 Pressed me out into the world with care  
 Relying on lessons wisely learned  
 Happy to pass them to the next generation  
 Mother expected her children to shine  
 To grow in wisdom and to be kind  
 Thank you, Mother  
 I loved you then  
 I love you now  
 And till eternity ends

– Bonnie Wheeler

### I'm Not There Yet

I didn't want to be there  
 My childhood home  
 The student nurse's dormitory  
 My marriage  
 I didn't want to be there

I am where I want to be  
 In my advancing age  
 I belong here  
 I carved a freeing space  
 In a forest  
 To be where I want to be

I'm there whenever THERE is  
 Wherever THERE is

– By Virginia Sabin



# Béa's boost to body and mind

### Movement mixed with shimmer never felt so good!



Among our terrific instructors at People Plus is Béa Blakemore, who is warm, lively, and sparkly – right down to her shiny gym bag and phone cord. She has taught in Maine for 22 years, and now teaches Chair Yoga, Gentle Barre, Zumba, and Loosen Up. You can rely on Béa to brighten your day in many ways, and one of them is through the rainbow of colors she wears while leading classes. On the days we sit down to talk, she is wearing a peach sweater with leggings showing a swirl of dark purple and magenta. It all works together, but she notes her colors can depend on her mood. "It's about expressing who you are and enjoying the moment," she says. Another way Béa can brighten your day is through her positive attitude. "You can change someone's life in a day. You never



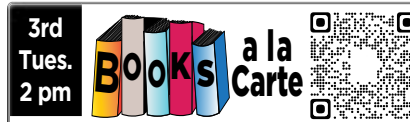
know, you might help a lot," she says. "I tell my own kids, 'Shine your light.'" Betty Leonard, who has taken classes with Béa, notes her positivity and her energy but adds, "She takes her job seriously." Anne Clayton says Béa reminds her to breathe and be present. "I always leave her class feeling calm and relaxed," she states. Other comments Béa hears from students include "I feel so much better" or "This gives me energy for the rest of my day." Originally from Paris, France, Béa studied ballet, jazz, and modern dance

growing up. She also discovered Latin and Brazilian dances like the samba and was part of a samba troupe. She first discovered the joy of color through her dive into Zumba, when she learned how vibrant colors were a part of the Latin cultures. Zumba is still her specialty, she notes. After she married and moved to America, Béa had two children, who are now 19 and 22. She says at first they were skeptical about her colorful wear, but now they say, "You do you, mom!" Béa's classes at People Plus are about balance, strength, breath, alignment, and flexibility. At 58, she notices a difference in her body, but says the key advice for all of us who are older is "Keep moving." She adds, "We lose muscle mass and strength as we age. To avoid that, you have to 'show up.'" (I think that means I'm supposed to get off the couch!) "It's possible

to get stronger at any age," she adds. To avoid injury, she promotes moving mindfully. That translates to modifying movement as needed – it's fine to do the class routine from a chair, for example. It also means if something hurts, stop doing it, as in sparring your sore back by using your legs to squat while bending over to reach something. What does she like about teaching here? "My students are an inspiration to me and I learn from them," she says. She likes learning about the older phase of life and seeing people who still enjoy themselves. It's so important to be part of a group that feeds quality of life and nurtures community, she adds. Speaking of quality, Béa says her overall purpose in life is to bring joy. We all know she certainly does that at People Plus.

**"My students are an inspiration to me and I learn from them."**

– Charmaine Daniels



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

### FICTION

**Homestead** by Melissa Moustakis. A debut novel set near Anchorage in the 1950s as Alaska moves toward statehood. A couple begins homesteading 150 acres and problems ensue.

### NONFICTION

**A Walk in the Woods** by Bill Bryson. Classic tale of tackling the Appalachian Trail does not disappoint. Educational, thought-provoking, and very funny. It can lift your spirits.

**The Paris Wife** by Paula McClain. The story of Ernest Hemingway's life in Paris with his first wife, Hadley Richardson.

**The Ball at Versailles** by Danielle Steel. Four young debutantes from America face changes after an invite to a cotillion at Versailles in 1959.

**Dark City: The Lost World of Film Noir** by Eddie Muller. Thorough and fun study of the all-American film genre of the '40s and '50s featuring tough guys and gals in a tough world.

**The Black Angels** by Maria Smiltos. The Untold Story of the Nurses Who Helped Cure Tuberculosis. When white nurses refused to work at a Staten Island hospital, the city recruited black nurses. The book covers 1929-1952, highlighting societal changes as the cure for TB was found.

**The Doctors Blackwell** by Janice P. Nimura. In 1849, Elizabeth Blackwell became the first woman in America to get an MD degree. Along with her sister, she founded the first hospital staffed by women in New York City.

### POETRY

Selected Poems of *May Sarton* edited by Hilsinger and Brynes. These were chosen from the first 40 years of Sarton's long career.

### MYSTERY

**The Proof of the Pudding** by Rhys Bowen. One in the Royal Spyness series. A murder occurs at a party hosted by Lady Ranch.

### JANE AUSTEN

Three books for Jane Austen fans: **Jane Austen: The World of Her Novels** by Deirdre Le Faye; **Jane's Fame** by Claire Harman; **The Real Jane Austen: A Life in Small Things** by Paula Byrne.



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– James Tierney, BHS Class of 1965

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# Gelato was no fiasco on Scoop-a-thon Day!



**TAYLOR HELPED TO GET T-SHIRTS READY** for the kids and volunteers to wear at the Scoop-a-thon last month. Thanks to Sean Arnold, owner of Basement Woodworks Inc./Accolades and Trophy for printing all the shirts.

Our busiest month is finally behind us. Springtime brings our biggest fundraisers of the year here at People Plus and seems to always coincide with a sudden upswing in the number of teens coming to the Center.

Our 16th annual Scoop-a-thon is behind us, and we're so thankful to see all the community support for the Teen Center! It was a whirlwind of a day with 12 hours of music, gelato and tons of fun. We want to give a huge thank you to all of the performers, celebrity scoopers, volunteers, sponsors and the Bowdoin College Rotaract members for helping us pull it all together! And a special shout-out and thank you to Gelato Fiasco for once again hosting this event for us. The funds we were able to raise are key to keeping the Teen Center open and free for the youth in

our community!

Amidst all the planning for the Scoop-a-thon, we were excited to see plenty of new teens coming into the Center. We've seen dozens of new faces over the last couple of months and it seems like every week is bringing even more. Planning for the Scoop-a-thon is already giving way to preparing for the summer! We have a lot of ideas being floated from the kids, and we're busy planning quite a few day trips and summer activities to keep all of our newest members coming back. And if that's not enough to draw them in, then we always have their favorite food and A/C running whenever they just need a break from the summer heat.

We'll be doing what we can to give the teens plenty of opportunity to enjoy the great outdoors and if we have

## Brunswick Teen Center News

Taylor Carter



another rainy summer, then we have plenty of indoor field trips up our sleeves to keep them busy.

We're also excited to connect with Mid-Coast Hunger Prevention this summer to make sure our teens have plenty of healthy fruits and vegetables available anytime they're here! Thank you, Mid Coast Hunger Prevention Program!

We'll have plenty more to share about our summer plans next month so make sure to check back in!

Until next time,  
Taylor and the Teens

**THE 16TH ANNUAL SCOOP-A-THON**, held April 24 at Gelato Fiasco in Brunswick, raised \$12,455, breaking the record for income and sponsorship!

The Scoop-a-thon has brought in more than \$100,000 for the Teen Center program over the last decade and a half. The raised funds ensure that our area teens have a safe place to recreate after school, hang out with friends, eat a ton of food, and play lots of games.

"The Scoop-a-thon was amazing and I loved my first year experiencing it! The teens had a blast and I think it positively impacted them to see the community come out to support them," said Teen Center Director, Taylor Carter. "Thanks to the community, customers, scoopers, Teen Center Advisory Committee member volunteers, staff, the Bowdoin College Rotaract members and our many, many sponsors! And a special "THANK YOU!!" to Gelato Fiasco for sponsoring this event for 16 years."



## CELEBRATING 16 YEARS! BRUNSWICK AREA TEEN CENTER SCOOP-A-THON



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- Hearts & Hands Reiki**, 10% off first visit 751-5339, mspruce@live.com
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AgingME - Geriatrics Workforce Enhancement Program (GWEP) presents

## Combating Dementia Worry LECTURE TRAINING

May 10 | 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](mailto: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 \$1,049,444. 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](http://HRSA.gov).

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

# Monthly Update

May 2024

## May is Older Americans Month

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living, OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.



### How can community groups, businesses, and organizations mark OAM?

- Spread the word about the mental, physical, and emotional health benefits of social connection through professional and personal networks.
- Connect older adults with local services, such as counseling, that can help overcome obstacles to meaningful relationships and access to support systems.
- Host connection-centric events or programs where older adults can serve as mentors to peers, younger adults, or youths.

### What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

To see what is happening at your local community center, visit [SpectrumGenerations.org](http://SpectrumGenerations.org).

## May is Arthritis Awareness Month

With over 100 different known types of arthritis, it remains one of the most widespread conditions in the United States, affecting approximately one in four adults. These rates have risen by over four million people from 54 million in 2021, to 58.5 million presently. Arthritis can significantly impact mobility and daily activities, as well as social and work life. So, what can be done?

1. LEARN NEW SELF-MANAGEMENT SKILLS: Engage in local self-management education programs to acquire skills for better arthritis management.
  - Exercise at a comfortable pace without rushing.
  - Wear appropriate footwear for your activities.
2. STAY ACTIVE: Increasing physical activity can effectively reduce arthritis symptoms. Choose arthritis-friendly activities and allow six to eight weeks for your joints to adjust to new activities.
  - Gain control over symptoms.
  - Learn pain and symptom management strategies.
  - Plan and accomplish activities effectively.
  - Reduce stress and improve mood.
  - Enhance communication with healthcare providers.
  - Contact Spectrum Generations to enroll in a Self-Management course today!
3. CONSULT YOUR DOCTOR: If you struggle with arthritis symptoms, discuss your concerns with your healthcare provider, especially if you experience:
  - Sharp, stabbing, or persistent pain.
  - Pain leading to limping.
  - Pain lasting over two hours after exercise.
  - Nighttime worsening of pain.
  - Pain or swelling unresponsive to treatment.
  - Red, swollen joints that feel warm to touch.
4. MANAGE WEIGHT: Research shows that reducing joint stress by even 10 to 12 pounds can ease arthritis pain and enhance mobility. Engage in low-impact activities tailored for arthritis and maintain a healthy diet.
5. PROTECT YOUR JOINTS: Avoid joint injuries that can exacerbate arthritis. Opt for joint-friendly activities like walking, swimming, or tai chi, which reduce injury risk and joint stress.
  - Enroll in one of Spectrum Generations' upcoming movement programs!

### What to do if you experience pain during activity?

- Stick with your activity program for long-term pain relief.
- Modify activities as needed during the adjustment period.
- Choose low-impact activities to reduce joint pressure.
- Warm up and cool down before and after exercise.

Visit [SpectrumGenerations.org](http://SpectrumGenerations.org) for more information.

## Weekly Winners

### CRIBBAGE

Mar. 27 Judy Hardin= 719  
Jerry Donovan= 697  
John Bouchard= 695

Apr. 3 Joe Tonely= 726  
Ashley Richard= 718  
Lorraine LaRoche= 701

Apr. 10 Nancy Fortin= 717  
Patricia Johnson= 710  
Lois Fournier =696

Apr. 17 Jim Cherry = 718  
Leo Robichaud= 705  
Janis Parent= 696

Apr. 24 Ellie Eramo= 725  
Anne Bouchard= 718  
Joseph Tonely= 716

### DUPLICATE BRIDGE

Apr. 1 7 teams.  
1. Gail & Cy Kendrick, 68.1%  
2. Judy Johanson & Tinker Hannaford 58.3%

Apr. 8 7 teams.  
1. Linda McIntosh & Sherry Watson 56.9%  
2. Barbara & Don McHarg 55.6%

Apr. 15 Center closed - did not play

Apr. 22 9 teams  
1. Martha Cushing & Jeff Lauder 71.9%  
2. Gail & Cy Kendrick 57.3%

## 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).

## Playing pickleball is like having a date with fun

Maybe you've heard that Pickleball is the fastest-growing sport in America? I don't know if it is, but I do know Pickleball is easy to love and easy to learn.

I first played it in Florida 11 years ago when I moved there not knowing anyone. A friend suggested trying Pickleball as a way to meet folks. Wow, did that ever work. I instantly had a set of friends and a sense of belonging.

Darn if it didn't happen again when I was forced to leave the "last affordable apartment" in Portland during the pandemic real estate frenzy. I moved to Brunswick and had to form a whole new set of Pickleball buddies, which was incredibly easy to do because the sport is fun and friendly and people somehow feel a magical bond doing it. (By the way, when I type Pickleball as lowercase my laptop keeps capitalizing it, showing how elevated its status has become!)

Anyway, if you've thought of trying this sport, know that Brunswick is getting eight new courts in late June next to the town recreation center at Brunswick Landing. That's in addition to eight that already exist

nearby. So there are plenty of places to play, the paddles are relatively inexpensive, and lessons are easily found. You can certainly learn without taking a lesson, but it definitely helps to have the basics down. And the folks you take lessons with sometimes form a group you can comfortably play with going forward.

Lessons or not, be prepared to have fun right away without being an expert. I find the court to be a great place to exercise without knowing I'm exercising, because it's basically like heading to a playground with other adults. We laugh a lot and, though we compete, the overall tone is upbeat and cooperative. An opponent yelling, "Good shot!" is not uncommon.

Though the sport initially attracted older retired people, all ages have jumped on the bandwagon, making for inter-generational play that can even include children or grandchildren joining in around the holidays or school vacations. The games are often a mix of men and women, and though many people play indoors, my group of hardy folks plays outdoors all winter.

## New and renewing members for April

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

**Bath:**  
Sherry Watson  
Phyllis Wolfe

**Bowdoinham:**  
Fred Cheney

**Brunswick:**  
MaryEllen Banton  
Russ Banton

Tony Belmont  
Roger Brodeur  
Sharon Brown\*  
Jackie Campbell  
Bob Chase  
Pat Clockedile\*  
Sheila Cohen  
Pamela Dorcus\*  
Pamela Durgan\*  
Marc Fournier\*  
Deborah Heath  
Paul Krakauske  
Laraine Lach  
Marge Leeman  
Alice Michaels  
Glenn Michaels  
Carolyn Morse\*  
Paulette Oboyski

**Dresden:**  
Linda Robbins\*

**Harpwell:**  
Lillette Breton  
Charles Goldstein\*

Victor Oboyski  
Caroline Payson  
Selma Powers  
George Sergeant  
Susan Sergeant  
Bonnie Spies  
Sue Stableford  
Linda Stromski  
Mary Tennant  
Barbara Tobin  
Margaret Warren  
Elizabeth Wilson

**Topsham:**  
Naji Akladiss\*  
Mark Benner  
Bethany Bryant\*  
Merle Gott  
Rachel Gott  
Dale Hinckley\*  
Joseph Hinckley\*  
Linda McIntosh  
Sarah Withington  
Susan Schow\*•

**Wiscasset:**  
Russell Schneider\*

Karen Leeman  
John Moulton  
Sarah Moulton  
Nancy Simboli

**Wiscasset:**  
Russell Schneider\*

## Thinking out loud

Charmaine Daniels



My cohort of players has become an important social connection. Over time, we have expressed care for each other by bringing soup or cookies when someone is sick or injured. And though we sometimes socialize off the court, one of the beauties of Pickleball is that on the court we're focused on moving more than talking. The level of chat is just right, especially for introverts. One player told me she used to think relationships had to be deep to be meaningful, but now she cherishes the quick on-court chats and laughs. Even the social scientists agree that these "second-tier" relationships are key to well-being. Especially for people living alone, the games cut down on isolation. But even for couples, the sport is a way to have fun together.

There is one problem with Pickleball, however: Remembering the score. Perhaps that's a sign of how engaging it is—in the fun of a back-and-forth rally, suddenly who was serving and the score become open for discussion. We manage to work it out.

I'll end with saying that, just as with doing anything you love, all else falls away when you're playing Pickleball. I'll also say that I should have lowercased Pickleball throughout this column, but I can't help it, Pickleball deserves a capital P. And it remains the fastest-growing sport in my heart.

For more information, go to: [midcoastmainepickleball.com](http://midcoastmainepickleball.com) or the Brunswick Parks and Recreation Department.

## Gone but not forgotten –

Mary Strong

December 11, 1936 – April 9, 2024

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# Artist's show embraces the beauty and intricacy of birds

Emerson Frost, whose work is shown in the Café Gallery this month and next, loves getting lost in a painting for hours, and the show here displays that ability to dive deeply into detail, in this case with bird paintings produced during an internship with Maine Audubon Society.

A junior at Maine College of Art and Design, Emerson loves nature and finds birds fascinating, noting, "I love how intricate they are."

Emerson finds painting intricate detail to be relaxing, with their dog often lying nearby, and even mixing their own acrylic colors along the way. Each loon took 8-10 hours to render. One took 15 hours. "It was easy to lose track of time," they said, adding that the process was meditative in some ways.



The paintings of loons and other birds in the show here portray both the artist's patience and an ability to make these birds come alive. Their favorite part to paint? The eye, because it's what makes the painting truly vibrant, they said.

While being artistic, Emerson also has a scientific side. In fact, at one point they wanted to be an ornithologist. At Maine Audubon, which needed artwork for its promotional materials the opportunity to learn about the scientific aspect of birds was "a dream come true," they stated.

Emerson's artwork for Maine Audubon will likely be used for materials, such as a guide to flora and fauna of the Presumpscot River, a young person's guide to birds, a schoolyard guide for birds in the Bangor area, as well as in signage for sanctuaries.

Emerson drew all the time growing up, ever

since holding a crayon. They also received extra encouragement from a wonderful art teacher in high school. In addition to the realistic style of painting, Emerson also does digital art, primarily drawing stylized fantasy characters. Going forward, they want to keep doing both detailed, realistic work as well as the more stylized genre.

Emerson hopes to keep working with Maine Audubon, while hoping they can also do commercial freelance artwork, possibly finding ways to champion wildlife through capturing birds on canvas and sharing them. Referring to the decline in turkey vulture populations, they see their artwork could "lead to conservation action ... even if one person can see a turkey vulture the way I do and appreciate them."

In the meantime we can appreciate Emerson's beautiful work here at People Plus.



## Lunch Out!

May 14th at 11:30 am.

### Chick-A-Dee

"of Lewiston"

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