



# It's all YOUR fault!

Because of you, we had a banner year!

You can't put a price tag on community support, but when you add it all up, it's that very support that helped us raise a record-breaking \$265,218 this fiscal year, including \$106,000 in April alone! Our Annual Fund raised \$96,987 this year, and the Teen Center Annual Fund raised \$62,231. That's a trifecta that has us smiling!

Take a look at April: When you count the members and friends who donated auction items or bid on them, the Gala volunteers and ticketed guests, the many and varied local business sponsors, the scoopers and customers at the Scoop-a-thon, the auction pledges to the Teen Center, and the incredible goodwill spread throughout, it all adds up to thousands of people supporting our ability to keep building connection and community.

And that's just April! All year, people responded generously to our donation appeals. But you know, raising money isn't just about dollars, because those dollars reflect the community spirit, respect, fun, volunteerism, and commitment to our mission that circulates through all of what we do together. Congratulations, everyone!



**IT'S BECAUSE OF ALL OF YOU!** We broke all sorts of fundraising records this year due to the support of the businesses in our community, the residents and individuals who donated, gifts of stock, and general participation at fundraisers! And giving more of yourselves than you normally would! Thank you so much to our Greater Brunswick community for supporting all of the amazing things we do here at People Plus! And everyone in this photo is giving you a big thank you as well!

**Join the People Plus walking team at the MARC Grand Opening!**  
 FMI see page 3

## South for the spring? Yes, please!



**"Trip Talk" with Collette Travel**  
 Thu, June 27, 1:30 pm. Learn all about Collette trips planned for the spring of 2025:

"Southern Charm" featuring Charleston, Savannah, and Jekyll Island, traveling March 3-9, 2025 and "The Plains of Africa" safari,

traveling April 27-May 10, 2025. See page 3 for more trip information. Talk is free and open to the public. Registration appreciated.



## FYI! Curtain's Up

MSMT Singers will "WOW" at the Center!

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

### 'Aging Well' Lunch and Learn:

## 'Navigating Senior Living Options'

**Mon, June 24, 12 noon.** Shawn Shambo, OT, of Assisted Living Locators, will explain the complex world of finding the right senior living community for yourself or a loved one, whether that's independent living, assisted living, or memory care. He'll review overall costs, ways of paying for these communities, the process of using Medicaid/MaineCare for payment, and strategies for guarding a lifetime of savings when paying out of pocket.

Senior housing can be the pinnacle of someone's life, while aging at home may (or may not) be the best option. Shawn will discuss all options and how to best make each happen. He'll answer questions and help people begin developing a long-term plan. You might not need this



info now, but it will help you plan! Free, open to the public. Registration required.

Shawn Shambo is an occupational therapist with more than 30 years of experience specializing in geriatrics and dementia. His career has focused on addressing functional ability to maximize an individual's overall independence. Shawn worked as an in-home therapist for visiting nurse agencies for most of his career. He saw patients in their homes, as well as in independent living, assisted living and memory care settings. In 2018, he started Assisted Living Locators and has helped hundreds in finding the best fit in senior living and care.

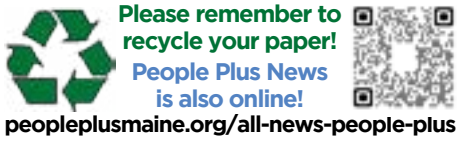
PROUD TO PARTNER WITH **spectrum generations**

## Senior Health Expo – October 10, 2024!

Table Registration Opens June 1!

Mark your calendar for one of the Center's top events, the 2024 Senior Health Expo! Thursday, October 10, from 9 am to 1 pm. The highly successful and well-attended Health Expo will take place at the Brunswick Recreation Center, located 220 Neptune Drive (on the former Brunswick Naval Air Station). It's not too late to join the wonderful Partners shown below!

Visit [peopleplusmaine.org](http://peopleplusmaine.org) for more information on the event, including table registration and sponsorship opportunities.



# Made my own cake! (And ate it, too)

I have felt nothing but love, gratitude and happiness the whole month of May! I have to say celebrating Mother's Day AND my birthday (May 15th) while at People Plus is always incredible. I had dozens of cards and messages and lovely bits of outreach from members and staff and friends. And I was able to share my birthday celebration with other People Plus members and we had a fun, happy birthday sing-along for all of us at the monthly luncheon!

My staff ladies/besties bought me a hydrangea bush to plant at home. They know I love hydrangeas! And I'm excited to get it planted. I actually had several members give me little tokens of birthday goodness in the form of candy, cards, baked goods and charms as well. And all of the written cards with notes left on my desk, mailed to my house, and sent to me over the last



month have made such a huge impact. I truly feel humbled and so incredibly grateful.

I started the month of May with two of my daughters home from college and my oldest Daphne now living in Topsham. So you can't beat that. Gotta love it when they are all within 10 miles of each other and able to gather for both Mother's Day and my birthday! My birthday is often close to Mother's Day – another day on which I feel grateful of course. Many of you may know that I lost my mother to suicide when I was seven, so I think it's one of the reasons I appreciate so many of the older women here at the Center. My mom would be 88 years old this year and I can't help but see her in all of you lovely, lovely People Plus ladies.

So the girls were all also home for my birthday dinner, along with my niece and my two sisters-in-law, Louisa and Julia! I made a huge New York cheesecake for dessert. I've been wanting to make a light and



creamy cheesecake for a while and I figured what better time than my birthday? It was four inches high and completely decadent with four bars of cream cheese, two cups of ricotta and two cups of sour cream. I added good Mexican vanilla and zested lemon peel to put it over the top.

It was seriously the best cheesecake I've ever had – if I do say so myself!!

We also had a fun luncheon here last month with about 70 people enjoying Judy and the crew's amazing sweet-and-sour pork with fried rice, veggies, salad, Hawaiian rolls and pineapple-upside-down cake for dessert! We had such a fun time talking about birthdays and celebrating the May days together. If you haven't been to People Plus for lunch in a while, you really should come back and give it a shot. It's just a bunch of people having fun and enjoying a healthy and delicious lunch with friends. Although, if we get wind that it's your birthday, we will probably sing to you!

Later that same week, my girlfriends got together for an amazing birthday dinner out at Enoteca Athena on Maine Street for more fun, stories and laughter. We've been gal pals for about 20 years so there is always loads to catch up on! And we got a surprise visit from two of our daughters, Juliet and Chelsea (who are also lifelong friends) – freshly

## From the Executive Director

Stacy Frizzle-Edgerton



reunited from college. It's so sweet to watch our adult friendships be mirrored and continue in our children.

And then I wrapped up the month with our favorite smoked brisket dinner with Jim and Sue Howard. Jim is a master meat smoker who has learned by visiting many BBQ places around America. We always love to be invited over when he is "smoking!" I am actually interested in learning more about it so he gave me some tips as well. And we brought along the last of my birthday cheesecake to share! We topped it with fresh strawberry/rhubarb compote, with rhubarb from the garden. It was a lovely and delicious way to finish off a month of birthday and Mother's Day celebrations!

I've also included a picture of the beautiful flowers that I got for my birthday. I hope you can smell them from where you are!

Thanks to my wonderful husband, Jonathan, my children, this community and my friends for all the love.

I love you all, too!



**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).

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  - 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)

## Beans, beans, they make you...smart!

The other day I found a recipe that used cannellini beans in place of the pasta. That's right, the beans were mixed in with the sauce. I decided to give it a try and it was a big hit! I am going to use these beans, instead of pasta, in more dishes that call for pasta. Beans are such a great source of protein, fiber, B vitamins, copper, magnesium, manganese, zinc, potassium and phosphorous. So here are some more ideas of places to use beans:

- Bring a bean salad to a party
- Add beans to the next soup that you make
- Add beans to your salad

## From Anita's Plate

Anita Nugent  
(207) 504-6439



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

- Put less pasta in a pasta salad and add more beans
- Make a bean soup or chili
- Have roasted chickpeas for a snack (you can buy these in the nut section of the grocery store)
- Make black bean brownies
- Make a black bean burger

My new favorite soup is one can of low-sodium refried black beans, one can of low-sodium rinsed black beans, two cans of Ro-Tel tomatoes with some cumin and chili powder warmed up in a sauce pan. I do call myself a bean pusher. Now you can see why.

## Creamy Chicken with Beans

### Ingredients:

- 1 cup cooked chicken
- 1 can low-sodium diced tomatoes, undrained
- ½ tsp. garlic powder
- Black pepper
- 1 tsp. oregano
- 2 cups baby spinach
- 1 can cannellini beans, rinsed
- ½ cup light cream
- Freshly grated Parmesan

### Directions:

1. Cook on medium heat until the spinach is wilted.
2. Add the beans and cook for 5 minutes.
3. Add the cream and Parmesan cheese.
4. Add chicken, tomatoes, spices, and spinach to a skillet.

Enjoy!

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### Retiring Board members offer their parting words



**Annee Tara:**

“It has been a joy and an honor to serve these past eight years! People Plus has been an important part of our community for decades, providing support, services, and social opportunities for seniors and teens. Our work during the pandemic was remarkable: We barely missed a beat, pivoting from our traditional activities to moving meals, classes, and events outside until it was safe to go indoors. That showed our members and the whole community what caring and flexibility together can do. As I move from the Board level to more direct service, like being a better Volunteer Transportation Network provider, People Plus will continue to be a part of my life.”

**Charlie Evans:**



“People Plus is a great organization. Due to the nature of how it’s run, it constantly gets better and better. Being on the Board is worth every second. We don’t need to micromanage because the staff is so competent. The outstanding part was the surprise of Covid and how quickly the staff converted to a remote way of dealing with things. During that time, an amazing number of videos were produced to update people almost every day, as a kind of check-in. The breadth of programming is great. It’s been a wonderful experience – positive and connecting. I will continue as a volunteer member of the governance committee.”

**Kelsie West:**



“It has been my pleasure to volunteer on the Board at People Plus over the past nine years. The organization continues to serve more, do more, and to be a vital presence in the community. A big thank you to Stacy and her team – they work long hours to make the magic happen. It’s exciting to see all the growth and passion, and I look forward to volunteering as time goes on.”

## Join our team and celebrate the MARC!

Come celebrate the Grand Opening of The MARC (Midcoast Athletic and Recreation Complex) at Brunswick Landing on Saturday, June 22! See the unveiling of the new pickleball courts, skatepark and walking loop! There will be lots to do and see including a pickleball scramble, 5K race, 1-mile fun run, Skatepark “Skate Jam”, live music, games, bounce house, food trucks, and ribbon cutting! The fun starts at 8 am and you won’t want to miss it!

### PP walking team welcomes you

Watch for the Friday email for info about the People Plus walking team! Please join us bright and early for the MARC 5K Road Race and 1-mile Fun Run on June 22 at Brunswick Landing. All ages and ability levels welcome! The 5K will kick off at 8:30 am followed by a FREE Fun Run at 9:15 am. Awards will be handed out during the Ribbon Cutting Ceremony from 10-11 am.

FMI about The MARC, the schedule of events, or to register for the race, visit [marcproject.org](http://marcproject.org)

**Brunswick maine**

# GRAND OPENING

## THE MARC

(The Midcoast Athletic & Recreation Complex)

**SATURDAY, JUNE 22, 2024**  
220 Neptune Drive, Brunswick, ME 04011

### EVENTS & RIBBON CUTTING

- 8:00am: Pickleball Scramble AM Session
- 8:30am: On your MARC get set GO 5k
- 9:15am: Family Fun Run
- 10:00am: Ribbon Cutting & Awards
- 11:00am: Skateboard Demo
- 1:00pm: Pickleball Scramble PM Session

For more information or to REGISTER for the 5k or Pickleball Scrambles please visit [www.marcproject.org](http://www.marcproject.org)

### Book an adventure with Collette Travel!



#### Southern Charm: Charleston, Savannah & Jekyll Island

Mar 3-9, 2025—*deposit due 8/27/24*. 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](http://gateway.gocollette.com/link/1249127)



#### The Plains of Africa

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



#### Spotlight on Tuscany

Oct. 1-9, 2025—*deposit due 3/26/25*. 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](http://gateway.gocollette.com/link/1249201)



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### 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.

### Bill Perry's TECH TIPS

Update your Apple devices. There are new updates available from mid-May 2024 for all newer devices. It is important to keep your devices up-to-date to ensure that you are protected from ongoing threats, including access to passwords and access to secure websites. To install your updates, which are often not automatically installed, go to Settings→General→Software Update.

### Exercise at the Center!

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

### Good Eats–Good Friends!

#### Women's Breakfast

**Thu, Jun. 6, 8:30 am.** Enjoy breakfast while socializing with the ladies. Members only, call to register. \$5 suggested donation.

#### Men's Breakfast

**Thu, Jun. 13, 8:30 am.** Enjoy breakfast while socializing with the gents. Members only, call to register. \$5 suggested donation.

#### 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! Lunch will be listed in weekly email.



**THANKS TO IRENE GAMACHE FOR STIRRING UP FUN ON MONDAYS** in the kitchen for Monday Munchies! We love this free soup program sponsored by Mid Coast Hunger Prevention Program.

## It was sweet and spicy at the Center!



**NEARLY 80 PEOPLE** enjoyed sweet-and-sour pork with fried rice and all the fixings at lunch in May. We also packed up and sent out nearly 50 takeout lunches! If you're not coming for lunch at the Center, you are really missing a good time with delicious food and great friends!

### WEDNESDAY WALKERS Wednesday Walkers Club Destinations for June:

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.  
**Jun. 5.** Planning meeting AND a walk. Come share your ideas and help plan the walks for July! Then we'll walk at Hamilton Sanctuary, West Bath. (note - there are several routes allowing for both short and long walk options).  
**Jun. 12.** Bowdoin College & Arctic Museum. Meet @PP by 9:30 and we'll walk to Bowdoin and visit the museum.  
**Jun. 19.** Swinging Bridge Walk. Meet @PP by 9:30 and we'll walk over two bridges. (note - People Plus will be closed for the holiday)  
**Jun. 26.** Cathance River Trail, Topsham. Carpool: meet @PP by 9 to minimally impact the difficult parking at the trail.

**Bowdoin Intl. Music Festival Community Concert**  
**SAVE THE DATE!** Thursday, July 11, 2 pm.

**Register at 729-0757**

### Stay tuned: New ukulele club promises fun – and strum!

Come join a fun new ukulele club starting up in July. The club for all ages and abilities starts July 9 and will meet the 2nd and 4th Tuesdays from 2:30-3:30 pm. These jam sessions will feature songs largely from the 60s and 70s with other eras too. The focus is on playing together and having fun. Maybe you've played ukulele in the past and would like to jam with a group? Or perhaps you took a few lessons on YouTube but have no group to play with? Folks should bring their own ukes and music stand. Sheet music will be provided. (Note: Lessons are not included.) Let the strumming begin! Call the Center at 729-0757 if you're interested in joining the jam.



## Frank's Fabulous Chicken!



Join us Thursday, Jun. 20, for Frank's lemon butter chicken on the grill with corn on the cob, baked mac & cheese, fresh broccoli, a delicious green salad and a hearty whole wheat roll for lunch! Make sure you save room for strawberry rhubarb crisp with rhubarb out of Frank's garden!

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, MaineHealth.

**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!

### Calling all game players!

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

### Medicare 101

**Tue, Jun. 11, 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.

## CENTER CLUBS

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

- |   |  |  |
|---|--|--|
| <b>Apple Club</b><br>Thu, June 13, 1:30 pm. Bring your Apple device and questions.  | <b>Wednesday Walkers</b><br>Wednesdays, 9:30 am. Meet for a walk or hike (usually an hour).  | <b>Kaffeestunde!</b><br>2nd Tuesday, 2:30 pm. German language club meets to chat in German.  |
| <b>Table Tennis</b><br>Mon & Tue, 11 am; Thu, 9 am; Sat, 10:15. *Times subject to change; check calendar.   | <b>Write On Writers</b><br>Wednesdays, 1 pm. Meet to share stories and writings.   | <b>Books a la Carte</b><br>3rd Tuesday, 2 pm. Join an fun, interesting discussion about books & authors with varied genres and no assigned reading list. |
| <b>Fiber Arts</b><br>Mondays, 10 am. Bring your current project and enjoy friendly conversation while you work.                                   | <b>Civil War &amp; History Book Club</b><br>3rd Monday, 7 pm. Meet to discuss and debate historical books pertaining to Revolutionary War though WW II eras. | <b>Cafe en Francais</b><br>4th Tuesday, 2:30 pm. French language club meets to chat in French.   |
| <b>Fiber Spinners</b><br>2nd & 4th Fridays, 10 am. Bring your spinning wheel or spindle to chat with friends while you transform fiber into yarn. | <b>Cantina Espanol</b><br>1st Tuesday, 2:30 pm. Spanish language club meets to chat in Spanish.  |  |

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**Program Notes for June**

- Center closed on Wednesday, June 19 for Juneteenth
- No Qigong Friday, June 7
- Apple Club meets June 13 at 1:30
- “Bandstand!” Dance Club will be taking the summer off



**THANK YOU TO THE MAINE FLOWER COLLECTIVE** for their donation of extra bouquets of flowers last month from their wholesale market. Many members went home from lunch with beautiful bouquets! They will contact us again when they have more to donate! FMI visit [maineflowercollective.org](http://maineflowercollective.org).



**People Plus Hours:**

Mon-Thu  
9 am - 4 pm  
Fri  
9 am - 1 pm

Mon	Tue	Wed	Thu	Fri	Sat
<b>Call 729-0757 to register for activities</b>		<b>HAPPY FATHERS DAY!</b>		<b>SUNDAY JUNE 16</b>	<b>Visit <a href="http://peopleplusmaine.org">peopleplusmaine.org</a> for online calendar</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>1</b>
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	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	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	<b>8:30 Women's Breakfast</b> 9:00 Table Tennis 9:30 Art Class 9:30 Apple Device Tech Tutoring 11:00 Yoga <b>1:00pm FYI! "Curtain's Up" with MSMT</b>	9:00 Mah-Jongg 9:00 Loosen Up 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
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	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	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	<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 Apple Club</b>	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
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	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	 <b>Center Closed</b>	9:30 Art Class 9:30 Apple Device Tech Tutoring <b>12:00pm Lunch and Connections</b>	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	9:00 Zumba 10:15 Table Tennis
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:30 Monday Munchies <b>12:00pm 'Aging Well' Lunch and Learn: Navigating Senior Living Options</b> 1:00pm Bridge	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	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	9:00 Table Tennis 9:30 Art Class 9:30 Apple Device Tech Tutoring 11:00 Yoga <b>1:30pm Collette Trip Talk</b>	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	9:00 Zumba 10:15 Table Tennis

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Mid Coast-Parkview Health  
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# Chasing those spring runs of fish

Yup, I'm betting I've told 58 people, "I'm no fisherman!" I honestly can't think of anything less productive than putting a poor worm on a hook, throwing it overboard into millions of gallons of water, and waiting to see what happens next. But I do need to admit, folks, each spring when the alewives and shad, the suckers, eels, and smelts start running, I change my mood dramatically and restart my quest for these elusive fish.

Alewives start the season for me. Get to Damariscotta or Bristol Mills, Woolwich or Dresden, perhaps even the Brunswick fish ladder for your look. Damariscotta Mills has to be my personal favorite. From mid-May to late June, you'll find every incoming tide hosting bushels of these black-backed, flashing wonders. It doesn't hurt that "The Mill" is one of Maine's storybook coastal communities, narrow streets lined with century-old sea captain's homes, lilacs drooping to the road at every corner. If the fish run is slow, it's fun just



walking those streets, and relishing the new spring.

The fish ladder at Damariscotta Mills makes it possible for sea-run alewives to climb 42 feet and swim off into the fresh waters of Damariscotta Lake to spawn. Sharing the sight with sea gulls and osprey, it's a rite of spring that finds its roots in 18th-Century Maine.

Remember, spring-run brooks and rivers almost always border private property. Be respectful, obey signs, and carry out what you carry in. It'll make you more welcome next year!

I started chasing fish with my grandmother, too many years ago. Skirt and all, "bloomers blooming," she called it, she'd bound into the brook, driving fish toward me, my brothers, and our traps. An alewife is 6-8 inches long, a "good sucker" can easily be 12 inches long, weigh a pound, and be pretty slimy and elusive if we tried to "grab'em good." Some years we'd build primitive weirs to capture

them, other years we might suspend a net from an overhanging tree, let it settle to the brook bottom, and pull the snare tight when enough fish were "bagged." Grampie called suckers "mulletts," and said there was a market for them in the cities. We'd usually carry our full pails of fish, "over the next ledges," and pour them into an upper pool. Grandfolks always said we were doing the fish a favor.

Maybe 60 years ago, it was my privilege to "drift" for shad in Bowdoinham's Abbagadasset River. Linwood Rideout and Bert Temple were my hosts. Bert used to row his boat across Merrymeeting Bay from Woolwich to "warm up" for a night of fishing. Linwood used to say a shad was a "big alewife." Bert used to say, "Alewives are just like shad." Linwood would say it's easier to smoke shad than alewives, because shad were "less bony." Bert used to chuckle, spreading his buoyed drift net across the river channel, and add, "They're all too bony for me." As soon as it was dark, the two would

## MAINE & me



by Frank Connors

light kerosene lamps to hang from their boat's bow, and "fish away the tide," pulling shad (or alewives?) from their gill nets. Bert said, "A good night was three, maybe four bushel of fish." Linwood used to say, "Any night of fishing is a good night."

I'll admit to you I've never dipnetted smelt during a spring run, but the stories I've read in RPT Coffin books make it sound magical. Until I've found my private, magical pool filled with these silvery-backed delights, I'll have to content myself with taking them through ice on a frigid January night.

I won't end this 'til I've told you of my brother Grant and his runs for eels. We used to find them dangling off ledges in 6-8 inches of ice cold water at Iron Bridge Brook, off Bowdoinham Ridge. Grant took oversized gloves and stitched bottle caps to the palms so we might snatch 'em better. He used to say you needed to snatch them quick, too much water on the hands and the fingers might freeze and fall off. I'm wondering how much Miles and Abbie, Tara, Tash, and Ty recall of those fishing trips. Grant and I always considered them fun, until it was time to get the kids home to their mothers, always wet and sometimes smelling funny.

I have to add that too many of these runs will not be around for our grandkids. Most of the brooks were overfished years ago, water levels have changed, and too many of the wild fish runs are just gone! It hurts to admit this, but knowing this makes places like Damariscotta Mills all the more special.

**If you go:** Drive Route One north to the Damariscotta exit, turn toward downtown at the foot of the hill. At the weird intersection between a church and that big, brick

building, go straight ahead (carefully) on Route 215. Drive easy, enjoy the scenery up to Damariscotta Mills. Cross the railroad tracks, cross a small bridge, and the alewife fish house will be there on your left. The fish ladder commences behind the smokehouse.

### FRANK'S FACT

If you research how alewives got their name, some results will suggest the Native-American word "aloofe." However, many more records indicate the name refers to the "portly" female tavern keepers, i.e., "Ale Wife," in the Maine wilderness of the 18th and 19th centuries.

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<b>Yearly Dues (Scholarships Available)</b> <input type="checkbox"/> Brunswick (___New___Renew): \$35 <input type="checkbox"/> Other towns (___New___Renew): \$40 <input type="checkbox"/> <b>Lifetime Member</b> (65 or over) : \$350	<b>Cash/Check (Payable to People Plus)</b> Membership Dues: \$ _____ Additional Donation*: \$ _____ <small>(*donations above membership dues are tax deductible)</small> Total: \$ _____	<b>Volunteer Opportunities at People Plus</b> I'd like more information about: <input type="checkbox"/> Lunch Crew: cook/setup/cleanup <input type="checkbox"/> Reception: check-in/phone <input type="checkbox"/> Volunteer driving: rides to appts/shopping <input type="checkbox"/> Meals on Wheels <input type="checkbox"/> Teen Center
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*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



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### When They Came

My name is Jonas Blix. I was the Director of Human Resources at the XYZ Company. It was a good job. We had a low turnover rate. Everything ran smoothly – until THEY came. Who am I talking about? Why the robots, of course.

It happened very slowly. First it just one or two in the mailroom who were replaced. Then some of the janitors were let go. Most of the cafeteria workers were next. We all thought it would stop soon. It didn't. Low-level clerical workers went next.

I began to get very nervous. I should have seen the writing on the wall. Then they changed my job title. I became the Director of Human and Robot Resources. I tried to keep a low profile as more humans were replaced. I got very lonely – the robots didn't communicate much with humans – just with each other.

I knew my time was almost up when the sign on my door was changed to Director of Robot and Human Resources, and my secretary was replaced. Next I would be Director of Robot Resources, until they had no further use for me.

I decided to quit. I am taking a break before I try to get another job. It surely won't be at a place that uses robots.

– by Vince McDermott

### Cinquain

Man's quest  
Finding meaning  
In one's brief existence  
Accepting the unknowable  
Then peace

– by Bob Mulligan

### Father's Day

It is a great pleasure to honor your Dad – that he's still with us at 90 we're so glad. Though his short-term memory is sort of bad.

His snappy returns to whatever is said. So the use of his brain can't be too bad. And his quick grin proves he is not sad.

He can no longer run the 10 miles he used to. Or 100 ab wheel rollouts every morning too. But exercise classes four times a week we do.

God's blessings on us were many and vast With memories so wonderful of the past Even sorrows that were cast didn't last.

The future ahead as we grow old. We concentrate now on something bold. To those gone before us HE will enfold.

– by Sue Linkel

## Poems & Prose

### June 25th 1950, the start of the Korean War. Where were you?

On June 25, 1950, I was 4 years old, almost 5. I lived in a basement apartment of a brick house on Keating Street on the near South Side of Chicago. The house was owned by the couple who lived upstairs. We had a yard to play in and a porch. This being a city, children played on porches, not in the street, because of traffic. We learned at a very young age to safely cross the street. We played with all the kids in the neighborhood on many porches. I lived with my parents and my sister. We also had a pet parakeet and turtle. My sister's birthday was June 24th. We were less than a year apart in age, and for a month and a half each year we were the same age.

My family did not have television. We did have a radio, and my parents read the newspaper. I would start kindergarten in September of 1950. I am sure that I did not understand about war or what was going on in the news. My father was a radio operator in the Navy during World War II serving in the Pacific. He worked at Midway Airport using the skills he learned in the Navy. We did not have a car and used streetcars as a way to

get to places too far to walk. We lived close to Midway Airport so my father could walk to work. My mother took a part-time evening job at an office in a local factory. One evening, walking home from work, she was attacked and robbed. It was a terrifying experience for the whole family.

As an adult, I wonder what my parents must have thought about the beginning of another war so soon after the last. They lived and met in Iowa but moved to Chicago for more opportunity when World War II ended. They would not have worried about my father being redrafted into the military. He had served twice in the Navy. After his first service, because jobs were scarce, he rejoined the Navy prior to Pearl Harbor. He was in his 30s in 1950. I remember hearing about rationing and that it lasted some period after the war ended. I am certain that everyone was war-weary and exhausted from the effects of World War II. I can imagine how horrible it must have been to have another war begin so soon.

– by Alene Staley

### Moving Into June

Moving into June  
Halfway through May  
June on the horizon  
Marking the midpoint of 2024  
at month's end  
as summer looms  
New beginnings, in so many ways  
charting our lives  
The month of weddings  
and graduations  
and school breaking for summer  
vacations planned  
or ... the dreaded obligatory summer school  
or ... the fun adventures of a rural camp  
for me  
those days are long gone  
Now...  
I pickup my Colorado grandson at the airport  
And after hugs and a day or two spent together  
Drop him off at a lakeside and forested  
summer camp  
bringing back memories  
of me and my sister  
Adirondack camp  
Also, lakeside  
Also, forested  
Also, off the beaten path  
Memories of May into June as a kid  
And carefree summers  
And making new friends, greeting old friends  
<SIGH>  
Fond memories

– by Deb Noone

### Kayaking the Rivers

I'm so looking forward to the summer months, especially being on rivers kayaking and watching the beautiful scenery as we slowly drift away. Always hoping to catch the first view of a deer getting a drink from the cool water.

An enjoyable adventure during the warmer weather is great and something to look forward to. I'm always game for adventure, but not always that brave when too much excitement is added during the journey.

The Times Record article of May 7, "Chaotic Paddling on St. George River" in the "Seniors Not Acting Their Age" column by Ron Chase, about made my blood pressure rise with the excitement

that was recorded. Some of the descriptions were: "Sense of trepidation for Class III rapids, waves were unusually large, feisty waves, gnarly eddy lines." There were 96 boats entered for the trip and 42 did not finish. Some 22 kayaks and canoes were left in the river. Recorded along the river were debris, some upside-down boats, some abandoned ones, and one canoe broken in half hugging a tree.

This article was as exciting as reading one of my dad's bear stories I used to swipe and read from Field & Stream when I was a kid still living at home.

– by Nonie Moody

### There Was a Time When...

Garage attendants always pumped gas for you; They checked the oil and the tire pressure, too. There was no tv, just radio back when; No microwave, no cell phones, no dishwashers then. When flying, people dressed to the nines; Hats and gloves for women despite plane's confines. Credit cards were not popular yet. Cash or checks were used to pay for debt. Social media did not exist in that day; Too bad we didn't keep things that way! Men doffed hats to women in greetings; Suits and ties were worn to all meetings. Children could play freely, unchained By electronic devices that now keep them constrained. These are some things that I recollect; Perhaps you have others when you try to reflect.

– by Sally Hartikka

## Do YOU like to write? Come join us!



Wednesdays at 1 pm

**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](http://peopleplusmaine.org/books-la-carte).

**FICTION**

**Close to Death** by Anthony Horowitz. A family moves into a small English neighborhood, causing upset for everyone. After a murder, everyone has the same motive.

**Paddy Clark Ha Ha Ha** by Roddy Doyle. The story of a 10-year-old boy growing up in Dublin in 1968. Booker Prize winner.

**Good Harbor** by Anita Diamant. All about relationships, with a close look at the treasure of friendship between women.

**The Bridge of San Luis Rey** by Thornton Wilder. Classic Pulitzer Prize-winner tells of five people who die when an ancient bridge collapses in Peru.

**Ordinary Grace** by William Kent Krueger. A boy experiences a summer in which death visits frequently in many forms.

**NONFICTION**

**All About Me!** by Mel Brooks. The autobiography of the EGOT-winning writer, producer, and performer.

**All the Beauty in the World: The Metropolitan Museum of Art and Me** by Patrick Bringley. Interesting tale of a museum guard's time at the museum

**The Stranger in the Woods** by Michael Finkel. True story of the "North Pond Hermit" who lived isolated in the Maine woods for 27 years.

**Wesley the Owl** by Stacey O'Brien. Fascinating story of the intimate relationship between O'Brien and the 4- year-old injured owl she nurtures and loves for 18 years.

**MYSTERIES**

**Dream Town** by David Baldacci. A woman in LA thinks someone is trying to kill her. When Detective Archer goes to check on her, he finds a body in her home.

**A Traitor in Whitehall** by Julia Kelly. Murder and espionage in the bunkers under London during WWII.

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207-725-6200 | [info@themclellan.com](mailto:info@themclellan.com)  
[Themclellan.com](http://Themclellan.com) | 26 Cumberland St. Brunswick, ME



**THANKS TO UNITED MASONIC LODGE #8** for their donation of a new rug, several beanbag chairs, lamps, and a monetary gift to create a cozy reading nook at the Teen Center. The kids absolutely love it! Lodge members Andy Caron (left) & Dean Staples (2nd from right) presented the check to several teens and TC staff.

### Will you bake for our teens?

With summer on the way, we are hopeful that People Plus members who love to bake will help us keep our teens happy with sweet treats and savory snacks on hand! Please try to avoid anything with nuts, but other than that they love everything including pans of brownies, cookies of any type, pie or ice cream. You name it they want to eat it in the summer! Thanks so much for baking!

# Summer fun: did someone say field trips?

Summer is finally here! We're super excited to be able to offer field trips this summer! We plan to offer a variety of day trips that could range from movie theater and mall trips to picnics and kayaking at nearby state parks. We'll also have a regular outing club where we hope to bring the teens outside for a different adventure each week and generally just give them more opportunities to enjoy the outdoors. We're hoping this helps draw some new faces to the Center and gives our regulars a little more to do this summer. No matter what though, we'll still be a great place to drop in to get out of the heat and enjoy a good meal!

If you ask our teens, then you'd probably think they've been on summer break since

mid-May – all the talk has been about what they plan to do this summer. It's been difficult to nail down exactly what a lot of our teens are up to though. When you ask what they plan to do this summer, they often rattle off a variety of responses that change each time the topic comes up. One teen even said they'd be in New York City all summer and when pressed for details they explained that they would actually just be stopping in New York City on their way to visit family for a week.

In any case, we have plenty of teens heading to summer camp for different parts of the summer, some that will be heading out of state for extended visits with family, others searching for summer jobs, and still more

just planning to sleep and hang out all day. No matter what our teens are up to, we're hoping to meet them where they're at with our summer program this year!

Even as I write this, we're having our teens complete the summer survey to help us choose our hours and let us know what kinds of summer clubs and activities they want to see! Along with field trips, we're already planning to do some gardening, cooking, and hosting video game and anime clubs led by a few high schoolers.

We're also excited to have our new Bowdoin Fellow starting with us this summer! Charlotte will be with us a couple days each week and will be spending the other portion of her week

## Brunswick Teen Center News

Taylor Carter



over at Housing Resources for Youth. We're still working out the details of her time with us this summer but based on past Fellows, we're excited to see what summer has in store for her and the teens!

*Happy June, and until next time, Taylor and the Teens*

**Since its founding in 1954 by Brunswick High School Principal Mario Tonon, the Brunswick Area Student Aid Fund has been helping area students with funding their post-secondary education. Over 4,700 awards have been granted.**

**Help us make a difference in a student's life!**

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

## 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).**

**MaineHealth**





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729-0475  
[www.spectrumgenerations.org](http://www.spectrumgenerations.org)

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

# Monthly Update

June 2024

## JUNETEENTH Emancipation Day

**JUNETEENTH IS CELEBRATED ANNUALLY ON JUNE 19TH** commemorating the day news of the Emancipation Proclamation (and their subsequent freedom from slavery) reached enslaved people in Galveston, Texas, on June 19, 1865.

Abraham Lincoln issued the Emancipation Proclamation on January 1, 1863, but enforcement relied upon the advance of Union troops. It would take Galveston, being the Western-most region in the Union in 1865, two-and-a-half years before Union Major General Gordon Granger arrived on the island to enforce the emancipation.

Juneteenth became an official recognized federal holiday in 2021, when the Juneteenth National Independence Day Act, was signed into law by President Joe Biden.

**All Spectrum Generations locations in observance of Juneteenth, will be closed June 19, 2024.**

## NO EXCUSE FOR ELDER ABUSE

During the month of June, we celebrate several awareness events including **Pride Month**, a vibrant and inclusive celebration that honors the LGBTQ+ community, their history, achievements, and ongoing struggle for equality; **Post-Traumatic Stress Disorder Awareness Month** (PTSD) which raises awareness, reduce stigma, and help ensure that those who have PTSD receive proper treatment; **National Cancer Survivors Day** on June 2, a celebration for those who have survived, and an inspiration for those recently diagnosed; and **World Elder Abuse Awareness Day** (June 15).

**Did you know that one-in-10 community-dwelling older adults experiences abuse every year or that one-in-two older adults with cognitive impairment experiences abuse?**

**Physical Signs**

- Dehydration or unusual weight loss
- Missing daily living aids (glasses, walker, or medication)
- Unexplained injuries, bruises, cuts, or sores
- Torn, stained, or bloody underclothing
- Unattended medical needs
- Unexplained sexually transmitted diseases

**Emotional & Behavioral Signs**

- Increased fear or anxiety
- Isolation from friends or family
- Unusual changes in behavior or sleep
- Withdrawal from normal activities

**Financial Signs**

- Fraudulent signatures on financial documents
- Unusual or sudden changes in spending patterns
- Unpaid bills

Report known or suspected abuse as soon as possible: Programs such as Adult Protective Services (APS) and the Long-Term Care Ombudsmen are here to help. For reporting numbers, contact Eldercare Locator at 1-800-677-1116 or visit [www.eldercare.acl.gov](http://www.eldercare.acl.gov). In cases of urgent danger, call 911 or the local police or sheriff.

Come join us on our gorgeous new deck at the Cohen Community Center

**Meals on Wheels Chef Challenge**  
Friday, June 14 | 5 - 9 p.m.

Watch as our chef teams go head-to-head! Each attendee will receive a sampling of what the chefs prepare and have a chance to vote. Cash bar, live entertainment, \$25/person.

**Mixology Challenge**  
Friday, August 16 | 5 - 9 p.m.

Watch as our celebrity bartenders compete! Each attendee will receive a drink sample to vote on. Maine Pine Catering will provide hearty hors d'oeuvres. Cash bar, live entertainment, \$25/person.

To purchase tickets or become an event sponsor, visit [www.spectrumgenerations.org](http://www.spectrumgenerations.org).

Cohen Community Center | 22 Town Farm Rd., Hallowell

12<sup>th</sup> ANNUAL  
**Celebrity Chef Challenge**

**Monday, Sept. 16 | 5 p.m.**  
**AUGUSTA CIVIC CENTER**  
76 Community Dr., Augusta





# Bright and whimsical art to showcase at Café Gallery

Artist Vicky Prince will show her work in the Café Gallery during June. Vicky loves color and she loves to draw, and remembers being motivated to read when her grade school teacher told her she could draw only if she finished her reading first.

In her home studio in Durham, Vicky is working on authoring and illustrating a book that features her cat, Charlie, and a chicken called Beulah. For her illustrations, she uses oil paint, watercolor, and colored pencils – or a combination of them all. She also uses ProCreate software to finish her works digitally, but sometimes prints them at that stage, then goes back in and draws on them with colored pencils or oil pastels.

A former special education teacher, she graduated from Goddard College and attended the School of the Museum of Fine Art in Boston.







Vicky conveys that her use of color is sometimes imaginative: “There is no blue cat that I know of,” she says wryly. In any case, her colors and her imagination are fun and bright. Come enjoy.

**FORMER PEOPLE PLUS NEWS EDITOR PATRICK GABRION** recently returned from a five-day cycling vacation in Belgium. Along with riding the famous cobbled roads throughout the Flemish countryside, Patrick also attended the Tour of Flanders professional men’s race, one of the greatest Spring Classics events in all of cycling. Patrick’s five-part series on his adventure has been published by the Trek Travel touring company. To view his writings, go to [trektravel.com](http://trektravel.com), click on Stories, and look for “Guest Feature: Fabulous Flanders 2024.”



Photo credit: Trek Travel

Peter W. Ladner, President, circa 1980

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# Lunch Out!

June 11th at 11:30 am



11 Gurnet Rd, Brunswick,

## These appetizing apps deliver fun and discovery – with no calories

Let's talk about apps that aren't chicken wings or shrimp cocktail – the less savory ones on our mobile phones. They might not be as tasty, but many are free and easily searched and downloaded from your phone's pre-installed app store.

I just counted up the apps on my phone – I have 33 – and I'm not really a techie person. One of them is called Ukulele Chords and I haven't played the ukulele in probably four years. But I guess I don't want to give up the chance to know what B flat sounds like. Maybe there's an unwritten rule that once an app is installed, it's there to stay, because I currently only use half of the resident 33.

The most beloved app on my phone is Words With Friends, because I enjoy playing this Scrabble-like game with three of my friends. It's fun, though Karen pretty much always beats me (it's not fair, because she always draws the best letters in every single game), and Sandy often beats me (it's not fair because she uses words that are barely words and that no one has ever heard of and she loads the triple word score squares with them). Then there's Rosemary, who for some reason I can regularly beat

but who's had a turnaround and is now on an even par with me. Not that I'm keeping score.

I have three other handy apps that I especially like – when I can remember to use them. That's the biggest problem, of course, remembering to use them. Is there an app for that? (Sorry, I couldn't write a column about apps and not use that line.)

The first app I'll mention is Merlin, used to identify birds. I recently heard someone recount the joy of recognizing the short, fast trill of a migrating pine warbler in the Town Commons, thanks to Merlin. She had long wondered what bird that sound was coming from. Just yesterday on a forest trail, I used Merlin to pick out what bird makes a beautiful, haunting song with a sustained flute-like whistle. I'm glad to know it was the hermit thrush singing to me from the treetops.

Another app I like is PlantNet, used to identify plants. I can take a picture of some random bush or flower or tree that I don't recognize, and it tells me what it is. It's very straightforward and easy to use – and offers up lots more about the plant if I want to

## Thinking out loud

Charmaine Daniels



click through more deeply.

The third nifty app is for when I hear a song that I like (on the radio or elsewhere), but don't know who's singing it. By sampling the song with my phone's mic for 10 seconds with the Shazam app, I discover the song's name and the singer. So when I can't recall the name of The Eagles ballad that was seared into my brain decades ago, I can just tap on Shazam. (Just know I probably won't need Shazam for "Hotel California.")

By the way, if I want to listen to a song after Shazam names it, I can use the Spotify app to access nearly all recorded music (and podcasts) from my phone.

See, I'm already adding in more apps to discuss. (And don't get me started on the weather or puzzle apps.) Once they start to pile up, you'll need to clean up your phone screens by removing apps you haven't used for six months. I'm going to invent a clean-up app to do that – and call it an appkin.

## Get outside and have fun in the dirt!

Senior Garden still has plots available!

There are still unclaimed plots at the Senior Garden on Industry Road. Remember, you can plant flowers instead of veggies if you prefer. Or a mix of both! Call People Plus at 729-0757 if you're interested.



## New and renewing members for May

Memberships received as of May 20.

\* indicates new membership  
• indicates donation made with membership

### Bailey Island:

Linda Blanton  
Minerva Vazquez

### Bath:

Tina Iffland  
Laurent Roy•

### Bowdoin:

Dennis Szurgot

Diana Szurgot

### Bowdoinham:

Mary Kelley

### Brunswick:

Wanda Barlag  
Stephen Bell\*

Lee Burgess  
Louise Burgess

John Cooke  
Priscilla Davis•

Camille Desoto  
Noreen Doughty

Louis Duval\*  
Suzanne Duval\*

Kathryn Edwards\*  
William Edwards\*

Lynn Ellis

Suzanne Hand

Judith Johanson•  
Rita Ketay

Bonita Labonte  
Hazel MacKinnon

Ian MacKinnon  
Mary Ann

McDonald  
Debora Noone

Brenda Piampiano  
Robert Piampiano

Andrea  
Schademan

Kimberly Steeves\*  
Donna Tompkins

Barry Valentine\*  
Sara Jean

Vandersea\*

Saundra Vose

Jeffrey White

### Durham:

Marlene Knedler  
Thomas Knedler

### Harpwell:

Jim Burnett\*  
Jane Harris•

Peter Kalil\*  
Thomas Ring\*

George Skolfield  
Joe Tonely

Russell Turner  
Lloyd Weaver\*

### Lisbon Falls:

Harvey Bell

### Phippsburg:

Allison Jacobs\*  
Keith Rattue

### Richmond:

Nancy Fortin\*

### Topsham:

Theodore Bernard  
Jan Bloom

Joyce Devito  
Richard Devito

Ann Gardner  
Bonnie Lundquist

Karen Nadeau  
Joyce Polyniak

Judith Ribeiro  
Julie Zimmerman\*

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**FULL HOUSE AT DUPLICATE BRIDGE!**

**JOIN US MONDAYS AT 1 PM!**



**Weekly Winners**

- CRIBBAGE**
- May 1** James Cherry= 720  
Joe Tonely= 720  
John Bouchard= 717
  - May 8** Rollande Fortin= 723  
John Bouchard= 720  
George Hardin= 717
  - May 15** Donna Dillman= 724  
George Tetu= 720  
Jerry Donovan= 719
  - May 22** Donna Dillman= 713  
Jim Cherry= 705  
Ash Richards= 697

**It's time to Get Active!**

The beautiful Southern Midcoast region offers some fantastic local hiking, beaches, and wonderful scenery on the many trails managed by local towns and land trusts. Walking through the woods, bird watching, swimming, and enjoying the beauty of the coast are great ways to spend summer days. Now you can find places to discover these opportunities in one easy step at the Get Active website!

Partners include Access Health, Bath YMCA, Brunswick-Topsham Land Trust, Cathance River Education Alliance, City of Bath, Harpswell Heritage Land Trust, Kennebec Estuary Land Trust, Mid Coast Hospital, Phippsburg Land Trust, People Plus, Six Rivers New England Mountain Bike Association, Spectrum Generations, towns of Brunswick, Harpswell, and Topsham.

So, let's Get Active! FMI: <https://getactive-southernmidcoast.org/summer-activities/>

**How to apply for the Medicare Savings Program**

Now that the Maine Legislature has passed expanded eligibility for the Medicare Savings Program effective July 1, more people on Medicare can qualify to get help with paying the premium and, in some cases, the deductibles, co-pays, and drug costs. A good source of information on applying for the program is Consumers for Affordable Health Care at [mainecahc.org](http://mainecahc.org) or call them at 800-965-7476. That organization can help with screening for eligibility and filling out the application. Those who are comfortable with computers can create a Medicare Savings Program account and apply directly online at [mymaineconnection.gov](http://mymaineconnection.gov). You can also call your local Department of Health & Human Service Dept. at 855-797-4357, though there may be long wait times on hold.

**Gone but not forgotten –**

<b>Nancy Wilds</b> Sept. 13, 1932–Apr. 18, 2024	<b>Jean Chiquoine</b> Nov. 4, 1927–May 8, 2024
<b>Shirley Chase</b> June 1, 1931–Apr. 24, 2024	<b>Paula Jean Caswell</b> July 4, 1942–May 9, 2024



- DUPLICATE BRIDGE**
- Apr. 29** 7 teams.  
1. Cathy Cooper & Judy Johanson 68.1%  
2. Wayne Cole & Keith Rattue 54.2%
  - May 6** 10 teams.  
1. Norm Curthoys & Richard Totten 66.0%  
2. Cotheal Linnell & Keith Rattue 57.6%
  - May 13** 12 teams.  
**North/South**  
1. Jane Roy & Ellen Toomey 63.3%  
2. Donna Dillman & Liz Glover 62.2%  
**East/West**  
1. Norm Curthoys & Richard Totten 60.0%  
2. Bobbi Robertson & Jim Burnett 55.6%
  - May 20** 11 teams.  
**North/South**  
1. Linda McIntosh & Tony Belmont 63.9%  
2. Donna Dillman & Sherry Watson 52.8%  
**East/West**  
1. Barbara & Don McHarg 56.7%  
2. Cotheal Linnell & Keith Rattue 55.0%

**Pay attention to the ticks!**

While ticks shouldn't keep us from going outside, there are some helpful tips we'd like to share:

- Daily tick checks are vital, especially in tick endemic areas. Ticks are everywhere and you do not need deer nearby to have Lyme disease. Mice and other rodents are the original hosts of the bacteria which causes Lyme disease. Getting into the habit of daily tick checks is a great way to ensure that you are reducing your

risk of these diseases, no matter your setting.

- Wear bug repellent daily.
- Treat your clothing, or purchase clothing treated, in permethrin (an insecticide).
- Avoid areas of high grass, bush, and trees. If this is not possible, wear protective clothing.
- Protective clothing means: long sleeves and long pants with socks over the pant cuffs, lightly colored clothing to be able to see bugs crawling more easily.
- Once you get home, strip off all of your clothing and inspect all of your gear. Putting

clothes in the dryer on high for at least 15 minutes will kill any ticks that may have hitched a ride.

- Shower right away and do your tick check at that time. Also repeat the tick check before going to bed.

- If you find a tick attached, remove it properly and save it with the date found, or send it off immediately to be tested for disease.

- Do not forget daily tick checks for your pets, too.

For more information, go to [lymetv.org](http://lymetv.org).

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