



# Summertime songs and fun with MSMT



WE LOVE WHEN THE MSMT SUMMER SINGERS COME to spend a day with us in June every year! It's entertaining, it's fun, it's always new and different and interesting – and really means that summer has arrived!

## Bowdoin International Music Festival Community Concert

**Thu, July 11, 2 pm.** People Plus is excited to host a Bowdoin International Music Festival community concert again this year! Talented student musicians who come here to study from all over the world each year will perform. The concert is free and open to the public, features a variety of traditional classical repertoires, and typically runs 45 minutes.

The community concert series offers students a way to engage with audiences in

nontraditional venues such as arts centers, coastal resorts, community centers, libraries, museums, retirement communities, and breweries. Through these opportunities, students widen their reach and identify entrepreneurial ways to interact and grow through music.

Tickets are not required, but advance registration is appreciated by calling 729-0757. Thank you to the Festival for this wonderful afternoon event!

FMI: [www.bowdoinfestival.org](http://www.bowdoinfestival.org)



## Don't just grow older, grow stronger!

New strength training class, Wednesdays at noon

Do you struggle to open the pickle jar or lift a heavy bowl to the cabinet? Have easy physical tasks become harder than they should be? It's no surprise and you are not alone, because losing muscle strength and flexibility is an issue with our aging bodies!

Fear Not!! Help is on the way, with People Plus' newest class, "Growing Stronger!"

This class offers gentle strength-training using light weights and resistance bands to increase strength, flexibility, balance, and all-important bone density.

"As we age, lifting weights is more important than ever," says instructor Bea Blakemore, who will teach the class Wednesdays at noon, beginning July 3. She says the class will help prevent injuries because the stronger we are, the less prone we are to getting hurt and falling.

Charlie Evans, MPT (Masters in Physical Therapy), and the former Chair of the Board of Trustees for People Plus says that, "A primary benefit of strength training is preventing bone loss that comes with osteoporosis. Weights can help to reduce pain and stiffness associated with arthritis and can increase range of motion, flexibility, and everyday functioning."

And, as Bea adds, "A strong mind,



healthier life and happiness all depend on a strong body."

The class is for all levels, will use weights and resistance bands and can be done seated, standing or with a walker. The focus is on repetition rather than using heavy weights, and people can choose to start out with half to 1-pound weights, then progress as they gain strength. Working on both the upper and lower parts of

the body, the class includes stretching, proper lifting and breathing techniques, and an emphasis on core strength, alignment, balance and flexibility. "It's all connected," says Bea.

This class replaces Gentle Barre (and can be attended by all prior Gentle Barre attendees!) Everyone should register and can try it once for free. Your muscles, bones and mind will thank you!

**Registration now open!**

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

## Senior Health Expo – October 10, 2024!

Brunswick Recreation Center, located 220 Neptune Drive (on the former Brunswick Naval Air Station). Visit [peopleplusmaine.org](http://peopleplusmaine.org) for more information on the event, including table registration and sponsorship opportunities.

It's not too late to join the wonderful Partners!



# My Rainbow Connection...

**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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 Showcase your business with an ad in the People Plus News! With ads starting at just \$30 per month, advertising with People Plus is affordable for organizations large and small. For advertising or sponsorship queries, please contact Barbara at 729-0757 or [office@peopleplusmaine.org](mailto:office@peopleplusmaine.org). Submissions must be received by the 15th to be included in the next month's edition.

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

It's summertime, which means my girls are home more than they would be normally. And it's so lovely to have them around, even though we are, of course, reminded of things that used to annoy us when they lived with us full-time, like leaving the lights on overnight or wet towels in the bathroom.

But, really, who cares when there are also so many amazing little moments that happen, which I no longer take for granted and treasure more than ever...



Like this afternoon when Violet and Juliet stopped by to have lunch with me before putting Violet back on the train to her apartment in Boston. "Will you buy us Big Top Deli if we bring you some?" was the text I got around 11:30 this morning, followed by: "We'll come eat with you at your office..."

And with that statement, it was a done deal, as I wouldn't trade anything for having my kids drop in – just because they want to see me (of course it helps if I buy them lunch)!

Earlier this week, I had dinner with all my girls, including my niece Mia, and afterwards we went out for an ice cream. Normally, I don't eat a lot of sweets, but it seemed like just the right sort of 90° evening to enjoy sweets with my sweets. And we had really good "grown-up"



conversations while sitting in the car eating our melting indulgence. It is amazing that this group of young daughters has become more like my friends and adult confidants.

It's truly lovely and I'm so blessed.

These small moments in life are something I am more aware of these days as I get older. I wonder if it is part of becoming older and wiser? Because I am really starting to appreciate the little things, like dropping off soup and a little treat for my dear friend Jeanne Mayo on her 93rd birthday. Her home was filled with flowers, cards and balloons, and the phone rang off the hook; however, I know that sharing soup with her was a really special and valuable time for both of us as we sat on her back porch and marveled at her perennials in bloom and the birds that had nested.



Another special moment last month was spending five minutes outside at the basketball hoop with a bunch of kids from the Teen Center and having them be OK with me taking their pictures. They've grown to trust me and I deeply appreciate that. They have forged true friendships upstairs through the course of the school year, and I know that I will see their happy, shining faces through the summer. I will remember them as reticent to even look in my direction back in September and now they'll say hi to me out in the community. It's amazing.

Another Teen Center moment I wouldn't trade for the world happened a couple weeks ago on the last day of school. The two young men pictured here started at the Teen Center in sixth grade at 11 years old. Fast forward 7 years and I found them getting out of their car at the Center on the very last day of their senior year of high

## From the Executive Director

Stacy Frizzle-Edgerton



school. They came straight to the Teen Center wanting to see Taylor, decompress from stressful final exams and talk about their future plans of going to EMT school and working all summer. It really made my heart swell to have those boys come back to see us. They've been in and out for years, they've worked Music in April many times, they've gotten off the bus and rolled up our stairs hundreds of times, so to have them here on the last day of school brought tears to my eyes.

And last night, I shared a moment in the yard with my husband, Jonathan. We stood outside and marveled at a perfect rainbow. As we wrapped our arms around each other's waists, we leaned in close and Jonathan whispered, "I think we've found the pot of gold."

It was a fleeting pause in time that was gone in a flash, not unlike most of the moments in my life these days. And I will treasure it always.

I hope that these warmer sunny days bring each of you the time to appreciate the small moments. To find your rainbows, eat the ice cream, and love the people around you. I'm sure they will love you back!



## Summer gatherings and getaways: Best practices to avoid the food binge!

Each year I write about my family's annual trip to the Adirondacks. I was doing the math and realized that our camp has been in the family for 71 years!! I am not sure what the total count will be for our group this year. It will likely be around 25. Here are some ideas that you might find helpful to manage the 4th of July/summer gatherings and vacations:

- Be active first thing in the morning before the day gets away from you.
- Try to portion what you are making so there aren't any leftovers. (We always have issues with not having enough refrigerator space.)
- Make a healthy bean salad.
- Have hummus and veggies for snacks.

## From Anita's Plate

Anita Nugent (207) 504-6439



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

- Bring plenty of salad fixings for lunches.
- Be mindful and listen to your level of hunger and fullness.
- Have eggs, veggies, and salsa for breakfast.
- Try not to hang out near the appetizers.
- Use watermelon for desserts.
- Eat corn on the cob without butter.
- Keep it simple.

I have used each one of these in the past, and plan to use them again this year. I am looking forward to another wonderful 4th of July. I hope some of these suggestions work for you this summer!

## Three-Bean Salad

- Ingredients:**
- 1 can chickpea beans, drained
  - 1 can kidney beans, drained
  - 1 can green beans, drained
  - 1 stalk of celery, diced
  - 1/2 red pepper, diced
  - 2 Tbsp. red onion, thinly sliced
- Dressing:**
- 1/4 cup olive oil
  - 1/4 cup apple cider vinegar
  - 1 tsp. Dijon mustard
  - Black pepper to taste
  - A touch of sugar

- Directions:**
1. Add the beans to a bowl.
  2. Whisk together the dressing.
  3. Add the dressing to the beans and combine.

Note: This is the bean recipe that my family has every 4th of July! Enjoy!

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**LOOK WHO CAME TO TOWN!** Vicky Prince’s lifelong friends drove all the way from Massachusetts to see her art exhibit in the Café last month! They have been friends for over five decades and still spend time together as often as possible! They were so proud of Vicky (center) and that bond was such a lovely thing to see!

**“CLYNK” is a solid fundraiser, one nickel at a time!**

Did you know that your returnable bottles and cans can benefit the Center? The “CLYNK” returnable program, sponsored by Hannaford Supermarkets and endorsed by People Plus, is one of those “under the radar” things we do, that benefits both the Center and our community.

pre-barcode with the Center’s unit numbers, are always available at the front desk. You need only to fill the bag with your returnables, scan and drop it at the store when you next shop, and the Center receives credit for the accumulated deposits! Thank you for recycling, and thank you for supporting your Center.



**BEING on BOARD**

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

Charlie Gordon, 76, is personable and sensitive, a lifelong teacher, and a dedicated member of the Board at People Plus. Originally from Winthrop, he earned undergraduate and master’s degrees at the University of Southern Maine. He retired after 51 years of teaching, with the last 46 of those years at Brunswick High School. In addition to teaching, he served as senior class advisor for 41 years. While working at the high school, he served as the men’s assistant basketball coach for Bowdoin College for 18 years. Charlie lives in Brunswick with his wife, Andrea. They have three sons, all of whom Charlie had as students at Brunswick High, and he has three children from a previous marriage.



**How was it teaching during Covid?**

I had to use Zoom and that’s the opposite of my entire personality. It felt like I was talking to nobody. I’m an entertainer, so it’s hard to teach online . . . how do I know if they’re laughing at my jokes?

**What do you do for fun these days?**

I have a camp on a lake and my wife and I travel a lot. I like to golf, hike, kayak, and canoe. Also, I work out every morning at Bowdoin and have a Peloton at home. I take my dog out to the fields. And I’m a fan of “Jeopardy.”

**How did you get involved at People Plus?**

When I retired, Stacy asked me about serving on the Teen Center Advisory Committee. It was a natural fit because of my high school experience. Then I went onto the Board from there.

**What’s the payoff for you in terms of being so involved with PP?**

People sharing and learning at an older age puts a smile on my face. I respect what People Plus is doing and how much it’s accomplishing. I have a tremendous amount of respect for Stacy and her team.

**What is your favorite thing about this organization?**

Seeing how many people get involved. There’s something for everyone.

**Favorite piece of advice, no matter what age?**

Always look at the big picture. Have a plan, but be patient and flexible . . . and realize that everyone has their struggles.

**Are you a people person?**

Yes, I am totally interested in and fascinated by people. I could meet someone and immediately start interviewing them. It’s true what they say, everyone has a story.

**Tell me about your 46 years of teaching at Brunswick High School.**

I taught geography, Maine studies, psychology, sociology, history, and government. I love my profession. It can be emotionally rewarding. And I’m in awe of teachers; they’re very devoted. If someone says, “I can always teach” – that line infuriates me.

**What helped you tune in as a teacher?**

At an early age I taught swimming and was a lifeguard. I immediately realized it made me happy to be working with kids.



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# We love to celebrate Frank for his birthday!



**IT WOULD NOT BE THE JUNE LUNCHEON WITHOUT FRANK CONNORS** making his famous lemon butter chicken on the grill! And it wouldn't be July if we didn't celebrate his birthday on July 24th! Please feel free to call Frank Connors at 207-725-4043 to wish him a happy birthday! Anytime in the month of July is fine but especially on July 24! He will be so happy to hear from all of you because you know he spends at least 15 or 20 minutes every single day calling People Plus members for their birthdays! It's a labor of love for him, so let's turn the tables and make it a labor of love for us! Please call Frank in July to say happy birthday!

## Don't Forget the Jello!

Join us Thursday, July 18, for a pizza party! Side dishes include salad and watermelon and we'll finish off with a fun buffet of Jello desserts! **Please bring your family's favorite or traditional Jello fruit dessert to share!**

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: Rusty Lantern Market.

## Join a plucky group of uke lovers and make merry music in our newest club

Do you like jam? How about trying a different kind of jam with a group of ukulele-loving players as part of the new Ukulele Club at People Plus? "The only thing more fun than playing the ukulele is playing with friends," says club organizer Bonnie Lundquist.

Maybe you've played ukulele in the past and would like to play with a group. Or perhaps you took lessons in adult education or on YouTube, but have no group to play with? Come join the new club, which starts on Tuesday, July 9, at 2:30 pm. The group will meet the second Tuesday of the month, hopefully increasing to twice-monthly in the fall. (If you can't make July 9, the next one is Aug. 13.)

"This club is for uke lovers of all ages and abilities. Our only goal is to have fun making music with our ukuleles," says Bonnie. As she states, "The ukulele is a social instrument because it is not intimidating, can be played by anyone – young or older, musician or non-musician. The ukulele makes a happy, joyful tone and is a delight to play." She also notes that a player learns simple chords, tuning, strumming/rhythms, melody, singing, hand coordination and other skills. In addition, organizations such as AARP, American Geriatrics Society and others stress that playing


a musical instrument such as the uke can boost brain power, including memory, focus and problem-solving; strengthen fine motor skills; decrease stress; and enhance socialization.

The songs will be largely from the '60s and '70s, with other eras included too. Bring your uke and music stand; sheet music is provided. Some experience with the uke is assumed, as the club will not offer lessons. The only requirements to join are the ability to play basic chords and strum.

Musical leaders who will start off the songs and keep time are welcome and encouraged to join; musical leaders can also develop within the group. Bass players would be a wonderful addition. Call People Plus at 729-0757 to sign up or for further information. People Plus membership is required, but anyone can try it once for free! Come join the fun and get ready to jam on Tuesday, July 9.



## 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! Lunch will be listed in weekly email.

**Women's Afternoon "Iced" Tea**  
**Tue, July 23, 2:30 pm.** Socialize with the ladies while you enjoy refreshing iced tea and treats. Registration appreciated.

## Calling all game players!


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

## Exercise is COOL at the Center!

Come for Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, Zumba, and Growing Stronger. Classes inside with air conditioning! \$5/class for members (\$10 for non-members) and you can try any class once for free!

**Register for activities: 729-0757**

## Medicare 101

**Tue, Jul. 9, 12:30 pm.** Spectrum Generations provides information regarding Medicare, drug coverage, and Advantage plans, Free, open to the public (\$15 suggested donation appreciated).  Registration required.

## WEDNESDAY WALKERS Wednesday Walkers Club

### Destinations for July:

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.

**Jul. 3.** Planning meeting and a walk. Meet @ PP at 9:30 to share your ideas and help plan the walks for August! Then we'll walk at Wilson's Cove Trail in Harpswell. Use shore access point at 104 Basin Point Road. (Follow Rt 123 south and turn right on Ash Point Rd. Take your first right on Basin Point Rd and drive 0.5 miles to a parking lot on the right.)

**Jul. 10.** Curtis Farm Preserve, Harpswell. Carpool: Meet @PP by 9 am or at trail by 9:30.

**Jul. 17.** Swinging Bridge. Meet @PP at 9:30. Walk departs from the Center and goes over two bridges.

**Jul. 24.** Brunswick Town Commons (off 123). Carpool: meet @PP by 9 am or at trail by 9:30.

**Jul. 31.** Cathance River trails (Highlands access). Carpool: meet @PP by 9 am or at trail by 9:30.

## Apple Device Tutoring

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

## Bill Perry's TECH TIPS

**Email scams** occur when cyber attackers send emails to trick people into revealing sensitive information (this kind of fraud is called phishing) or installing malware.

**What to do:** If you receive a message that reports fraud or urges you to "respond immediately to avoid closure" on one of your regular accounts (your bank, for example), check the email address of the sender: look for a fake address with random names or numbers that are not connected to the regular account (ex. grenze@yk.commufo.jp). If the email is not from a valid account, delete the message or move it to Junk.

**As a general rule:** Never click on a link in any email unless you have verified that the sender is legitimate.

**Additional information:** If you are a Maine resident, 60 or older, who thinks you have been scammed, call the Legal Services for Maine Elders Helpline at: 1-800-750-5353 to talk to an attorney for free.

## Have you got your Lunch Punch?

\$35/5 lunches, \$70/11 lunches (one lunch FREE!) FMI call 729-0757 or stop by the Center.



## CENTER CLUBS

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

### Apple Club

**Thursday, July 25, 1:30 pm.** Bring your Apple device and questions.

### Table Tennis

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

### Fiber Arts

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

### Fiber Spinners

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

### Wednesday Walkers

**Wednesdays, 9:30 am.** Meet for a walk or hike (usually an hour).

### Write On Writers

**Wednesdays, 1 pm.** Meet to share stories and writings.

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

### Kaffeestunde!

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

### Books a la Carte

**3rd Tuesday, 2 pm.** Join an fun, interesting discussion about books & authors with varied genres and no assigned reading list.

Mon	Tue	Wed	Thu	Fri	Sat
<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	<b>2</b> 9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:00 Hair Cuts w/ Margarita 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Qigong 6:30pm Toastmasters	<b>3</b> 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 Growing Stronger 1:00pm Write on Writers 7:00pm English Country Dance	<b>4</b> Center Closed 	<b>5</b> Center Closed	<b>6</b> 9:00 Zumba 10:15 Table Tennis
<b>8</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	<b>9</b> 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 Ukulele Club 2:30pm German Club	<b>10</b> 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers	<b>11</b> 9:00 Table Tennis 9:30 Art Class 9:30 Apple Device Tech Tutoring 11:00 Yoga <b>2:00pm Bowdoin International Music Festival Community Concert</b> 6:00pm Int./Adv. Belly Dancing	<b>12</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	<b>13</b> 9:00 Zumba 10:15 Table Tennis
<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	<b>16</b> 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 5:30pm Toastmasters Plus	<b>17</b> 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 7:00pm English Country Dance	<b>18</b> 9:30 Art Class 9:30 Apple Device Tech Tutoring <b>12:00pm Lunch and Connections</b> 6:00pm Int./Adv. Belly Dancing	<b>19</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	<b>20</b> 9:00 Zumba 10:15 Table Tennis
<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	<b>23</b> 9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Qigong <b>2:30pm Women's "Iced" Tea</b>	<b>24</b> 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 6:30pm Bruns. Coin/Stamp	<b>25</b> 9:00 Table Tennis 9:30 Art Class 9:30 Apple Device Tech Tutoring 11:00 Yoga 1:30pm Apple Cub 6:00pm Int./Adv. Belly Dancing	<b>26</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 Bruns.	<b>27</b> 9:00 Zumba 10:15 Table Tennis
<b>29</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	<b>30</b> 9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Qigong	<b>31</b> 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 1:00pm Write on Writers	<b>Programming Notes for July</b> <ul style="list-style-type: none"> <li>Center closed July 4th and 5th</li> <li>No Café en Français or Cantina Espanol in July/Aug.</li> <li>No Men's Breakfast in July/Aug.</li> <li>No Women's Breakfast in July/Aug.</li> <li>There will be a Women's "Iced" Tea Party on July 23 at 2:30 pm (instead of Breakfast)</li> </ul>		

**GO TEAM USA!**

**FRIDAY, JULY 26** is the opening of the Summer Olympics. The Center TV will be tuned in all month so you can watch and root for your favorite team!




**People Plus!**  
 THE CENTER THAT BUILDS COMMUNITY SINCE 1978  
**YELLOW BRICK ROAD SOCIETY**

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



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

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

**By making a gift to People Plus,** you clearly communicate your intention to support its mission and will leave a lasting legacy for the next generation.



When including People Plus in your will, the following language is suggested: I give \$ \_\_\_\_\_ (or \_\_\_\_\_ % of the residue of my estate) to People Plus, located in Brunswick, Maine to be used without restrictions for the general purposes of the organization.

We urge you to seek legal and/or financial counsel to determine which might be the best for you and your family.



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



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

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



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



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**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



**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



**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

# “The best of everything that flies or drives”

I'm guessing there may be one or two places on Earth where you'd find boneshaker bicycles, a Gemini space capsule, a full-sized replica of the Wright Brothers' Kitty Hawk airplane, and a big old ice-cutting power saw, all in the area of maybe a half-acre, but you gotta' know one of those places is right here in Maine at the Owls Head Transportation Museum.

Founded just over 50 years ago, the museum today displays an amazing, eclectic collection of “things that fly and drive!” Airplanes, automobiles, trucks, bikes, and motorcycles – all in “running condition,” a curator announces proudly, but he just shrugs when you ask about driving that space capsule a second time. There must be hundreds of these often unique, always precious vehicles, displayed with plenty of space and in collections that make sense and complement each other. Most have information-packed panels that will leave you amazed.

This unique museum sits astride what was once called the Owl's Head or Rockland airport. The original runway was constructed in the 1940s as a site to train Allied pilots



**THIS 1925 FORD MODEL T FUEL DELIVERY TRUCK** is on loan to the museum from Maritime Energy, and was restored to its current condition by the late John Ware, president of Maritime Energy.

for service in Europe during WWII. The story is that Maine fog is not unlike the fogs of England or France, and Maine's proximity to Europe made the site a natural. Several local guys brainstormed the idea, put out “feelers,” and more than 1,000 people showed to lend their support to the concept. From that day to this, the museum is still successful because of “a legion of dedicated volunteers,” according to its Executive Director, John Bottero.

Bottero is the same guy who for years has championed People Plus as our auctioneer during the annual Music in April live auctions. He describes the museum as his “day job” and a life's passion. He said he's been a volunteer at the museum for decades. If you give him five minutes, he'll tell you the museum is in a \$12 million campaign to enter the next half-century, and the goal is nearly 2/3 met. “Education, education, education,” Bottero will say if you ask him about the museum's future. He said the museum's STEM programs in the last few years have bettered more than 20,000 students, grades K-8, and the expansion “will make everything work better!” The museum has auctions, summer camp programs, a motorcycle festival, and a foreign auto rendezvous planned as special events coming this summer.

Let's get back to the show. You'll find a frail old plane designed to fly four passengers between Tacoma, Washington, and Tokyo, Japan. Passengers sat in wicker chairs. There's a genuine Gypsy wagon, classic Corvettes and traditional “T” birds. Model A's, Model T's, and, overhead, you see what looks like a tin experimental helicopter. If you like games, you can “try your luck” as



**MUSEUM DIRECTOR JOHN BOTTERO** has decades of history with the Owls Head Transportation Museum and is seen here with a model of expansion plans for the museum's “next half century.”

a race car driver or motorcycle racer.

We liked the Maine room. There's a “Woody” station wagon, and an early camp trailer that would make an Airstream owner blush. Did you

know the “Stanley Steamer,” America's first steam-powered automobile, was invented in Maine? Yup, the museum has two. There's a display explaining why Bath's Carlton Bridge was so key to the development of Downeast Maine, a moose waiting to pose with you, and finally, an explanation of why Indian Motorcycles just might be better than Harley-Davidsons.

Did I tell you the refurbished hangars are air-conditioned, near perfectly lit, and loaded with benches for you to sit on and ponder?

We visited on a warm day and were perfectly comfortable, but you need to know this is a perfect rainy-day excursion. General admission for seniors is \$12, grandchildren \$5, and be sure to ask about their veteran's discount. The Maine State Prison Showroom in Thomaston and the Owls Head Lighthouse are each less than 10 miles from the museum (you drive right past the prison store). Either of these places make delightful side trips

**If you go:** Drive Route One through Wiscasset, Damariscotta and Thomaston. At Thomaston, you'll pass the Knox Mansion on your right, then the Dragon Cement plant on your right. Take the first right after the cement plant onto Buttermilk Lane (there's a dusty sign advertising the museum, just six miles). Then take your next left onto Rte. 73, and you'll see the museum entrance on your right. Total distance getting there (from Brunswick) is just over 50 miles. FMI, go to owlshead.org, or call (207) 594-4418.

## MAINE & me

by Frank Connors



**A GRAND OLD “WOODY” STATION WAGON**, with a day camper trailer nearby, are highlights of the “Maine Room.”

### FRANK'S FACT

High-wheeled, or “boneshaker” bicycles, originated in France in the 1880s, the first reportedly built by a guy named Eugene Meyer. Its 60-inch front wheel and stiff iron frame with wooden wheels made it notorious to ride, but thousands took up the challenge, and it's claimed that boneshaker riders were early advocates for better roads in Europe and America. We're told Eugene was a victim of his own passions, falling off his boneshaker and breaking his neck.



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.”

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Two Northbridge communities conveniently located in Brunswick, ME

Sunnybrook: 340 Bath Road | sunnybrookvillage.com

Avita: 89 Admiral Fitch Avenue | avitaofbrunswick.com



# So many breakfast beauties!



IT WAS A FULL HOUSE AT WOMEN'S BREAKFAST in June at the Center. We all had a great time, including three Priscillas seen here in the bottom left photo. Priscilla Davis, Priscilla Lee, and Priscilla Smith were in the house and happy to pose together! Along with all these other lovely smiling faces, our breakfast beauties cannot be beat!

**Weekly Winners**  
CRIBBAGE

**May 29** Janis Parent = 714  
Sherril Morgan = 712  
Jen Haskins = 705

**June 5** Jerry Donovan = 725  
Anne Bouchard = 720  
Lorraine LaRoche = 714

**June 12** Nancy Fortin = 715  
Paula Palaza = 700  
Anne Bouchard = 696

**DUPLICATE BRIDGE**

**May 27** 12 teams -N/S  
1. Gail & Cy Kendrick 60.0%  
2. Linda McIntosh & Tony Belmont 56.1%  
E/W

1. Cotheal Linnell & Keith Rattue 60.0%  
2. Martha Cushing & Kathy Joyce 58.3%

**June 3** 10 teams  
1. Cotheal Linnell & Keith Rattue 62.5%  
2. Cathy Cooper & Rick Simonds 60.4%

**June 10** 11 teams -N/S  
1. Jane Roy & Ellen Toomey 56.3%  
2. Martha Cushing & Jeff Lauder 53.5%  
E/W

1. Gail & Cy Kendrick 66.7%  
2. Donna Dillman & Bobbi Robertson 55.0%

**June 17** 11 teams -N/S  
1. Jane Roy & Ellen Toomey 57.6%  
2. Linda McIntosh & Tony Belmont 50.7%  
E/W

1. Linda Earle & Duffy Tyler 68.3%  
2. Norm Curthoys & Richard Totten 54.2%

**June 24** 10 teams  
1. Linda McIntosh & Tony Belmont 61.8%  
2. Gail & Cy Kendrick 57.6%

## First home-sharing program in Maine matches owners and renters

MaineHousing and its partner Nesterly have teamed up to pair homeowners with adults looking for an affordable place to live.

Last year the Maine Legislature passed a law requiring MaineHousing to coordinate a home-share pilot program to match interested homeowners who might want to rent out a room or

part of their home with potential renters. The program is designed to reduce elderly Mainers' living expenses while also expanding affordable housing options throughout the state. The bill's sponsors noted that many older residents may have extra space and are looking for ways to remain in their homes.

Nesterly is an online service that helps to screen and pair homeowners with potential renters. According to its website, the organization is dedicated to building intergenerational connections and increasing access to affordable housing. The homesharing platform "helps housemates connect over common interests and

facilitates the ability to exchange a portion of rental payments for help with grocery shopping, dog walking, yard work, tech support, and more.

The website currently lists available rentals in southern and central Maine. For more information, go to [www.nesterly.com](http://www.nesterly.com) or call (877) 958-8785.

## MID COAST HOSPITAL GIFT SHOP

Come find out why local people keep returning to this well-curated shop!

Habitat, Escape, and Cut-loose clothing. Jewelry, Cards, Bags, Unique Gifts, and I Heart Guts Plush Organs are among some of the awesome items you will find. Many customers find most of their wardrobe and gifts at this unique shop, while supporting Health Care Scholarships.

**LOCATION:**

**123 Medical Center Drive**  
*Inside the Main Entrance of Mid Coast Hospital*

Monday - Friday  
10:30 a.m. - 4:30 p.m.

### JUNE & JULY SPECIALS

**15% OFF**  
CLOTHING,  
PUZZLES &  
JEWELRY

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

**QUESTIONS?**

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



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

# It was a ‘souper’ Monday at the Center!



**SHAWN SHAMBO, FROM ASSISTED LIVING LOCATORS, PRESENTED** to a “sold out” room (over 80!) about the complex world of senior living communities at our Lunch and Learn last month. Guests dined on soup, sandwiches and treats while learning about senior housing options, costs and more! If you missed it, you can find a recording on our website under the Free Videos tab!



**WE SAW 80 PEOPLE ON THE LAST MONDAY OF THE MONTH** for our free soup sponsored by Mid Coast Hunger Prevention Program, along with an incredible Lunch and Learn! After nearly 50 people enjoyed carrot and white bean purée with French bread, they went into the hall to attend the June Lunch and Learn presentation. Every single person took away a business card for future questions! You never know what you're gonna get when you come for lunch at the Center! But it's free every Monday, so join us from 11:30 to 12:30 pm!



**HAVE YOU SEEN THE SIGNS?** We're so happy to have People Plus and the Brunswick Area Teen Center featured on the newly installed Brunswick location signs all over town! See if you can find one and you'll never lose your way to People Plus!

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BRUNSWICK, MAINE  
**COIN & STAMP CLUB**

**COIN & STAMP SHOW**

**Sunday, July 14th, 2024**  
9:00 a.m. to 2:30 p.m.

**Exhibition Hall - Topsham Fairgrounds**  
**Fairground Road, Topsham, Maine**

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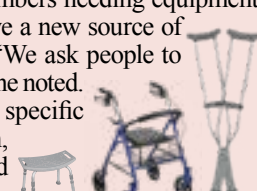
**WE ARE SO GRATEFUL TO JIM HOWARD OF PRIORITY REAL ESTATE GROUP** for sharing his home and his incredible collection of rare whiskeys for the Music in April fundraiser. This year four lucky winners were able to purchase a tasting which brought in nearly \$5,000 for the People Plus Center! Jim also smoked beef brisket, a pork butt, and sausages AND made homemade chili to feed the gang! He and his wife Sue are so generous and we could not be more grateful to have them as friends and supporters!



### Medical equipment loan helps everyone!

Do you have need of a little support? A wheelchair, crutches, a walker, shower and toileting devices? The People Plus Center maintains a "lending inventory" and it's ready when you are. "It started almost by accident," explained Frank Connors, the retired Center staffer who in the past usually hauled the surplus equipment up and down the stairs to a basement storage area. "We had members who'd used this equipment and no longer needed it, they offered it to us, we saw the need and the opportunity, and away it went!"

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



### Do you get our weekly email?

Jill sends a weekly email with all the events happening the following week at People Plus. It's the quickest way to get updated news about the Center! The email also includes a weekly wrap-up article written by Stacy, a Teen Center update from Taylor and, of course, Frank's weekly Two-Cents article. If you aren't getting it, just email programming@peopleplusmaine.org or leave a message at 729-0757 and Jill can add your email address to the list!



### Gone but not forgotten –

<b>Joan Lauenstein</b> March 30, 1933 – April 22, 2024	<b>Ann Lydia Spencer</b> July 21, 1952 – May 17, 2024	<b>Clara Hutchins</b> Nov. 19, 1930 – May 22, 2024
<b>Jean Cyr</b> Nov. 23, 1943 – June 1, 2024	<b>Priscilla Laganiere</b> Nov. 17, 1930 – June 5, 2024	

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Peter W. Ladner, President, circa 1980

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## Lucy's Yellow Submarine

Nursing at York Plaza Hospital in Houston, Texas, is getting too stressful. I need to take a trip to see the Great Wall of China in my new yellow submarine. I will be leaving July 10, 2024, from Port of Boston and going to Port of Shanghai, China.

The first thing I plan to do is get a map of the underwater trip ready. Then I will pack up all my necessary supplies. After that, I will ask my family and friends who wants to come with me. My sub will hold up to 30 people. Only two want to come with me, Deb and Frank.

It's a pretty yellow on the bottom and white on the top; I bought it last year for 2 million dollars. In case you want to go on a sub trip yourself, you can rent one for 45 days. It even comes with a captain to drive it. Russia rents one of a fleet of 2,500 subs for \$5,000.

Submarines were invented in 1620 by Cornelis Drebbel, a Dutchman who worked for King James I of England. Submarines are watercraft that let you drive around underwater. They got widely recognized during World War I (1914-18). Now, there are many kinds of subs: scientific, war, tourists, etc. They come in many sizes, for one or two people, for 30-50 people, or for 120-140 sailors.

So all of us will meet in Boston and bring what we need for a 20-day vacation in my yellow sub. I took a photo inside my bedroom. Fish are floating by in the picture window. Frank has the bedroom at the back and Deb wanted the bedroom at the front. I keep the sub very well maintained. I won't have to worry about anything breaking down. I have it insured with Submarines' Solutions.

In case you were wondering, I will be driving 13,717 nautical miles, at 32 knots per hour, for 17.9 days to reach China. The sub will be going through the Panama Canal in the Gulf of Mexico. When we arrive in China we will be traveling by train to the Great Wall. It takes about 13-14 hours to get there. Plan to pay around \$110 for the ride and \$6.60 entrance fee to see the Great Wall.

Yes, I am busy planning a great vacation this summer. If you want to join me, you have my phone number, so give me a call.

And by the way, The Beatles sang about my yellow submarine. The color yellow made them happy about their imprisonment behind the prison bars of being famous. There are two of them still alive, Paul McCartney (81) and Ringo Starr (83). They still hang out together whenever they are in the same city or town according to Ringo.

– Lucy Derbeshire

## Olympians

They fly higher, go faster, more agile than ever  
And constantly surprise and amaze.  
They dare to excel and do so  
In so many remarkable ways.

From many countries they come,  
Each having practiced for years.

Young men and women with gold in their eyes,  
Though sometimes they leave in tears.

The best each country can offer,  
They come together at last to see

Who has what it takes to win each event,

And who the best in the world will be.

I honor their commitment, their daring and talent,  
And also their sportsmanship.

Good luck to all, may the best person win with their  
Dive, or race, or backward flip.

– Sally Hartikka

## The Clock Struck One

Hickory, dickory dock / the mouse ran up the clock / the clock struck one. ... How many times have you looked at your clock and saw that it was one o'clock in the afternoon? As you looked, it was more than likely the kitchen clock. But then, it could have been on your cell phone or perhaps the fancy living room clock.

Doing a survey the other day, I found that we have 21 clocks in our home. There are four clocks in the kitchen, one over the dryer, three in the family room, three in the office area, five in the bedroom, one in the bathroom (I hate to admit this), plus one on the watch and cell phone we each carry. So many clocks symbolize our lives in minutes and hours.

Another look at my list determined that only eight clocks were purchased for keeping us on schedule, and that is too many. The other 13 clocks were built

within technology items and could be eliminated.

Why would you need a clock on the microwave when you only need the amount of time for the power to be on? Why does one need a clock on the television? Can't you turn your head and see the clock on the wall or look down at your watch on your wrist?

My suggestion would be to eliminate many of the timepieces in our lives for less stressful living. One might become more relaxed enjoying quiet moments without the tick-tock clock.

The reason the mouse ran down the clock was because of the noise of the bell. Eliminating the bell noise and the tick tock of the clock would make it less stressful for the mouse – and he could sneak back down the clock instead of running, hickory, dickory dock.

– Nonie Moody

## Poems & Prose



Wednesdays  
at 1 pm

In writing this, I was inspired by a Wendell Berry poem about trees and a graphic showing how closely fingerprints match tree ring patterns.

Fingerprints, used for identification, date back to 1000 BC. They were used for signatures on official documents. China has the earliest example on a document titled, "The Volume of Crime Scene Investigation – Burglary," from the Qin Dynasty.

Francis Galton is known as the father of fingerprints. He provided the first workable fingerprint classification system. His extensive popular advocacy of the use of prints helped convince a skeptical public that they could be used reliably for identification. According to Google, he published two books: "Finger Prints," one with his own prints, and a second one on decipherment of blurred prints. Galton also published many scholarly papers, articles, letters, and interviews on the subject of fingerprints in the 1890s.

First called ridge impressions, fingerprints develop by the time a fetus is 17 weeks old, and no two people have the same lines and whorls, including identical twins. They are influenced by parental genes, layers of skin and speed of growth, chemical environment

inside the womb, and the shape of blood vessels. Fingerprints are stable for a lifetime; the pattern is encoded below the ridges and will grow back if injured or removed.

Active research and studies focus on the point and use of fingerprints. Police depend on fingerprints to solve crimes, with incredible improvement for fingerprinting, study methods and technology. Today's forensic scientist can detect decades-old fingerprints, perhaps solving years-old unsolved crimes. Even particles lodged in the ridges like illegal drugs, poison powder substances, and a most recent technique using a color-changing chemical, can map sweat glands within your fingerprint. It is hard to imagine what future fingerprint methods will be like.

I never thought I would need to be fingerprinted; however, in the 1970s I was on the board of our church nursery school and the director said she was required to have all board members fingerprinted. So I went to the police station, did my duty, and I wonder if they are still in their Connecticut files!

– Betty Bavor

## Fingerprints Forever

## 4H Fair Fun

My husband, John, a farm boy, was a member of the local 4H Club along with his siblings. The cow he raised won the grand champion award at the local 4H fair.

Those who exhibited animals were supervised to stay overnight in the barn to care for them. Boys being boys – there was always a bit of mischief. Everyone spending the night liked to play jokes on each other. John's younger brother brought a squirt gun. But not an ordinary one. It had a feature that could program the gun to squirt sideways – either side. He was having great fun surprising unaware bystanders. The next day he saw the boy who played a trick on him strolling just ahead through the fairground. The perfect chance to get even. He was so anxious to get him before someone else got in the way that he completely forgot the gun was still aiming left.

A perfect chance – he fired, but instead he got a woman beside him in the face.

She hit him over the head with her pocketbook.

– Sue Linkel



About me

KKeuffel@gmail.com  
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## Ken Keuffel

Memoir Writer

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# It was a rainy but grand opening for the MARC!



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

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

### FICTION

**Lessons in Chemistry** by *Bonnie Garmus*. A young female chemist in the 1960s is not taken seriously. Her unpredictable life provides a good read.

**Life Without Children** by *Roddy Doyle*. A collection of pandemic-era short stories from an Irish perspective.

**Wish You Were Here** by *Jodi Picoult*. A “can’t put down” book with a big plot surprise. A woman and her fiancé are separated in different lands during COVID.

**Long Island** by *Colm Toibin*. This sequel to “Brooklyn” continues the story of a young Irish immigrant to New York 20 years ago.

**The Reading List** by *Sara Nisha Adams*. Set in the Indian section of London, the book looks at how books can change lives and bring those who have gone before near again.

**Diamond Eye** by *Kate Quinn*. Based on a true story, a Russian female sniper records over 300 kills against the Germans during WWII and ends up meeting Eleanor Roosevelt.

### NONFICTION

**The Splendid and the Vile** by *Erik Larson*. The story of England and

Winston Churchill during the Blitz of WWII. Fascinating read, interesting detail.

**After the Miracle** by *Max Wallace*. A biography of Hellen Keller focusing on her remarkable crusades to fight racism, poverty, apartheid, and McCarthyism. She also advocated for those differently abled.

**Faces of Maine** by *Bob Niss*. A book of short biographies of men and women who molded Maine over the last two centuries.

**Up From Slavery**. Autobiography of *Booker T. Washington*, who taught himself to read, funded his own education, and was an admired speaker.

### MYSTERIES

**The Secret History** by *Donna Tartt*. A murder investigation involves an elite group of college students in New England.

**Marcus Didius Falco** series by *Lindsey Davis*. This series is set in ancient Rome; Falco is a private investigator.

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# Teen Center launches summer with trips and trails aplenty

Summer is in full swing! We were a little worried that our regulars might forget about us once summer started and they were out of their typical day-to-day, but we're excited to say we've had a line at the door every day so far! We've even seen close to a dozen new members come through since the start of summer. A lot of them are excited to have a place with A/C to hang out, but most of them are eager to have a place to spend the summer with their friends.

As far as we can tell, many of our teens will be in various day camps and week-long camps starting in mid-July and going through August. To help fill the gaps, we're running our own summer program for our teens. We've got cooking and gardening on Mondays, we'll be exploring some local trails on Trail Tuesdays, regular field trips on Thursdays, and on Fridays we'll try to do something special for the teens in downtown Brunswick.

We had our kids submit a plethora of suggestions and the results are in! Our big trips this month will be to Wolfe's Neck State Park, mini-golfing, Reid State Park and the Maine Maritime Museum. It might take a little convincing to tear the kids away from their video games, but we think we have a good lineup for the summer, and plenty of kids have already told us to "sign them up," even if they haven't

## Brunswick Teen Center News

Taylor Carter



mentioned it to their parents yet or gotten their permission slip signed.

We're also excited to welcome Charlotte Sweet to our summer team! She is our Bowdoin Fellow this year and will be joining us for our trail days and field trips. She already gets along great with the kids and her basketball skills are in high demand. As I'm writing this, she even got a group of eight kids out to play a quick game of basketball in 90 degree weather. When they came pouring in after, we had root beer floats ready to go to cool them off! We'll see how the rest of the summer goes, but if it's anything like this past week we'll need to keep a regular supply of ice cream and root beer on hand all summer!

Here's hoping this summer has a lot more sunny and 70-degree days and a lot less rain than last year!

Until next month, Taylor and the Teens

## Meet Charlotte Sweet

Charlotte Sweet is the latest Bowdoin College Maine Community Fellow here at the Teen Center, and she's getting to know the kids and helping out where needed – and having fun doing it. About to enter her senior year, Charlotte hails from Madison, Wisconsin. She has a double major in Government and Legal Studies along with Francophone Studies, plus a minor in Visual Arts. She plays basketball for Bowdoin and was also a member of the Track and Field team there for two years. This summer Charlotte is also working as a Fellow for Housing Resources for Youth.



For fun, Charlotte likes to draw, do puzzles, play piano and watch movies with her friends. She will be at the Teen Center with us in the afternoons until August 9. And she's already helped out and talked with a lot of folks at the recent luncheon featuring Frank's grilled lemon-butter chicken.

As a transplant from the Midwest, what does she love about Maine? "I love how close I am to the ocean. It is so nice to be able to go sit by the water and read or go swimming, especially when it's really warm in the summer."

Welcome, Charlotte. Your warm, engaging personality will certainly add to the teens' summer activities.

**THANK YOU TO JIM HOWARD** and Priority Real Estate Group for the 2024 Teen Center "After School Fuel" funding match! This marks the 12th year that Priority Real Estate Group has put forward a \$5,000 match, helping to bring in over \$150,000 to help feed the hungry kids at the Brunswick Area Teen Center program after school and in the summers! Howard is pictured here (back row, third from right) with Teen Center staff, TC Advisory Committee members and teens.



**THANKS SO MUCH TO JEFF TOZIER FOR DONATING** lots of games to the Teen Center program, including cornhole, ladder ball, ring toss, and old-fashioned horseshoes!



**THE TEENS ARE HAVING A GREAT TIME** this summer cultivating their mini-garden next to the lending library outside at the Center! They are growing herbs, lettuce, and scallions! Do you think they'll eat what they harvest!??




**BRUNSWICK AREA STUDENT AID FUND**  
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Visit [www.studentaidfund.org](http://www.studentaidfund.org)  
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www.respite-care.org

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

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



**MEMBERS GARY AND THERESA CHABOT WERE RECENTLY** on a river cruise on the Rhone River from Lyon to Avignon with the trip starting in Paris and ending in Nice. "The Mediterranean truly is beautiful and the Cote d'Azur is so colorful," they said.



**INTREPID PEOPLE PLUS TRAVELERS KAREN MADSEN AND JANE LITTLEFIELD** stopped to snap a few photos at the Schonbrunn Palace in Vienna (top) and the Opera House in Budapest (bottom). They enjoyed this fantastic trip with Collette Travel through People Plus. Check out upcoming Collette trips on page 5!



## Membership Benefits

Businesses offer discounts for PP members.

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

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

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

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

**Berrie's Hearing & Optical Center**, 10% off complete eye-wear, up to \$500 off hearing aids  
86 Maine St, Bruns., 725-5111  
www.berriesopticians.com

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

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

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

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

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

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

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

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

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

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

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

www.maineoptometry.com

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

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

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

**Reflections (Salon)**, 10% off, Mon & Fri  
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www.reflectionsbylucie.com

**Rossignol's Hair Shoppe**, discount for age 60+  
370-9410

**Thomas Point Beach**, \$1 weekdays admission  
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thomaspointbeach.com

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www.tirewarehouse.net

**Wilbur's of Maine**, 10% off, anytime  
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**Wild Oats Bakery & Cafe**, 10% off Mondays  
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wildoatsbakery.com

\*Benefits subject to change

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## People <sup>Plus!</sup> MEMBERSHIP APPLICATION

729-0757 www.peopleplusmaine.org Date \_\_\_\_\_

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 Birthdate \_\_\_\_\_  Female  Male Email \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ (name) (phone) (relationship)

Name (2) \_\_\_\_\_ Phone \_\_\_\_\_  
 Birthdate \_\_\_\_\_  Female  Male Email \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ (name) (phone) (relationship)

Mailing Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

### Yearly Dues (Scholarships Available)

- Brunswick ( \_\_\_New\_\_\_Renew): \$35
- Other towns ( \_\_\_New\_\_\_Renew): \$40
- Lifetime Member (65 or over): \$350

Cash/Check (Payable to People Plus)

Membership Dues: \$ \_\_\_\_\_

Additional Donation: \$ \_\_\_\_\_

(donations above membership dues are tax deductible)

Total: \$ \_\_\_\_\_

### Volunteer Opportunities at People Plus

I'd like more information about:

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

OFFICE USE:  Account  Data  Card Sent



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Brunswick, ME 04011  
729-0475  
[www.spectrumgenerations.org](http://www.spectrumgenerations.org)

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

# Monthly Update

July 2024

**In observance of Independence Day, all Spectrum Generations locations will be closed Thursday, July 4.**



**Cohen Community Center**

## DECK GRAND OPENING



Representatives of Spectrum Generations were joined on May 23 by the Kennebec Valley Chamber of Commerce to celebrate the grand opening of the Cohen Community Deck with a ribbon cutting. Located at 22 Farm Town Road in Hallowell, the Cohen Community Center is a thriving hub of activity offering an Adult Day program, classes on healthy living/health screenings, wellness, technology and an ever changing calendar of fun recreational activities for older adults. Growing in popularity is the organizations' social/congregate dining experience that serves lunch to older adults and their guests, Monday - Friday, 11 a.m. - 12:30 p.m.

The new Cohen Deck will increase service capacity at the center and elevate awareness of Spectrum Generations' programs, services and activities. In addition, the Cohen Deck, Main Dining Room, Muriel Scott Conference Room and other rooms within the Cohen Center are available to rent for events and activities, raising needed funds and resources for the non-profit organization. The deck build was made possible by private donations, corporate gifts and foundations.

Learn more about Maine Pine Catering and Cohen Community Center rental opportunities: [www.mainepinecatering.com](http://www.mainepinecatering.com) or visit [www.spectrumgenerations.org](http://www.spectrumgenerations.org).  
To make a contribution toward the Deck Project, visit [www.spectrumgenerations.org/deck-it-out-campaign](http://www.spectrumgenerations.org/deck-it-out-campaign).

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

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

Watch as our celebrity bartenders compete!  
Each attendee will receive drink samples to vote on.  
Maine Pine Catering will provide hearty hors d'oeuvres.  
Cash bar, live entertainment, \$25/person.  
To purchase tickets, scan QR code or visit,  
[MixologyChallenge.planningpod.com](http://MixologyChallenge.planningpod.com)





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  
[www.spectrumgenerations.org/celebrity-chef-challenge](http://www.spectrumgenerations.org/celebrity-chef-challenge)






# Lunch Out!

July 9th at 11:30 am.



1 Bowdoin Mill Is, Topsham

# No joke: Some people know how to get a laugh

We all like to get a laugh, but have you ever imagined why some people are funnier at telling jokes than others? Just what is it about one person's delivery that makes it better than another's?

Advice I've heard about telling jokes says to vary your tone up and down to avoid 'monospeak.' Another pointer says to always appear relaxed. Still another pointer is that you must believe that your joke is funny, because then your audience will agree. Lastly, it's important to keep a straight face at all times.

All of this makes me think about my deceased brother Mike, who told terrible jokes unendingly. They were often silly or off-color, yet I always grinned (though his wife reminds me that many others groaned). He was always relaxed about everything he did and I'm quite sure he trusted that he was funny. In reality, I'm not sure he cared if he was funny or not, which might have been part of his charm.

Before the phrase 'dad jokes' became popular, my dad gladly told jokes and stories, but in the middle of the telling he had an odd habit of quickly inserting the phrase "You

know what I mean." He'd declare it, gather up his thoughts, and keep going. My sister and I would sometimes talk to each other and jokingly insert, "You know what I mean," then crack up. Just what did he mean?

When my son was young, we would read 'Why did the chicken cross the road?' jokes. He made one up, and his answer was, "To get to the meat store." It wasn't funny. However, he thought it was. Among friends and family, it became legendary as a bad joke. In the end, what was funny is that he thought it was funny. I'm still waiting to hear why.

Anyway, when I try to tell jokes, I'm awkward. I seize up, rigid with fear, doubting I'll remember the correct sequence, terrified I'll forget the punchline. I rarely tell jokes for that reason, but I want to get better at it. Because I love getting a laugh. Hah!

For me, telling a joke is like being on stage. I morph into an actor telling a story, and if I tell it well, the audience will laugh. I admit to liking the attention and the feeling that I did well by the joke. It's as if I step outside of my self-conscious persona and into the joke. I'd better start practicing my lines for the next

## Thinking out loud

Charmaine Daniels



one, so I can relax when telling it. Remember how relaxed Jerry Seinfeld always seemed?

Anyway, here's a simple joke that I have told successfully. See what you think:

A young man joins a monastery. He's told that every 10 years he can speak to the head abbot. After 10 years go by, he says to the abbot: "Food bad."

Another 10 years go by, and the monk gets to talk to the abbot again. "Bed hard," he says.

Still another 10 years go by, and this time he seeks out the abbot and tells him, "I quit."

The abbot looks him straight in the eye and says, "Well, I'm not surprised. All you've done since you got here is complain."

Hahaha! Tell this joke to someone, and let me know how it goes. And I'm not kidding.

## New and renewing members for June

Memberships received as of June 20.

\* indicates new membership  
• indicates donation made with membership

### Brunswick:

Walter Bayerle  
Nancy Brackett  
Phil Brackett  
Eleanor Brown•  
Ellen Brown  
Michael Chalufour  
Sally Clifford  
Deborah Connors\*

Midge Hart  
Marjory Himmer•  
Ronald Himmer•  
Sally Hoople  
Ann Kimmage  
Dennis Kimmage  
Priscilla Lee  
Karen Madsen  
Bill Mason  
Jennifer Mason  
Jordan McLeod\*  
Linda McCullough  
William McCullough  
Elizabeth Newman•  
Joanne Olson  
Robert Pinette  
Susan Pinette

Lauralee Poutree  
Larry Prendergast  
Marcia Sewall•  
Stephen Shaw\*•  
Priscilla Smith  
Joan Springer  
Rose Sutherland  
Bernadette Thompson\*  
Frances Weatherbie  
Rupert White  
Ruth White

### Dresden:

Stephen Gross

### Durham:

James Cherry

Marlene Knedler  
Thomas Knedler

### Harpswell:

Carrie Bubier•  
Louise Greenfield\*  
Pamalee Labbe  
William Labbe  
Sam Mukho  
Sue Mukho  
Robert Robertson  
Ellen Toomey  
George Waldman

### Hallowell:

Diane Wyman

### Portland:

Ron Leax  
Susan Waller

### Topsham:

Elizabeth Bavor•  
Kathleen Connors  
Ann Henke  
Marsha Mogk  
Wayne Mogk  
Mary Sharp  
Julie Silverman  
Robert Temple  
Ann Wilson

### Wiscasset:

Michele Tupler\*

## Can you help a neighbor in need?

In the last year, People Plus has coordinated over 31,000 miles of FREE rides for home-bound residents of Brunswick, Topsham and Harpswell. But we can't do it alone – we need your help with the driving and shopping! We ask that you become a driver today! It is a rewarding and selfless gift to help your neighbors in need. Thank you!!



Thanks go to our generous sponsors: **Rusty Lantern Market, Suzan Wilson & Daniel McLaughlin Family, Maine Community Fund, United Way of Mid Coast Maine and Spectrum Generations**, who help keep the program growing!



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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, by texting your ZIP code to 438829, or by calling 1-800-232-0233.
- If you or a loved one is living with a disability, you can get vaccine support by calling the Disability Information and Access Line at 1-888-677-1199 or emailing DIAL@n4a.org.

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

MaineHealth

# Everyday scenes come alive in new art exhibit



The photography of Kelsie West will showcase in July and August at the Café Gallery. Kelsie, born and raised in Bowdoin, has made her home in Brunswick for over a decade and says that photography makes her happy. “I just try to find something pretty wherever I am,” she notes.

A financial advisor and principal of the Edward Jones Topsham office, she has been a trustee on the board of People Plus for the last nine years, as well as a longtime supporter of the Teen Center.

She often takes photos of landscapes (some of Acadia grace her office walls), along with animals, architecture, and historical places. She likes being outdoors and taking photos as she goes about her days.



The show is open to the public during regular business hours. Anyone interested in purchasing a print can contact the People Plus front desk.

## Annual art show opens soon on Orr’s Island

The Sebascodegan Artists Group is delighted to announce the opening of their annual art exhibit at The Old School House on Orr’s Island, Route 24, on Thursday, Aug. 1. The show runs daily, 11 am to 5 pm through Aug. 18. On the last day, the doors are open from 11 am to 2 pm. The artists are also extending an invitation to the opening reception for their art exhibit, which will be held on Friday, Aug. 2, 5-7 pm. Refreshments and live music will enhance the evening. Bring family and friends to view and enjoy this diversified expression of their art!



**THE VIEW FROM THE FRONT DESK...** “This is why I love my job,” says Sarah Deck after taking this fun photo of a gang of People Plus members waving hello to her through the plexiglass! She is the first point of contact at the Center and we hope you all stop to say hi!

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