



SPINNING HER WHEELS THROUGH DOWNTOWN...

CHECK OUT IRENE GAMACHE as she trikes all over town on her new adult tricycle that she won in the People Plus Music in April online auction this spring! As an older adult who doesn't drive, Irene loves walking wherever she can, but said that this trike has changed her life! She can now bike everywhere, including the grocery store, using the basket on the back to carry home her groceries. She meets friends, attends events, goes to the library, and comes to the People Plus Center. We're so happy that she has made good use of this trike, and thanks to Marilyn Tombrinck for donating it to the auction!



Here's the scoop on the ice cream social!

Thursday, August 15, 1:30 pm

Don't miss out on our annual Ice Cream Social for summer fun with friends! All our members are invited to attend.

Cool down the heat of August with a special '2-fer' event featuring ice cream with all your favorite toppings combined with a celebration of our wonderful, dedicated volunteers. (The 2-in-1 event should be hard to top, but we'll have a variety of toppings for those tasty scoops!)

As part of the fun, we will recognize the important contributions our volunteers have made in the past year. We simply couldn't do what we do without them! From lunch crew to club coordinators to volunteer drivers and more, our volunteers are the heart of People Plus. We will announce this year's volunteer awards at the social as well.

Please come and enjoy. Members only. Registration required, just call the front desk at 729-0757.



2024 Senior Health Expo!

October 10, 9 am-1 pm. Exhibitor and sponsorship opportunities available! See page 4 for details.

Don't miss the member picnic at Thomas Point Beach!

Thurs, Sept. 12. Register now!

Join us for our annual member picnic! Enjoy chatting with friends, lawn games, delicious food, live music from *Off Their Rockers*, fresh air, and beautiful water views. Lunch will include pulled BBQ chicken sandwiches, along with German red

cabbage salad, Frank's slow baked yellow eye beans, watermelon, green salad, chips and homemade cookies for dessert. Is your mouth watering yet? Canned sodas and bottled water will be available.

Registration is now open and includes lunch and beach admission: \$10 members, \$15 non-members – just see Sarah at the front desk to make your payment. (Registration is required.)

Check-in starts at 11 am, lunch is served at noon. We really want you to come! To avoid the long line at the gate, please register in advance either at the Center or by calling the front desk. Don't forget to bring your own chair, sunscreen, a hat – and your appetite!



Three Senior Days at the Topsham Fair!

Tuesday, Aug. 6 * Wednesday, Aug. 7 * Sunday, Aug. 11

\$20-regular admission \$5-senior admission (65+, on specified days)

The 170th Topsham Fair will take place at the Topsham Fairground on August 6-11, 2024. A regular \$20 admission gets you an unlimited ride bracelet, and on August 6, 7, and 11, seniors 65 and older can get in for just \$5 (excludes rides). Hours are Tuesday-Saturday, 8 am-10 pm and Sunday, 8 am-7 pm. FMI visit www.topshamfair.net.



Could I get some sleep please?

So something has been keeping me awake at night ... I've been worried about something that's been happening at the People Plus Center and the homes of our members. It's something that can be prevented, and often has life-changing and disastrous consequences ...

It seems like lots of people are falling down! Over the last several weeks, we've had People Plus members who have fallen and injured themselves. "I've taken a fall," is something that we hear all too often these days.

And it's an issue that develops as we lose strength, flexibility, and balance. So we are here to buck the trend. We have canes! We have walkers! We have crutches galore!

You've just got to use them!

As we grow older, the leg of a chair, the corner of a rug, a dog toy, or your slippers can all become treacherous, and perhaps your eyesight is not what it used to be or your hearing is fading. To rub salt on the wound, your ability to stay upright may be diminishing.

However, the alternative to "not growing old" is likely to find you faster when you take a fall.

So, let me ask, do you already have a walker but you never use it? Or you only use it inside your house? Or you keep your cane in your car because you're kind of embarrassed to use it inside the grocery store?

You're not alone folks, as these are just a few of the reasons people "take a fall." And one fall almost always leads to another. It's a natural progression that we really should try to stave off as long as possible.

And there are a few easy ways to do that at People Plus.

First and foremost, borrow equipment from us here at the Center. It's free and easy and we've got LOTS! Check out the picture of the staff as they model a fraction of what we have stored in the basement.

Secondly, start taking exercise classes here at the Center. All of them are designed to help older adults, (YOU) get strong, and stay upright! They work on balance, strength, and flexibility – and let you live a

From the Executive Director

Stacy Frizzle-Edgerton



longer and healthier life. We have nearly 20 opportunities every week to exercise, have fun, and help you walk steadier. Plus you'll have a great time and make new friends!

There are also programs that can help you adapt your home with accessibility grab bars, ramps, etc. And as well there are medical-equipment lending programs if we don't have what you need. For more information about these programs, call Sarah at the Center.

So let's buck this "falling" trend, alright already? You'll grow stronger, improve your overall fitness, laugh your head off, and "walk away" happier.

And then I won't need to be worried about all of you anymore and I can get some sleep!

People Plus!

THE CENTER THAT BUILDS COMMUNITY SINCE 1976

Monthly publication serving the Brunswick-Topsham-Harpswell area. For comments, suggestions or news submissions, please email news@peopleplusmaine.org.

ADVERTISE WITH US!

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

People Plus Board of Trustees

- David Millar, Chair, Freeport
- Jim Burbine, Vice Chair, Harpswell
- Sonia St. Pierre, Treasurer, Brunswick
- Christine Corriveau, Secretary, Orr's Island
- Michelle Borodinsky, Brunswick
- Terri Burgess, Brunswick
- Allison Crosscup, Bath
- Thomas Farrell, Brunswick
- Charlie Gordon, Brunswick
- Gail Kendrick, Topsham
- Tom Mahoney, Harpswell
- Bob Nugent, Topsham
- Joe Palma, Harpswell
- Scott Stewart, Topsham
- Cindy Sullivan, Brunswick
- Nancy Weingarten, Topsham

People Plus Staff

- Stacy Frizzle-Edgerton, Executive Director, director@peopleplusmaine.org
- Jill Ellis, Programming & Events, programming@peopleplusmaine.org
- Sarah Deck, Office Coordinator, reception@peopleplusmaine.org
- Lynne Smith, Membership & Transportation, driver@peopleplusmaine.org
- Barbara Quinn, Office Administrator, office@peopleplusmaine.org
- Jennifer Felkay, Marketing & Design, marketing@peopleplusmaine.org
- Charmaine Daniels, Content Developer, news@peopleplusmaine.org
- Taylor Carter, Teen Center Director, teens@peopleplusmaine.org
- Elisabeth Diaz, Teen Center Assistant

Spectrum Generations Staff

- Patricia Pollock, Aging & Disability Resource Center, ppollock@spectrumgenerations.org, 207-607-4405 or 1-800-Medicare
- Eben Rowe, Meals on Wheels Coordinator, erowe@spectrumgenerations.org, 207-607-4406

Check out past newspapers at www.peopleplusmaine.org



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.

Food goals win out despite family crowd, birthday party, and appetizers galore

My trip to the Adirondacks was spectacular. It only rained once during the night! I looked back on my ideas listed in the July article, and I am happy to report that I managed to achieve most of them. In some cases, I just needed to adjust. The total count was 21 people between the two camps. I managed to be active every day. Two days I was able to swim, kayak, and paddleboard! Some of the days were so busy that I was not able to get in my exercise first, but I still got it done. We had a 30th birthday party for my niece on Friday. We decorated the entire camp and gave her a great celebration. I was so busy making the appetizers that I didn't have time to eat. These are the things that worked for me to help manage my food choices during the week.

- Having a bean salad.
- Having hummus for appetizers.
- Using watermelon for desserts and snacks.

From Anita's Plate

Anita Nugent (207) 504-6439



info@nutritionforeveryday.com

- I found a wrap with 30 grams of fiber! This was great for a tuna wrap at lunch.
- Eggs with salsa for breakfast.
- Keeping busy and active.

We ended up with very few leftovers. It was wonderful to catch up with the family and friends. I have spent every 4th of July at Piseco except for the summer that I was in Indianapolis for my dietetic internship. So another successful week on the books!

Fruit/Bean/Cheese Medley

- Ingredients:**
- 1/3 cup thinly sliced red onion (about 1/2 small onion)
 - 1/4 cup toasted almonds slices
 - 2 peaches, skins left on, cut into chunks
 - 1/2 cup strawberries, sliced
 - 1 Tbsp. honey
 - 2 Tbsp. white wine vinegar
 - 1/3 cup olive oil
 - 4 cups mixed greens or arugula
 - 1/3 cup crumbled goat cheese
 - 1 tomato, diced
 - 1/4 cup red pepper, diced
 - 1/2 cup white beans, drained and rinsed
 - Freshly ground pepper to taste
- Directions:**
1. In a medium bowl, combine the peaches, strawberries, and honey until coated.
 2. In a large bowl, whisk together the vinegar and olive oil. Add the mixed greens and toss.
 3. Place the greens on a platter. Add the peaches, strawberries, almonds, goat cheese, tomatoes, red pepper, white beans, and red onions over the greens.
 4. Serve immediately.
- "A great 'stay cool' salad for a hot summer night!"
- Serves: 4

Chicks Do Chores (AND SOMETIMES CHUCK) **207-729-5760**
 So you don't have to! www.chicksdochores.com
 MaryEllen Rosenberg, owner 729-5760, cdc4u@comcast.net

- ★ Attics • Basements • Decks • Garages • Offices ETC
- ★ Clean • Clear out • File • Dump runs • Label • Paint ETC
- ★ Run errands FOR you or WITH you!

Call or email for estimates and scheduling

★ Fully Insured
 ★ Bonded
 ★ LLC

ONE-ON-ONE, INDIVIDUALIZED CARE!

ROUTE 196, TOPSHAM 207-725-4400

REFORM PHYSICAL THERAPY Don't neglect your health, reform it

PLEASANT STREET, BRUNSWICK 207-844-8053

Pre & Post-Surgical Care • Chronic Pain Treatment • Balance-Related Issues

IN NETWORK WITH: Medicare - MaineCare - Martin's Point - Anthem BC/BS - Humana
 Tricare - AARP - United Healthcare - Aetna - Today's Options - VA - and more!

www.Reform-PT.com

People Plus welcomes two of our new board trustees

We take great pleasure in welcoming two members to the People Plus Board of Trustees. Joining this important part of our Center are Tom Mahoney and Nancy Weingarten. Welcome to the People Plus family and thank you for your service on the Board!

TOM MAHONEY



Tom grew up and established his career in Connecticut, where he worked for 30 years as a public health official at a municipal health department and the CDC Foundation. As a nonprofit leader, he directed agencies working with children impacted by life-threatening illnesses, people living with HIV/AIDS, and older people in need of assisted care.

Tom found his way to Harpswell through a friend who invited him to Bailey Island to kayak and bike. He is a member of the Harpswell Aging at Home Steering Committee, Elder Care Network of Lincoln County board, Midcoast Maine Pickleball board and Harpswell Recreation board. Tom spends his free time walking his dog, playing pickleball, biking, and kayaking with family and friends.

NANCY WEINGARTEN



Nancy is now retired from her position as Director of Operations for the Maine Dartmouth Family Medical Residency, a group of medical practices focused on training Maine's future physicians. In that role for 27 years, she handled business and financial analyses, strategic planning, curriculum work and scheduling in a complex environment. She serves on the

Board of the Maine Mobile Health program and until recently served on the Spectrum Generations board. As a volunteer through Spectrum Generations, Nancy provides Medicare counseling to people becoming eligible for Medicare and those seeking changes in their coverage. In 2020, she and her husband moved to Topsham from Gardiner. An avid walker, she enjoys the many beautiful walks around Midcoast Maine.



THANKS TO JACK FROST, VP, DIRECTOR OF COMMUNITY GIVING at Bar Harbor Bank and Trust (seen left) and the rest of the team at the Brunswick BHT location for their generous donation of \$2,400 from their "Casual for a Cause" donation fund. We're so honored that the employees chose the Brunswick Area Teen Center program to receive their award. These funds will go toward providing fun activities for the kids as they go on weekly educational and recreational trips and activities!

Grant funds help us secure a stable foundation

We want to thank our grant funders for their targeted support of People Plus and the Brunswick Area Teen Center! As we look back at the last fiscal year and the critical support we received from various sources, we want to make sure to credit the generosity of our grantors. Their support makes possible our support to the community.

Grants to the Teen Center

For teens that are often marginalized and under a lot of stress, these grantors have paved the way for teenage years that are smoother, safer and more enriching.

- **The Maine Community Foundation** has given the Teen Center \$10,000 toward the hiring of a part-time bilingual social worker at the Teen Center to assess mental health issues and to offer free mental health support. One of the goals is to reduce the stigma and boost comfort levels in requesting help.
- **The Maine Women's Giving Tree** gave the Teen Center a \$7,175 grant to go toward daily meal and snacks, toiletries, transportation costs, and scholarships for driver's ed classes.
- The Town of Brunswick's **Nathaniel Davis Fund** gave the Teen Center \$2,500 toward expanding and diversifying offerings, including more field trips into community establishments and also for exploring the outdoors. These activities are intended to help the teens feel more connected to the Brunswick area.
- **Bar Harbor Bank & Trust** has given a charitable donation of \$2,397 to the Teen Center, made possible by the bank's *Casual for a Cause* program, whereby employees make donations throughout the year while having the opportunity

to wear casual attire on Friday. The employees in Maine selected the Teen Center as a recipient based on its commitment to providing a free and safe space for teens to engage in creative outlets, share their talents, and hang out with their friends.

- **The Alfred M. Senter Fund** gave \$3,000 to the Teen Center to help with the cost of excursions, food and nutrition supplies, internet access, and driver's ed class fees.

Grants to the Senior Center

- **The Sam Cohen Fund** has granted \$10,000 to help meet the growing demand for basic needs support for 610 older adults in the area. This includes costs associated with running our vital Volunteer Transportation Network and overseeing an increase in the number of drivers needed to provide transportation for medical appointments, groceries, prescriptions. Funds will also be used for preparing of food for food-insecure people.
- The Town of Brunswick's **Nathaniel Davis Fund** gave \$2,000 toward helping us sponsor programs for improved health and wellness, social interaction and nutrition. These offerings run the gamut from games, speakers, meals, health expos, outings, exercise classes and both fun and educational clubs. Funds will help with new materials to be purchased, such as weights for our new "Growing Stronger" class.
- **The Margaret Burnham Charitable Trust** grant donated \$2,500 toward expansion of the Volunteer Transportation Network in order to provide 240 additional free rides to older adults for essential services along with 250 deliveries of essential supplies.



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

Spring and Fall terms, Winter and Summer offerings, Winter & Summer Wisdom Lecture Series, excursions, special events, and volunteering opportunities.

Visit our website to see all we have to offer!

midcoastseniorcollege.org

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

(207) 725-4900

info@midcoastseniorcollege.org



New Strength Training Class at the Center – Growing Stronger

Wednesdays, 12 noon. Don't just grow older - GROW STRONGER at People Plus with this new strength training class for seniors! Using light weights and resistance bands, this class will help you improve your strength and resilience! \$5/class for members (\$10 for non-members) Try it the first time for free!

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 (MCHPP)—usually a delicious soup! Lunch will be listed in weekly email.

Medicare 101

Tue, Aug. 13, 12:30 pm. Spectrum Generations provides information regarding Medicare, drug coverage, and Advantage plans, Free, open to the public (\$15 suggested donation appreciated). Registration required.

Calling all game players!

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

WEDNESDAY WALKERS

Wednesday Walkers Club Destinations for August:

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 if inclement weather.

Aug. 7. Planning meeting and a walk. Meet @ PP at 9:30 to share your ideas and help plan the walks for September! Then we'll walk at Kate Furbish West.

Aug. 14. Thorne Head Preserve Trail Head (Bath). Carpool: meet @PP by 9 am or at trail by 9:30.

Aug. 21. Swinging Bridge. Meet @PP at 9:30. Walk departs from the Center and goes over two bridges.

Aug. 28. Squirrel Point Lighthouse Trail (Arrowsic). Carpool: meet @PP by 9 am or at trail by 9:30.

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!

Program Notes for August

- No meals (Men's/Women's Breakfast or Lunch & Connections) in Aug.
- No language clubs (Cafe en Francais, Cantina Espanol or Kaffeestunde!) in Aug.
- No Saturday Zumba, Aug. 3 or 10
- No Saturday Table Tennis, Aug. 10 or 24



Join the Ukulele Club at PP!

2nd Tuesday - Aug 13, 2:30 pm. Jam with us once a month to music from the 60s and 70s at this new club. "This club is for uke lovers of all ages and abilities (over 18). Our only goal is to have fun making music with our ukuleles," says Bonnie, the club coordinator. All abilities are welcome (must be able to play basic cords and strum - lessons not offered). Bring your uke; sheet music is provided via projection. Come join the fun and get ready to jam on Tuesday, Aug 13. Free, members only (anyone can try it once for free!) Registration appreciated.



Register now for the 2024 Senior Health Expo!

Please mark your calendar for one of the People Plus Center's top events, the Senior Health Expo, scheduled for Thursday, Oct. 10, from 9 am to 1 pm.

The highly successful and well-attended Health Expo will take place at the Brunswick Recreation Center, located at 220 Neptune Drive (on the former Brunswick Naval Air Station).

Table and sponsor registration is open. Please note these key dates: "Be on the

bag" sponsor deadline is August 23, and table registration deadline is Sept. 6.

The Senior Health Expo will showcase resources in Medical Services, Fitness and Health, Technology, Legal, Financial/Banking, Food/Nutrition, Housing/Respite Care, Community Services and more!

There will be free swag bags for the first 500 attendees! Admission and all services/demonstrations are completely free!

Visit peopleplusmaine.org for more information on the event, including table registration and sponsorship opportunities.



Mid Coast-Parkview Health
MaineHealth



CENTER CLUBS

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

Apple Club

Thursday, Aug. 29, 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, . 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.

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
<p>Scan QR code for People Plus online calendar</p>  <p>Anyone can try a class/club once for free! Call 729-0757 to register.</p>			<p>People Plus Hours: Mon-Thu: 9 am - 4 pm Fri: 9 am - 1 pm peopleplusmaine.org</p>		
			1	2	3
			9:00 Table Tennis 9:30 Art Class 9:30 Apple Device Tech Tutoring 11:00 Yoga 6:00pm Int./Adv. Belly Dancing	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	10:15 Table Tennis
5	6	7	8	9	10
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 6:30pm Toastmasters	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	9:00 Table Tennis 9:30 Art Class 9:30 Apple Device Tech Tutoring 11:00 Yoga 6:00pm Int./Adv. Belly Dancing	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	
12	13	14	15	16	17
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 11:30 LUNCH OUT 12:30pm Medicare 101 1:00pm Qigong 2:30pm Ukulele 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 Growing Stronger 1:00pm Write on Writers	9:00 Table Tennis 9:30 Art Class 9:30 Apple Device Tech Tutoring 1:30pm Ice Cream Social 6:00pm Int./Adv. Belly Dancing	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
19	20	21	22	23	24
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 2:00pm Books a la Carte 6:30pm Toastmasters	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	9:00 Table Tennis 9:30 Art Class 9:30 Apple Device Tech Tutoring 11:00 Yoga 6:00pm Int./Adv. Belly Dancing	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
26	27	28	29	30	31
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 4pm Art Show Open House	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	9:00 Table Tennis 9:30 Art Class 9:30 Apple Device Tech Tutoring 11:00 Yoga 1:30pm Apple Club 6:00pm Int./Adv. Belly Dancing	9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis

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**

Passkeys are coming. Get ready.

For many of us, keeping a little book of passwords, using a password manager or writing our passwords in our phone's Notes section has become a way of life. But in the not-too-distant future, passkeys will replace passwords. The main advantages? Passkeys are more secure and easier to use because they use Face ID or Touch ID, which eliminates the need for a two-factor authentication process (like when you sign in with a password but then are sent a special code to your phone or email to use as a second step in authenticating that you are you). Passkeys are a blessing for all of us. To find out how to set up your device passkeys, go to www.tomsguide and put "how to set up passkeys" in the search box.

Register for activities: 729-0757

Activity Punch Cards

Our punch payment card system is safe & convenient. FMI 729-0757 or stop by to purchase your card! \$25 for 5 classes, \$50 for 11 classes (1 free!)

People Plus Activity Punch Card

35 Union Street, Brunswick (207) 729-0757 www.peopleplusmaine.org

This card allows **11 visits** to any **People Plus exercise class**.
— One free visit per card! —

1 2 3 4 5 6 7 8 9 10 FREE!

Calendar page sponsored by



Mid Coast-Parkview Health
MaineHealth

Book an adventure with Collette Travel!



Southern Charm: Charleston, Savannah & Jekyll Island
- deposit due 8/27/24

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

Spotlight on Tuscany - deposit due 3/26/25

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



The Plains of Africa - deposit due 9/21/24

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




Become an honored member of the Yellow Brick Road Society for People Plus when you communicate your intentions through planned giving. By designating individuals & organizations as beneficiaries in your will, you can make a powerful statement about your values and priorities.

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



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



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

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

For more information call 207-729-0757

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



Scan for link

Getting ‘upta’ camp

“Getting ‘upta’ camp” has been a highlight of my summers for as long as I can remember. There were the Bible camp and Scout camps of my youth, and the excursions “into the wild” with brothers, friends, and family, though that camp was often no more than a hundred yards or two from our bedrooms. I grew into canoe trips, mountain climbing, or just wandering around as a teenager, and this year, celebrating my “golden?” years, Jane and I took a shot at “glamping!”



and dreaming about our lives, learning to cook or eat burned food, and to know the difference between poison ivy and 16 other plants.*

As a teenager, our family found a lakeside lot in the wilds of Fayette, and spent maybe two years carving a camp of our own onto a pine-shaded, boulder-strewn shore. There was a float



refrigerators, no stove for cooking. Just a deck lined with rocking chairs, a sand beach with canoes, a big bed with white sheets, and a hot shower after a day in the canoe or swimming in the lake.

Ain’t it always, also, about the food? Be it oatmeal cooked in a paper cup (old

I had my start at Camp Fair Haven in Brooks, then Camp Hines in Raymond – weeks filled with hiking, doing crafts, learning to swim, nature study, Bible classes, merit badges, archery, riflery, cooking and confidence. We rowed boats, tipped canoes, learned teamwork. These were days filled with adventure, with friends I still value, and with skills

of spruce on six rusting oil barrels, a loft where you could hear every drop of rain, and each body function, until you drifted into a sleep you might only wish for today.** With our own kids, it always seemed there was never enough time or money to do all the camping we wanted, but there were those weekends at Greenville, the visits to Holderness, and dozens and dozens of canoe trips.



Boy Scout trick), pancakes you end up scrambling didn’t flip right or not enough butter just to get something to eat, or a fish from the river that “might” have been legal, food makes or breaks a trip to camp. Food lies at the center of success at Attean Lake Lodge. There

was a breakfast with calories enough for the whole day, a packed sandwich for lunch and a full-course dinner to dwell over. Perfectly cooked, sweetly served, I started to feel genuine concern, counting



the times Jane smiled and said, “And we didn’t have to cook anything!”

A trip up Sally Mountain reminded us of our age and human frailness. I mentioned to Jane that I



that have served me every day of my life.

My brothers and boys of the neighborhood expanded that camping horizon with shacks in the woods, an Adirondack shelter on the Abbagadasset, and crafting boats that would seldom float. Those were the days of a hundred campsites in as many places, sitting around fire rings, planning for

This summer, Jane and I have bucked the trend. We closed the house, left the pool pump running, and headed for Jackman with friends. Attean Lake Lodge sits on its own idyllic island, a log-home main lodge surrounded by a dozen or more camps, calling loons, soaring eagles. No electricity, no

MAINE & me

by Frank Connors



should admit to Miles I “might not” have another Katahdin in me. We canoed half the length of the lake, returning sunburned and happily exhausted, proud that we could still paddle into the wind, get back before supper, and still have the shoulder strength left to lift a fork. Each day ended with reviews of the day and playing games requiring limited or no skill. Slight attention was paid to the absence of electricity; we seemed ready to turn in before it was dark under the bed. Life might get better than this, but I doubt it.

Get ‘upta’ camp, you’ll never regret it.

If you go: It’s 150 miles from Brunswick to Jackman: 2 & 1/2 hours north on I-95 to Fairfield, then Maine’s “Canada Road,” Route 201, to Jackman. Be wary of the pulp trucks and watch for fast-moving cars with Quebec license plates. Skowhegan is a halfway mark worthy of the stop. Look for that big “Skowhegan Indian” sculpture. Don’t miss Wyman Dam and the river rafters on the Upper Kennebec; keep your eyes open for moose in the ditches and on the paved centerline.



* You might read, “Camping With the Boys,” in *Stones and Stories*, by Frank Connors, available at People Plus.



**You might read, “Building the Camp,” in *Stones and Stories* by Frank Connors, available at People Plus.

FRANK’S FACT

Eagles can be bullies; we watched two gang up on a mother loon and her chicks. The results were devastating.





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

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


— James Tierney, BHS Class of 1965

Visit www.studentaidfund.org
Donations may be sent to:




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

“Soul Sold”



Real and Raw Poetry
by local author, Beth Aubut

One woman’s fight to reclaim her identity and inner strength in the face of unimaginable trials. “Soul Sold” is a testament to the resilience of the human spirit and the transformative power of poetry.



About the author: Beth Aubut is a 20-year Bath, ME resident and a first time published book author. She began writing poems at the age of 7 while spending summers in Maine. Beth is an unconditional “giver”. Her heart flows with love and caring of those around her and she openly helps others without judgements.

“Soul Sold” is available at [amazon](https://www.amazon.com/betheaubut)
[betheaubut.amazonpublishing.center](https://www.amazon.com/betheaubut)

@betheaubut

'Chillin' with pizza and Jell-O!



THANKS TO RUSTY LANTERN MARKET for delicious pizzas to make our July luncheon easy-peasy-breezy. The pizzas were joined by a crisp green salad and sweet crunchy watermelon, along with homemade Jell-O desserts from members. It was a fun and relaxing lunch and really great not to use the oven because it was 95° outside!



Weekly Winners	
CRIBBAGE	
June 26	Judy Hardin= 703 Joe Toney= 703 George Hardin= 698
July 3	Trenna Crabtree= 717 Nancy Fortin= 713 Patricia Johnson= 710
July 10	Trenna Crabtree= 722 Janis Parent= 716 Jerry Donovan= 715
July 17	Jen Haskins= 724 Patricia Johnson= 720 Anne Bouchard = 712
DUPLICATE BRIDGE	
July 1	9 teams 1. Gail & Cy Kendrick 66.7% 2. Donna Dillman & Linda McIntosh 60.4%
July 8	9 teams 1. Martha Cushing & Jeff Lauder 59.4% 2. Norm Curthoys & Richard Totten 55.2%
July 15	10 teams 1. Gail & Cy Kendrick 63.2% 2. Marcia Good & Woody Townsend 56.3
July 22	9 teams 1. Gail and Cy Kendrick 55.2% 2. Barbara & Don McHarg 54.2% Donna Dillman & Sherry Watson 54.2%

DIY fixes for aging in place

Library program will demo do-it-yourself adaptations to your home

On Wednesday, August 14, Harpswell Aging at Home, Habitat for Humanity, and Curtis Memorial Library present the second of a series on adapting, repairing, and improving your apartments and homes. The program starts at 6 pm in the Morrell Meeting Room at the Curtis library. Participants will learn from professionals, who will demo how to use library tools to:

- Install multi-age gates, plugs and locks
- Provide ramp and other incline options
- Put in grab bars, new knobs, and other easy-grip options
- Secure large or heavy objects
- Reduce tripping and slipping hazards

On Thursday, September 5, the series continues with a focus on winterizing your home.



Fun combined with exercise!

Pickleball on eight new courts at the Midcoast Athletic and Recreation Complex (MARC) is now in full swing. Play is available for all ages at no charge during scheduled times or the courts can be rented for \$10 per hour by private groups at designated times. Players need to bring their own equipment. For more information, call 725-6656 or email recprograms@brunswickme.org.

Gone but not forgotten –

Syretha Tardiff

July 18, 1945-June 8, 2024

Lillian Everhart

July 7, 1930-June 9, 2024

James Drake

July 8, 1939-June 11, 2024

Donna Russell-Beals

December 10, 1936-June 16, 2024

Stephen Carey

June 23, 1949-June 27, 2024

Elizabeth Edgerton

October 7, 1935-July 5, 2024

MID COAST HOSPITAL AUXILIARY

Become a Member Today!

OUR COMMITMENT

The Mid Coast Hospital Auxiliary is committed to supporting Mid Coast Hospital's mission to deliver outstanding healthcare in our community.

WHO WE ARE

The Mid Coast Hospital Auxiliary is a group of community members who support the Mid Coast Hospital mission of working together so our communities are the healthiest in America. Since 2001, we have been actively supporting the hospital and community through a range of programs and initiatives.

WHAT WE DO

With opportunities to learn new skills, auxiliary members help our community-based hospital through volunteering at the Hospital, as well as organizing and participating in community fundraising events.

JOIN OUR TEAM

Auxiliary members contribute \$15 in annual dues.

To become a member or to make a donation, please log on to midcoasthealth.com/auxiliary to download the Auxiliary Membership Form. Mail the completed form and \$15 check to:

MCH Auxiliary Membership
121 Medical Center Drive, Box 3
Brunswick, ME 04011



FMI: 207-373-2122 or visit midcoasthealth.com/auxiliary



Say YES to Life

Say YES to a BETTER YOU!



The McLellan

Live better.

One Bedroom Unit
OPEN NOW!

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

207-725-6200 | info@themclellan.com
Themclellan.com | 26 Cumberland St. Brunswick, ME

Celebrating Christmas in July!



THANKS TO A 15-YEAR PARTNERSHIP BETWEEN PEOPLE PLUS AND THE MAINE STATE MUSIC THEATRE program, we are able to provide discount tickets for People Plus members. As a part of that, I like to say thank you to the theater every year at one of the shows and this year it was at "White Christmas!" Probably one of the best shows I've ever seen at MSMT in Brunswick, the dance routines were incredible, the singing amazing, the set design and incorporation of videographic elements was over the top and left us all starstruck and clamoring for more! Thanks to Curt Dale Clark as always for being my partner! - Stacy

Way to go, Caitlin!



CONGRATULATIONS TO JILL'S DAUGHTER, CAITLIN. Many of you have seen her perform on stage in Brunswick High School shows. Next, she will be performing multiple roles in Maine State Music Theatre's production of The Wizard of Oz, part of their family series! There are 4 shows, all on August 12 (10 am, 1 pm, 4 pm and 6 pm). **Break a leg, Caitlin!**

Can YOU help a Neighbor in NEED?

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




FMI 729-0757 or driver@peopleplusmaine.org

Investments designed with you in mind



BATH SAVINGS TRUST COMPANY

866-670-7517 bathsavings.bank

Bath Savings Trust Company is a wholly-owned subsidiary of Bath Savings Institution. Investment products are not insured by the FDIC, are not deposits or obligations of the Bank, and are not guaranteed by the Bank. Investment products are subject to investment risk, including the possible loss of principal. Past performance is not an indication of future results.

Adult Day Services For the Midcoast Area



We know that caring for a loved one dealing with Alzheimer's or other cognitive issues can be difficult and isolating.

Bath-Brunswick Respite Care offers:

- A socially active and engaging program for adults experiencing memory issues,
- Flexible full or half-day sessions,
- A break for caregivers to re-energize,
- Reasonable Day Program fees, financial assistance available for qualified families,
- Support, information and referrals for families,
- Caregiver Support Groups offered at no cost.

BATH-BRUNSWICK RESPITE CARE 

Call 207-729-8571 to discuss your needs and learn more about our programs.

9 Park Street, Bath, ME
info@respite-care.org
www.respite-care.org

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!



West Photography open house at the Center

Tuesday, Aug. 27, 4 pm

Please join us for a wine-and-cheese open house on August 27, 4 to 5:30 pm, to meet artist Kelsie West as she talks about the inspiration behind her beautiful photographs on display at the People Plus art gallery through the end of August.

As a Bowdoin and Brunswick, Maine native, she has an eye for finding beauty in nature or wherever she may be. Don't miss her delightful and colorful scenes of Maine that showcase a unique perspective. As Kelsie says, "I just try to find something pretty wherever I am."

Open house is for members only or invited guests of the artist. Registration required. 729-0757.

Membership Benefits

Businesses offering discounts for PP members:

- Ashley Richards**, Certified Aging in Place Specialist free home walk-through with tips to help you age in place 712-3042, ashleyr151@gmail.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 Cafe**, 10% off, anytime Topsham Fair Mall, 729-5366
- 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., 729-413127 Monument Pl., Topsh. 729-1676
- Maine Optometry**, 30% off complete glasses, some restrictions apply. 242 Bath Rd, Bruns., 729-8474 www.maineoptometry.com

- Maine State Music Theatre**, senior discount (60+) on matinee tickets for Main Stage performances 22 Elm Street, Bruns., 725-8769 www.msmt.org
- Mid Coast Hospital Gift Shop**, 10% off, anytime 123 Medical Center Dr, Bruns., 373-6018 www.mainehealth.org/Mid-Coast-Hospital/Patients-Visitors
- Pauline's Bloomers**, 10% off in-store purchase (in person only) 153 Park Row, Bruns., 725-5952 www.paulinesbloomers.com
- Reflections (Salon)**, 10% off, Mon & Fri 12 Center St, Bruns., 729-8028 www.reflectionsbylucie.com

- Rossignol's Hair Shoppe**, discount for age 60+ 370-9410
- Thomas Point Beach**, \$1 weekdays admission 29 Meadow Road, Bruns., 725-6009 thomaspoinbeach.com
- Tire Warehouse**, 20% off labor Topsham Fair Mall, 725-7020 www.tirewarehouse.net
- Wilbur's of Maine**, 10% off, anytime 43 Maine St, Bruns., 729-4462
- Wild Oats Bakery & Cafe**, 10% off Mondays 166 Admiral Fitch Ave, Bruns., 725-6287 wildoatsbakery.com

*Benefits subject to change

ARE YOU A LOCAL BUSINESS?

Email office@peopleplumaine.org or call 729-0757 to discuss advertising your business with People Plus!



COASTAL LANDING RETIREMENT COMMUNITY

When you are contemplating a move... to a Retirement Community, please visit us at **Coastal Landing**. (Assisted Living available on the same campus.) Included in your monthly rent:

- Choice of two meals daily
- Activities & Social Events
- Light Housekeeping
- Private Bathroom and Kitchenette
- Cable TV
- Scheduled Local Transportation
- Heat and Electricity
- Maintenance Service
- Free Laundry Room

Other services available for a reasonable fee.






www.coastallanding.com
142 Neptune Drive, Brunswick, ME, 837-6560

People Plus! MEMBERSHIP APPLICATION 729-0757 www.peopleplusmaine.org Date _____

Name (1) _____ Phone _____
 Birthdate _____ Female Male Email _____
 Emergency Contact _____ (name) (phone) (relationship)

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

Mailing Address _____
 City _____ State _____ ZIP _____

Yearly Dues (Scholarships Available)
 Single (___New___Renew): \$45
 Couple (___New___Renew): \$85
 Lifetime Member (70 or over): \$425

Cash/Check (Payable to People Plus)
 Membership Dues: \$ _____
 Additional Donation: \$ _____
 (donations above membership dues are tax deductible)
 Total: \$ _____

Volunteer Opportunities at People Plus
 I'd like more information about:
 Lunch Crew: Volunteer driving:
 cook/setup/ rides to appts/shopping
 cleanup Meals on Wheels
 Reception: Teen Center
 check-in/phone

OFFICE USE: Account Data Card Sent

Celebrating Lives Well Lived

DIGNITY | RESPECT | COMPASSION

STETSON'S
Funeral Home & Cremation Care
12 Federal Street—Brunswick, ME 04011—725-4341

Ken Keuffel
Memoir Writer

Want to write a memoir but lack the time and inclination? Hire me to do it for you!

You won't go wrong if you do. I have ghostwritten four memoirs, having drawn on interviewing and reporting skills I developed during my 30-plus years in journalism and as a writer of news and alumni profiles for universities. (Excerpts of the memoirs available upon request.) Reasonable rates.

QR Code:

About me
 KKeuffel@gmail.com
 (336) 705-4382

Summertime Color

The colors of summer are impressive and appreciated as viewed in town and countryside. Everywhere one looks, there are signs of change. Changes that come every week as plants, bushes, and trees grow and sometimes displays gorgeous blooms.

Take my garden before the harvest, it is all green. Not just grass green but apple, lime, and olive. Then the big butter-yellow blossom of the pumpkin plant shows its beautiful display. The large tomato plant also has four very small lemon-colored blossoms.

The variations of color in the flowering beds that are scattered throughout the yard bring splashes of different hues and values, except for the white daisy. The very tall black-eyed Susans give a butterscotch yellow showing, and they have multiplied over the years. The dianthus, sometimes called pinks, are a low dusty-green color at the start, then out of nowhere there are straight canes coming up from the plant with a quarter-size calming, scented pink blossom. A new plant to my patio is the cranesbill geranium. This plant has the most interesting shaped leaf and a delicate purple flower that sits on top of its dense mound of green leaves. My coreopsis plant is in its second year and is a heavy bloomer. The thin light green stalk and leaves stands about 12 inches high and gives a pure gentle yellow show.

One thing I love in the summer is to create my own cut flower bouquets. One collection starts with black-eyed Susan, then many coreopsis yellow flowers. The attractive purple wildflower/weed/vegetable called rampion bellflower is cut and added. All are arranged with a couple leaves from the hosta lilies in a glass vase, and are setting pretty on my kitchen table.

– Nonie Moody

Grandsons

Three – the youngest just turned fifteen

Two others, now fifteen and a half
and seventeen and a half
all athletes – hockey, biking, lacrosse
summer sports training for school –
just around the corner
as July shoots toward August

And handsome, of course!

I don't feel like I am getting older

Okay, so a few aches and pains that are new

... and I don't move as fast as I used to

But in my head... no indeed!

I'm still in high school, drooling over boys

and cheering on the football team

in my scant cheerleader outfit

Now I cheer on the grandsons

I still have a voice that carries,

but no more cheerleading jumps

Reality hits,

When my grandsons tower over me

And NO, I am NOT shrinking

Okay, maybe a bit

Ahhh... life speaks the truth when I stand next to my grandsons

– Deb Noone

My son, Tom, picking corn in Illinois filled me with happiness about God's abundant blessings. Texas, when ex-boyfriend Steve and I arrived in December of 1984, filled me with happiness as Steve and I filled every container we had, including his cowboy boots, with pecans falling right out of the trees.

My husband, Christian Derbyshire, and I enjoyed so many beauties of Maine we could not contain our smiles. I'd say of

all the places we visited, my favorite was Rangeley Lake. He would sit on the beach playing his guitar as I swam around in its clear waters, listening to him make music to enjoy. He was always happy playing his guitar, second to camping in the wilds of Maine.

I am going to look online. Which state has more happy people? I hope I can find some good information. We were asked that last Wednesday at People Plus. Betty, 90, a

retired school teacher, gave us that prompt for a "quick write" (a story to do in 10 or 15 minutes).

I guessed the happiest state was Wyoming. There were fewer people living there I found out. North Dakota was first. New Hampshire was second. Wyoming was third. Maine was 20th, Texas was 26th, and my home state Illinois was 29th. States were rated according to natural beauty, small-town charm, and strong sense of community

or neighbors helping neighbors.

My friends at People Plus gave really good answers last Wednesday. The first one from Robert was my favorite answer. He said it was a "state of mind." My second favorite was what Judy said. She said it was a place of "happy memories." I'm choosing happy today.

– Lucy Derbyshire

Poems & Prose

Earthly Stewards

As we dance upon the earth,
Looking down into the soul's abyss
Trying to comprehend Creation's power
While we ponder the unusual trust
Between animals roaming the land
Winged ones fly through the air,
Fish swimming in the waters below
Endangered species calling "Please care!"
Carrying the burden of liability
Yoked with the weight of truth
Preserving clean air, water and land
Involves all – aged and youth.
Nature never withholds its beauty
Nature never stifles its song
But we, as stewards of the earth,
Have been silent far too long.
Living things need water, soil, air
That is totally chemical-free
Rachel Carson, writing from Maine,
Explained this most carefully.
The earth is precious and fragile,
Nature embodies our very best teachers.
We must monitor Mother Earth's health
Listen to the language of her creatures.
The Earth, which supports us so gently,
Asking for nothing in return
But to love, support and cherish us
Until we are finished – ashes in urn.

– Laura Lee Perkins

Choosing baby names

My eight siblings and I were all born at home, except my youngest brother. We had moved from Detroit to a farm in Missouri while my brother was expected. This was just after World War II, during which my father worked at the Ford Motor Company. He was too old and had too big of a family to be drafted.

Doctors were no longer delivering babies at home, so my brother was born in a hospital. By then, we children wanted in on choosing a name. The nun at the hospital wanted to get the paperwork finished, so she asked for the name chosen. We all agreed that Richard would be his first name. We still hadn't agreed on a middle name, so she asked if anyone was named after our dad. We said no. Asked what his name was, Mom said, "Felix." The nun quickly exclaimed out loud that "You wouldn't want to name a kid that! What is his middle name?" Mom said, "James." The nun quickly wrote that down. That is how my brother Rick got his middle name.

– Sue Linkel

Happiness

Summer Family Vacation Growing Up

Cows, chickens, orchards, gardens, and summer haying require 24/7 work! We were three generations living together working this farm with summer help. This allowed us a couple weeks of vacation. During childhood years, our family traveled to Nantasket Beach in Hull, Massachusetts, for a week of beach adventure. The second week, mom had R & R by herself. Dad, my brother and I returned home, knowing we would have a trip back in a week to bring mom home. We stayed in a hotel owned by family friends. Our rooms faced the beach. Breakfast was in the hotel restaurant, famous for their blueberry muffins. We packed daily lunch and went to the beach. Sun, waves, swimming, sand castles, and exploration was the plan of most days. A red plaid blanket was always laid on the sand, and lunch, towels and toys were put on a corner. I don't remember chairs or the beach being crowded. We kids always played together, with mom and dad's joy beyond measure.

An aunt and uncle, who had no children and summered on their sailboat, visited us a couple days every year. Paragon Park, a nearby amusement park built in 1905, was always a great day with them. My parents were not fans of the roller coaster or other rides. Our aunt and uncle took my brother and I on every one we wanted to experience. We all did board the famous carousel built by Philadelphia Toboggan Co., which was added to the park in 1928. We rode exquisite animals up and down to the calliope music. This park closed in 1984 with the carousel still operating. The park became a museum with a Paragon Boardwalk amusement area for seasonal pleasure. It is called Nantasket Beach Reservation and is managed by Massachusetts Department of Conservation and Recreation, according to Google. It would be a pleasure to visit Nantasket Beach today. It's listed as one of New England's top ten beaches.

Another event I will never forget is being lost on this beach. No plaid beach blanket always spread on the beach, no brother! This day had extreme high waves and current, which carried me farther than usual. My brother returned to the blanket; I did not! I was 8 or 9 and began to cry. A lady tried to help me find that red blanket without success – to make a long story short, she took me to the police station. Today, I can imagine how frantic my parents must have been, however they used good judgment and went to the police station, where I was safe and ready to return to our red blanket and enjoy the rest of the day. It was a lesson well-learned about being disoriented, similar beach blankets and tidal currents. Now days sharks and bacteria are on the dreaded spectrum! I cherish my childhood vacations. My final words are always: Be alert vacationing at the beach, on the trails, in a museum, wherever you go.

– Betty Bavor

Do YOU like to write?
Come join us!
Wednesdays at 1 pm



For more submissions from our writers' group,
go to www.peopleplusmaine.org/write-writers-0

3rd
Tues.
2 pm

Books
a la
Carte



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

FICTION

The Spies of Warsaw by Alan Furst. Atmospheric novel set in old-world hotels, restaurants, and train coaches in 1937 in Warsaw, the center of espionage for the French, Germans, and Russians.

The Berry Pickers by Amanda Peters. Set in Nova Scotia and Maine, featuring indigenous Mi'kmaq workers employed to pick blueberries. A family's youngest child disappears. Side-by-side story tells of an affluent family with a child who has

visions and nightmares as she grows up and discovers her roots.

The Swan's Nest by Laura McNeal. Beautifully written story of the meeting and marriage of Elizabeth Barrett Browning and Robert Browning.

The Passionate Tudor by Allison Weir. Queen Mary I, the daughter of Henry VIII, changes from a dutiful daughter into a cruel and fanatical religious zealot who believes she is doing God's work.

How to Read a Book by Monica Wood. Uplifting story of a woman who leads a book club in a Maine women's prison, written by a Maine author.

Sing You Home by Jodi Picoult. A look at struggles with identity, infertility, complex love relationships, and the difficulty of doing what is right when doing that conflicts with one's personal desires.

NONFICTION

New England's Most Notable Women by Patricia Harris. The women featured include

writers, poets, artists, historians, educators, scientists, and many others.

Slightly Offshore by Caskie Stinnett. Essays like those of E.B. White. The author, who lived on a small island off the coast of Maine, frequently wrote for Downeast magazine.

Faith and Madness: A Spiritual and Psychological Journey by Sarah Slagle Arnold. A young woman gripped with depression gets help from an astute psychiatrist, an Anglican priest, and a department store.

Harriet Beecher Stowe: Woman and Artist by Edward M. Holmes.

MYSTERIES

Lightning Strikes the Silence by Iona Whishaw. The latest book in the Lane Winslow series, set near Vancouver, Canada, features an explosion, a young Japanese girl, and a burglary.

The Trespasser by Tana French. The Dublin Murder Squad takes on a case that appears to be a lovers' quarrel gone wrong. The female

detective on the case is the subject of harassment by her coworkers.

In the Lake of the Woods by Tim O'Brien. A Vietnam veteran and recent candidate for the U.S. Senate retreats with his wife to a lake-side cabin. The wife vanishes within days.

Death in Captivity by Michael Gilbert. A death occurs in an Italian prison camp at the time of the Allied invasion during World War II. Most of the prisoners are British. The author was a prisoner in a similar camp. The description of camp life, escape attempts, and treachery is very interesting.

SCIENCE FICTION/FANTASY

The Man in the High Castle by Philip K. Dick. It has been almost 20 years since the Allies lost WW II. The former USA is split into parts by the Japanese and Germans, with the Japanese mostly on the West Coast and the Germans on the East Coast. The middle of the country is lightly controlled. Life goes on there with the defeated Americans adjusting to the situation.

THE BOWDOIN INTERNATIONAL MUSIC FESTIVAL PERFORMERS entertained a packed house at the People Plus Center last month. With nearly a dozen performers, they came with more instruments than we've ever had in one year! Everything from a cello, viola, violin, two xylophones, and chimes. Also new this year they brought natural woodland elements in the form of branches of dried leaves and rushes to use as background elements. It was a fascinating, diverse, and hauntingly beautiful concert.



Funeral Alternatives is a locally-owned and operated family business.



Maine's Cremation Authority
Simple cremation \$2,250.00 Complete

*Prices subject to change without notice.

46 Bath Rd, Brunswick • 406-4028 • www.funeralalternatives.net



Buzz, buzz: Teen Center makes like a beehive in summer

“It hardly feels like the summer has even started and we’re already getting ready for the next school year!” This summer has been full of adventure for our teens and we’ve been so incredibly lucky to offer so many different things for them to do. For instance, we’ve gone to museums, mini-golfed, visited half a dozen local parks, put on our own mini-Olympics, spent days at the beach, and much more.

Eduardo, one of the New Mainers that joined us right at the start of the summer and who is probably our most dedicated member, has already told us that he wishes he could continue to hang out with us all day in the fall. I think that means we did pretty well. I want to give a huge shout-out to our Bowdoin Fellow Charlotte and our AmeriCorps member Eli for helping to plan it all out. I don’t think the teens would have had nearly as much to do all summer without them!

Since the start of the summer, there’s also been a buzz of activity behind the scenes as we focus on a way to accommodate more teens, knowing there is a great need for what we provide. We’ve seen the number of participants grow over time – a 59% increase in attendance this year (that translates to 580 more individual visits this year than the

Brunswick Teen Center News

Taylor Carter



year before). So there’s a lot happening that is focused on growth, but that’s all I can say right now. We’ll have more to share soon, and we’re all excited about the possibilities!

In the meantime, we’ll be looking for some passionate chefs to help us with meals during the next school year. If you’re interested in helping or volunteering with us, please reach out.

We will also be spending the next few weeks prepping our school supply stockpile and enjoying the last days of summer with the teens. And don’t forget to check your mailboxes! It’s time for the annual Back-to-School letter. Since each year we receive a robust response, we’ll be relying on it so much more in the coming year as we strive to serve even more teens.

Until next month, Taylor and the Teens



Hear from our Families

“ I don’t have the words to express the gratitude I have for the care that Avita of Brunswick has provided for my loved one! The associates and community are nothing less than amazing! ”

- Terri M., resident family member



Could your loved one benefit from dedicated memory care?

Scan the QR code to take a quick survey and learn about your options >>>



Learn more about the benefits of a Dedicated Memory Care Community -
Call Bethany today: **207.640.7933**

Ask about our Adult Day Program

Living Well Adult Day Program
Opening September 2024 - limited spots available

Avita of Brunswick - Assisted Living *Specializing in Memory Care*
89 Admiral Fitch Avenue | Brunswick, ME | AvitaofBrunswick.com



Trippin' with the Teens

OUR TEEN CENTER MEMBERS HAVE BEEN GALLIVANTING all over the greater Brunswick area and beyond this summer with at least one trip every week! They have taken a trip to Wolfe's Neck State Park to explore the waterfront, hiking trails, and blueberry patches (many of them had never picked wild blueberries before), as well as Moose Mountain miniature golf course, and all around downtown. They are slated to go to Reid State Park beach, as well as two or three other places in August! They've been using the Teen Center minivan for transportation, and they are really appreciative of the Nathaniel Davis Family Fund for sponsoring this summer's Teen Center "trippin" adventures!



Looking for a meeting, event, or party space?

Are you looking for a place to hold a baby or wedding shower, have a committee meeting, teach a class, hold a memorial service, have a birthday party and more? You can rent our back room,

our cafe and kitchen area, the hall or the whole Center! We have evenings and weekends available. FMI please contact Jill Ellis at 729-0757 or programming@peopleplusmaine.org.

Carpe Diem Tech Support
www.carpediem-me.net



Supporting:
 MACs * Chromebooks * Smart Phones * PCs
 iPads * A/V Equipment * Learning * Websites

John Fischer 207.522.1238 john@carpediem-me.net

Senior Companion and Personal Care Services
 1 to 24 hours
 Yarmouth, Freeport, Cumberland, Falmouth
 729-0991



AGING EXCELLENCE
SeniorsOnTheGo.com

NOW HIRING
 Brunswick to Portland \$17-\$22 /hr
 Free Yoga, Free Massage!






Peter W. Ladner, President, circa 1980

BRACKETT FUNERAL HOME

29 Federal Street, Brunswick, ME
(207) 725-5511 www.BrackettFH.com

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



Co-located at People Plus
35 Union Street, Suite 1
Brunswick, ME 04011
729-0475
www.spectrumgenerations.org



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

Monthly Update

August 2024

All Spectrum Generations locations will be closed Monday, August 26, to allow staff to attend and participate in All Staff Day.

Disability Pride

Disability Rights Maine hosted “Disability Pride 2024,” an event that celebrates diversity and accomplishments of the disability community, at Mill Park in Augusta on Friday, July 19. The event included music, speakers, performances, food, and information tables from partners across Maine.



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



YOU ARE INVITED to Spectrum Generations’ 12th annual Celebrity Chef Challenge fundraiser, on Monday, Sept. 16, 5 p.m. at the Augusta Civic Center.

Join us for a one-of-a-kind, fine dining experience to benefit Spectrum Generations’ programs, including Meals on Wheels. We bring chefs together to compete by preparing a main dish using mystery ingredients. Judge’s and People’s Choice awards are given out during this unique event.

Consider putting together a table of colleagues and friends to spend the evening tasting delectable cuisine while supporting your community. We look forward to seeing you at the event!

We are pleased to announce Connor Clement of WMTW will emcee once again this year! Connor is a talented TV host and reporter born and raised here in Maine.



To purchase tickets or learn more about sponsorship opportunities, scan QR code or visit www.spectrumgenerations.org/celebrity-chef-challenge.

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!

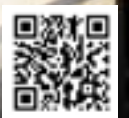
Each attendee will receive drink samples to vote on.

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



Cohen Community Center | 22 Town Farm Rd., Hallowell

‘Beach brain’ lollygagging: Random summertime thoughts

I’ve got my summer brain on, so in this column I’ll simply share a bunch of random observations. After all, August is like a grab bag month where you’re trying to stuff a lot in before that sharp seasonal turn in late September. Actually, wouldn’t it be great if we could get an extra month every year and insert it wherever we want into the calendar? I’d vote for an extra month of summer to pack in extra picnics with the grandkids or more day trips to the beach or parking with a good book on the patio next to the flowers.

Grab bag thought #1: I’ve noticed a charming local use of the word ‘Landing.’ It was an off-the-radar word for me before moving to Brunswick, but this town uses it freely, as in Maquoit Landing, Pinette’s Landing, Bay Bridge Landing, and others. Of course, the biggest and most well-known of these is Brunswick Landing, the name given to the former naval air station after it was closed and repurposed. Normally, landing refers to where you land if coming off the water, but Brunswick

Landing doesn’t have a shoreline. It turns out that a student group that was asked for input as the base was transitioning, suggested the name because it could represent an aviation metaphor for a long flight that was finally coming home. They stuck the landing!

Grab bag thought #2: Have you noticed some people pay close attention to the weather while others just take it as it comes? I tend to obsessively check the National Weather Service site and then drill down to the hourly forecast. Does that make me a weather nerd? Maybe so, especially compared to my friend’s father who would check the weather by sticking his hand out the door and waving it around to get ‘the atmospheric feel.’ Might be just as accurate.

Grab bag thought #3: I wonder if weather checkers are the same folks who are what I call ‘people of the clock.’ People of the clock have lists matched accurately with

how long each list item will take. These skilled time managers are not burdened with what a friend calls ‘floating priority syndrome’ – whereby one chore or project bleeds into another without consideration of completing any one of them on any given day.

I yearn to be not of the clock, but a career in writing implies that time demon called a deadline. As luck would have it, I have ended up with many friends not of the clock. What must feeling no time pressure be like? A lot of creative meandering? Sounds good, but can they please shave some time off their standard 10-minutes-late?

Grab bag thought #4: I found out recently that AAA no longer hands out printed versions of its state guide books that I’ve always liked to pour over. Now they hand you a sheet of QR codes to bring up all the same state information online. Thankfully, they still give out printed maps. As a map lover, I enjoy opening a state map to see

Thinking out loud

Charmaine Daniels



the broad picture of how everything fits together geographically, no zooming in or out. Is Bangor near Meddybemps and what towns are in between the two? (Of course, if I want to know how exactly how long it will take me to get from one to the other, I use my phone.)

Speaking of ‘old-school’ stuff, my childhood piggy bank sits nearby as I write this. I still like pulling out its red cork nose and dropping in a few more pennies. One of these days, I’ll empty the coins and take them downtown to count. I’m using them to save up for a trip to Montreal. When it’s time, I’ll wander down to AAA, get their paper map of Quebec and happily journey in my mind as I smooth out the map folds. I won’t mention how long it takes to correctly fold the map back up. But at that point, who’s counting minutes? When I look at a paper map, I’m off the clock.

New and renewing members for July

Memberships received as of July 20.

* indicates new membership
• indicates donation made with membership

Bath:

Robert Mulligan

Bowdoinham:

Jeffrey Lauder

Brunswick:

Nancy Biggs
Tom Broussard
Larry Bruck*
Newton Clark*
Patricia Clark*

Paul Cote*
Victoria Farsaci
P. Jay Fleisher*
Rollande Fortin
Gwen Gilson*
Sharon Gordon*
Herman Holbrook
Deborah Holmes*•
Trish Hustvedt
Jonathan Hyman
Rory Keefe
Jeri Kelsey*
Stephen Kercel
Linda Laferriere
Joyce Langevin*
Nancy Lauckner
Carol Markell*
David McKeith*
Priscilla McKeith*

Margaret Miller
Jean Mulligan*
Ellen Nesson*
Lavinia Odejimi
Judy Pachter*
Linda Pappin
Nancy Pennell
Dee Post*
Tom Profenno*
George Quittmeyer
Jo Anne Quittmeyer
Nancy Reisinger
Constance Rutter*
Pilar Tirado
Art Treffry
David Tyler
Rebecca Wells*
Douglas Wood

Durham:

Don Caton
Laurie Caton-Lemos
Donald Sawyer

Falmouth:

Baer Connard*

Freeport:

Sarah Latshaw

Harpswell:

Connie Bryon*
Linda Earl
Pierre Guillaume*
Sophie Guillaume*
Constance Hooker
Carol-Jean Richter
Jane Roy
Virginia Scholomiti

Lisbon:

Nina Hodgkins

Lisbon Falls:

Lucy Derbyshire

Phippsburg:

Leonard Rainey

Topsham:

Heidi Hartz*
Jerry Hartz*
Diane Lavallee
Susan Lowe*
Linda Mallard
Jeanne Minchak*
Laura Lee Perkins

Woolwich:

James Trout



Lunch Out!
August 13th at 11:30 am.

TASTE of MAINE RESTAURANT
Whole Seafood & Culinary!

161 Main St, Woolwich



THE HIGHLANDS
A GRACE MGMT COMMUNITY

Friends. Family. Home.

Live life to the fullest at The Highlands, where we’re always sure to make time for laughter, connection, and friendship. Welcome to a community rich with amenities, activities, and dining—in a place that’s not just like home, it *is* home.

SPACE IS LIMITED!
Call (207) 725-2650 today to secure your spot or join our waitlist.

It’s not like home. It *is* home.™

30 Governors Way • Topsham, ME 04086
(207) 725-2650 • www.HighlandsRC.com



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](https://www.mainehealth.org/vaccine).

MaineHealth

Cooking up memories!



THANKS TO CURT DALE CLARK for buying the homemade Chinese dinner at our Music in April auction! He then turned around and invited his own MSMT board members to attend! You know you're a savvy development person when you can use the same item twice to benefit two different organizations! And thanks to Mike Feldman for his 25 years of volunteerism with People Plus as not only a member of the board, but as the chair of the board for five years! AND for 15 years of perfecting his Chinese cuisine cooking skills! These dinners have brought in over \$65,000 to the People Plus organization over the last 15 years and we are grateful!

ROUSSEAU MANAGEMENT
Skilled and Assisted Living in Midcoast Maine



www.rmimaine.com



WE ARE THE MIDCOAST.

Our award-winning journalists cover news, food, education and high school sports in Bath, Topsham, Freeport, Brunswick and the outlying communities. Subscribe and get access to it all.

subscribe.timesrecord.com



142 Neptune Drive, Brunswick
(207) 837-6560



142 Neptune Drive, Brunswick
(207) 725-5801



24 Maurice Dr, Brunswick
(207) 725-4379



142 Neptune Dr, Brunswick
(207) 725-9444



29 Maurice Dr, Brunswick
(207) 725-7495

We take your loved ones comfort and health to heart.

