

# Plus! People NEWS!



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People Plus supports an engaged, healthy, and independent life for older adults, while joining others to build community for all ages

35 Union Street • PO Box 766, Brunswick, ME 04011 • (207) 729-0757 • www.peopleplusmaine.org September 2024 • Volume 24, No. 9



**IT WAS ALL HANDS ON DECK.** Loads of people picked up supplies at Home Depot to help with the renovation at the Coffin School, including Jonathan Edgerton, Stacy's husband, who helped out Taylor Carter, the Teen Center Director, with all the flooring materials.



## Teen Center program will serve more kids

Excitement abounds as the Brunswick Area Teen Center moves from its space at People Plus to its new home across town at the Coffin School on Barrows Street – right next to Brunswick Junior High School. After being in the works for nearly a decade, the move in early September means the number of teens served could easily triple.

Taylor Carter, the Teen Center Director, says, “The new space represents an amazing resource.” He especially likes that the new location makes it easier for teens to simply walk over to the Teen Center program. Previously only kids who lived in the Union Street neighborhood near People Plus could come to the

Teen Center without depending on the school bus or a parent to drive them.

Brunswick Superintendent of Schools, Phil Potenziano, whose office is also in Coffin School now, says the centralized location allows more students to easily drop in after school and find a safe space to socialize and study. “We expect this move to significantly increase engagement and provide greater support to teens and parents,” he notes.

Though the Teen Center program will remain part of the People Plus organization, Executive Director Stacy Frizzle-Edgerton and others have worked a long time to make it more accessible at the school-based location. “I’m

very excited by how many more students can be served at the new space. We expect to see more New Mainers along with students who may not have known about the Teen Center at all; while maintaining the core group that comes every day,” she states.

Tom Farrell, Director of Parks and Recreation for Brunswick and a member of the Teen Center Advisory Committee for 19 years, says, “The Teen Program at People Plus has needed additional space for several years now,” noting that at various times, the current space proved too small to accommodate all the teens wanting to attend.

A key part of the new location’s appeal is

access to outdoor space, including fields, a black top and a playground. After sitting in school most of the day, the teens will be able to head out for basketball, dodgeball, corn hole, and possibly a mini skateboard park. Public Health AmeriCorps member and volunteer Eli Diaz will spearhead the expansion of the outdoor program with nature hikes on the

*continued on page 12*

**Have you signed up for the member picnic?**  
See page 4 for picnic information.

### FYI! “Tip of the Iceberg”

**Thu, Sept. 19, 1:30 pm.** P. Jay Fleisher, Professor Emeritus, State University of New York (and a member of People Plus!), will “break the ice” on the topic of glacier formation and movement, including recent changes. Jay will highlight his field work in Alaska and other alpine terrain. A topic of global interest, as well as local significance, is the delicate balance that exists between conditions favoring glacier formation and the spectacular landscape revealed upon their retreat.



The ebb and flow of glacial advance and retreat is responsible for the formation of

stunning alpine terrain, as well as terrain formed beneath a continental ice sheet, such as here in Maine.

Prior to retiring to Brunswick last year, Dr. Fleisher taught geomorphology and glacial geology at the State University of New York at Oneonta. Jay’s primary research interests were at Bering Glacier, Alaska, where he conducted field studies for two decades. He was also affiliated with the Juneau Icefield Research Program, a summer program that operated from remote field camps across a 2,000-foot Alaskan icefield spanning a mountain range.

Dr. Fleisher has also helped run “informed holiday” excursions across North America as a community service in adult learning and has also traveled and trekked for pleasure in Nepal, Chile, Patagonia, Peru, and Mexico. Free, open to the public. Registration required.



### It’s Apple Picking Time!

**Tue, Sept. 17, 11 am.** Join Frank for a trip to Bowdoin’s Rocky Ridge Orchard. Enjoy a cup of fresh-pressed cider and an apple cider donut “on the Center.” Members only, registration required. Meet at the Center at 10:30 am to carpool or at Rocky Ridge at 11 am.

### ‘Aging Well’ Lunch and Learn:

### “Can we avoid dementia?”

**Mon, Sept. 23 at 12 pm.** This presentation describes what happens in our brain as delicate nerve connections are lost in the aging process and the impact that has on our thought process. Unfortunately, despite significant scientific research, there is no cure for dementia. However, there is some good news: We can also grow new brain connections and by doing so, reduce or slow down the process of the onset of dementia. We will discuss how new learning enhances our brain experience and health. We will also recognize the socialization

value that can occur with new learning and how it can further reduce cognitive decline. You’ll hear from Susan Goran, RN, MSN, MidCoast Senior College board member, on how opportunities offered through the College can provide a variety of strategies to enhance your learning and reduce your dementia risk.

Bring your lunch (or grab a bowl of our free Monday Munchies soup) and we’ll provide drinks, chips, and dessert. Free, open to the public. Registration required.

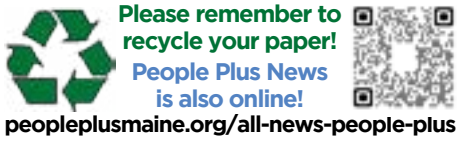


## SENIOR HEALTH EXPO!

October 10, 9-1, Brunswick Recreation Center

Space is still available for exhibitors or to join these generous lead sponsors. Registration deadline is **Sept. 6**. Check out page 13 for more Expo news!





# They've flown the nest!

## From the Executive Director

Stacy Frizzle-Edgerton



August is a month of transitions, summer turning into fall, baby birds leaving the nest, and kids returning to school. We've experienced these trends at both my house and the People Plus Center, although this year the transitions have seemed a little more difficult...

At the end of last month, I drove my 19-year-old daughter Juliet back to college in Virginia. Her big sister Daphne rode along to help with the driving, so she and Juliet got a couple days of really good sister time before we left Virginia. I was of course sad about leaving Juliet, so it was really lovely on the way back for me to have so much time with my 24-year-old. Daphne helped to soften the blow of sending her youngest sister back to college.

We've been empty nesters since January 2023, so the adjustment to Juliet leaving shouldn't be difficult this year. Right?!? Especially as I know she is on her life path and is right where she should be, yet I don't think it has really quite sunk in that she's not just upstairs in her bedroom! I suspect that in a week or so when the silence in the house is deafening, my feelings of having an empty nest will take flight.

Her departure has been compounded by the fact that when I got back from Virginia, we moved the Teen Center Program out of the People Plus building and into Coffin School. So ALL the kids in my life are gone. Which means that all of you who use the People Plus Center are empty nesters too – right along with me!

All those kids that used to be upstairs every afternoon, that came to the ice cream social

last month, that played basketball outside all the time, that raised veggies in the herb garden, and parked themselves outside the building over the weekend to use the Wi-Fi — all those kids will be at Coffin School and not in our building anymore. And again, I know this is the best thing for them and we are going to serve so many more children, yet it makes me sad that I'll no longer hear their pounding feet and squeals of laughter above my office. And I will miss them!

And just like with my own children taking flight, the transition for the Teen Center to a new space has been a long time coming. We have spent years looking at different options, trying to figure out where they could go with easy school access, a larger space, bathrooms, and an outside recreational area. And we finally found it!

Thanks to the generosity of Phil Potenziano, the Brunswick School Department Superintendent, as well as the support of both the junior high and the high school principals, AND the school board — we have been given permission to move into two classrooms in the former Coffin School. It abuts Brunswick Junior High School, so it will be fantastic for the kids!

And, hopefully, that huge accomplishment will overshadow the empty-nester melancholy that the staff and I will have...

Because we know the kids are going to love it! And that's what really matters in the long run. Leaving their second-floor space at the Center may be a little challenging for our longtime regular attendees; however, there will be so many new kids attending the program at Coffin School who have never

seen the Teen Center anywhere else, that I think it's going to feel like home in just a few short weeks.

Soon enough, they'll be pounding down the hallway from the junior high, throwing down their backpacks, grabbing snacks, chatting with friends and asking "What are we having for dinner"? It's been that way for 19 years and we don't see that changing anytime soon.

I was talking to Jordan Cardone-Ruwet, our former, 18-year Teen Center Coordinator and I think she feels a little melancholy, too. She remembers moving into this building in 2010 and now 14 years later, we are moving again. "Each time it gets a little better and I can't wait to see what the next decade holds for the expansion of the Teen Center program", said Jordan.

It all started as a little idea that the board of People Plus adopted at a time when the organization had no space to share and no money to use for the kids. And 19 years later, it's still going strong and is on the cusp of a new era.

I guess that's what happens when you push the baby birds out of the nest and challenge them to fly. They usually soar high into the sky.

# People Plus!

Monthly publication serving the Brunswick-Topsham-Harpswell area. For comments, suggestions or news submissions, please email [news@peopleplusmaine.org](mailto:news@peopleplusmaine.org).

## ADVERTISE WITH US!

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

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207-607-4406



THANKS AGAIN TO THE PRINCIPALS OF BOTH THE JUNIOR AND SENIOR HIGH SCHOOLS, the assistant superintendent and the superintendent for the Brunswick School Department and the facilities director for all pulling together to help us move the Teen Center program into Coffin School! It would never have happened without the generosity and support of all these folks!

## Ideas for using your garden vegetables!

These are some of the things I have made from the vegetables in our garden. If you do not have a garden, you can purchase the vegetables from the farmers market or a grocery store.

- Grilled eggplant and tomato stackers.
- Grilled eggplant, topped with basil, a slice of tomato and mozzarella cheese. Drizzled with olive oil and balsamic vinegar.
- Egg-fried rice with pea pods and peas.
- Salsa and spaghetti sauce.
- Creamy cucumber soup.
- Potato soup and potato salad.
- Grilled zucchini.
- Roasted tomatoes tossed with whole-grain pasta.

## From Anita's Plate

Anita Nugent  
(207) 504-6439



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

- Summer squash casserole.
- Thinly sliced zucchini and cucumber rolled in spring roll wrappers and browned in a skillet with sesame oil.
- Cherry tomatoes in a bean salad.
- Corn on the cob with black pepper.
- Green beans, carrots, and onions in a stir-fry.

It has been such a great summer to go to the garden and pick vegetables. These ideas are super easy and so delicious! I hope that you will try some of them.

## Cold Cucumber Soup

- Ingredients:**
- 3 cucumbers, peeled, seeded, and chopped
  - 1/2 cup sliced green onion
  - 1/4 cup chopped green pepper
  - 1 avocado, diced
  - 1 tsp. garlic powder
  - 1/2 tsp. dried dill
  - 2 cups plain nonfat Greek yogurt
  - 1 cup low-sodium chicken or vegetable broth
  - 2 tsp. vinegar
  - 1 tsp. olive oil
  - Dash hot pepper sauce
  - Chopped fresh parsley

- Instructions**
1. Chop the cucumbers, green onion, green pepper, and avocado. Add to food processor along with the garlic powder and dried dill.
  2. Add the Greek yogurt, half of the broth and vinegar, oil, and hot pepper sauce. Purée until smooth. You can adjust consistency with more broth as needed. The soup should be the consistency of thin cream soup.
  3. Chill until ready to serve.
  4. Place into chilled bowls to serve. Garnish with fresh chopped parsley on top. Yield: 4.

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

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# Welcome to the People Plus family!



THANKS TO CHAIR OF THE PEOPLE PLUS GOVERNANCE COMMITTEE, GAIL KENDRICK, along with former chair of the board Charlie Evans for holding orientation for five new board members! We are excited for this new energy and new faces on the board! From the left, Charlie Evans, Joe Neuhof, Michelle Borodinsky, Nancy Weingarten, Gail Kendrick, Lisa Copland and Tom Mahoney.

## People Plus welcomes new board trustees

We take great pleasure in welcoming three more of the five new members to the People Plus Board of Trustees. Joining this important part of our Center are Michelle Borodinsky, Lisa Copland, and Joseph Neuhof, in addition to Nancy Weingarten and Tom Mahoney who were featured last month. Welcome to the People Plus family and thank you for your service on the Board!

### MICHELLE BORODINSKY



Michelle is a retired R.N. who is board-certified in Holistic Nursing. She has worked in Integrative Medicine at Kaiser Permanente, as well as utilization review and quality assurance at Blue Cross Blue Shield and various hospitals. Michelle is also a Reiki practitioner and has extensive training in the use of medicinal herbs and supplements. Her love of gardening and native plants led her to complete master gardener training in Maine. One of her favorite interests is producing hand-thrown pottery. She also sings with the band *Off Their Rockers*, which performs at fundraisers throughout the area. Michelle lives in Brunswick with her husband, Les.

### LISA COPLAND



Lisa is a “results-driven professional with a drive to engineer innovative solutions that transcend conventional boundaries.” With a track record in establishing and steering successful business units, driving revenue growth, and shaping operational models, her expertise spans commerce, media, streaming services, fintech, and retail sectors. Throughout her career, she has managed global teams, leveraging her deep understanding of digital ecosystems to consistently foster growth.

Lisa has an MBA in Management Information Systems and Finance from Long Island University, C.W. Post. She has a Bachelor’s in Business Administration from Hofstra University, where she majored in marketing and finance. She also has a Certificate of Computer Science from Hofstra University. She lives in Topsham with her husband, Rob.

### JOSEPH NEUHOF



Joe has 35 years of business experience in media distribution and sales. He is retired from *The New York Times*, where he worked for many years as the regional manager of all distribution operations, support, and transportation circulation sales functions from Maryland through the Carolinas. Before that he managed the home delivery and tele-marketing operations for *The Times* in the Southeastern U.S., and he was a vice president for a start-up distribution company.

Along with his business experience, he has been participating in the art class at People Plus, as well as a driver for Harpswell Aging at Home. His interests include boating, history, golf, and antique clock repair. He and his wife live in Harpswell.

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

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**WHAT A PLUCKY GROUP THESE UKULELE PLAYERS HAVE TURNED OUT TO BE!** Can you believe the size of this amazing crowd at only the second gathering?! And there's some people that couldn't even fit in this photo! So if you're a ukulele player, the question is why haven't you been here yet?? Clearly, it's the place to be for "Uke-ing" it up! Please join us here at the Center for free every month for Ukulele Club (members only).

# Annual picnic promises fun, food, music

Thursday, September 12,  
at Thomas Point Beach with  
music by Off Their Rockers

Come join us for our "Picnic at the Point" on Thursday, Sept. 12! Register and pay now at the Center, and don't forget to mark your calendar for a day of music, food, and fun. Registration includes lunch and beach admission: \$10 for members, \$15 for non-members. 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. Enjoy live music from *Off Their Rockers*, games, chatting with friends, fresh air and beautiful views. Check-in starts at 11 am, lunch is served at noon. To avoid the long line at the gate, please register in advance at the Center. Registration is required. We really want you there, so register early and don't forget to bring your own chair, sunscreen, hat, and appetite!

Note: The Center will close at 10 am the day of the picnic so we can all go set up for the event. Some classes will be rescheduled or held at the beach!



## Good Eats – Good Friends!

### Women's Breakfast

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

### Men's Breakfast

**Thu, Sept. 19, 8:30 am.** Enjoy breakfast while socializing with the gents. Members only, call to register. \$5 suggested donation.

### Monday Munchies

**Mondays, 11:30-12:30 pm.** Join us for free lunch on Mondays donated by Mid Coast Hunger Prevention Program –usually a delicious soup!



## CENTER CLUBS

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

### Ukulele Club

**Tue, Sept. 10, 2:30 pm.** Come jam with us! All abilities welcome (must be able to play basic cords and strum). Bring your own ukulele, sheet music via projector will be provided.

### "Bandstand!" Dance Club

**Wed, Sept. 26, 1:30 pm.** Join this casual group to enjoy unstructured dancing and socializing!

### Table Tennis

**Mon & Tue, 11 am; Thu, 9 am; Sat, 10:15.** \*Times 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.

### History Book Club

**3rd Monday, 7 pm.** Meet to discuss and debate historical books pertaining to Revolutionary War through WW II eras.

### Cantina Espanol

**1st Tuesday, 2:30 pm.** Spanish language club meets to chat in Spanish.

### Kaffeestunde!

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

### Books a la Carte

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

### Cafe en Francais

**4th Tuesday, 2:30 pm.** French language club meets to chat in French.

## Ukulele Club at PP!

**Tue, Sept. 10, 2:30 pm.** Jam with us to music from the 60s and 70s. All abilities welcome (must be able to play basic cords and strum - lessons not offered). Bring your own ukulele, sheet music via projector will be provided. Free, members only (anyone can try it once for free!) Registration appreciated.

## Calling all game players!

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



## Wednesday Walkers Club Destinations for September:

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.

**Sept. 4.** Planning meeting and a walk. Meet @PP at 9:30 to share your ideas and help plan the walks for October! Then we'll walk at Kate Furbish East.

**Sept. 11.** Bradbury Mountain. Carpool: meet @PP by 9 am or at the trail by 9:30.

**Sept. 18.** Swinging Bridge. Meet @PP at 9:30. Walk departs from the Center and goes over two bridges.

**Sept. 25.** Wolfe's Neck, Freeport. Carpool: meet @PP by 9 am or at the trail by 9:30.

## Medicare 101

with Spectrum Generations

**Tue, Sept. 10, 12:30 pm PLUS Mon, Sept. 23, 5 pm.** Spectrum Generations provides information regarding Medicare, drug coverage, and Advantage plans, Free, open to the public (\$15 suggested donation appreciated). Registration required.



## Program Notes for September

- Center closed Monday, Sept. 2
- Men's Breakfast is on Sept. 19 (3rd Thursday instead of 2nd)
- No Lunch and Connections in September (picnic instead)
- Changes for Sept. 12 (Picnic Day):
  - \* The Center will close at 10 am so staff can help set up for the picnic
  - \* Art Class will be at the beach, at 10 am
  - \* Table Tennis will begin at 8:30 am instead of 9 am.
  - \* Yoga will be at the beach at new time of 10:30 am.

## 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!

## Exercise with us at PP!

Come for Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, Zumba, and Growing Stronger. \$7/class for members (\$12 for non-members) and you can try any class once for free!

## New Paid Class Rates

With the rising cost of everything these days, we've had to raise our paid class prices just slightly to \$7 for members and \$12 for non-members. As always, we offer scholarships if needed. Get your punch cards now!

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Mon	Tue	Wed	Thu	Fri	Sat
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
 <b>Center Closed</b>	9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Qigong 2:30pm Spanish Club 6:30pm Toastmasters	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 7:00pm English Country Dance	<b>8:30 Women's Breakfast</b> 9:00 Table Tennis 9:30 Art Class 11:00 Yoga 6:00pm Int./Adv. Belly Dancing	9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Loosen Up 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Bridge	9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis <b>11:30 LUNCH OUT</b> 12:30pm Medicare 101 1:00pm Qigong 2:30pm Ukulele Club 2:30pm German Club 4:30pm TCAC	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 6:00pm Belly Dancing	8:30 Table Tennis <b>Center Closes at 10 am</b> 10:00 Art Class at the Beach 10:30 Yoga at the Beach! <b>11:00 Thomas Point Beach Picnic</b> 6:00pm Int./Adv. Belly Dancing	9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Loosen Up 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Bridge 7:00pm History Book Club	9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga <b>11:00 Apple Picking at Rocky Ridge</b> 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	<b>8:30 Men's Breakfast</b> 9:00 Table Tennis 9:30 Art Class 11:00 Yoga <b>1:30pm FYI! "Tip of the Iceberg"</b> 6:00pm Int./Adv. Belly Dancing	9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Loosen Up 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:30 Monday Munchies <b>12:00pm 'Aging Well' Lunch/Learn: "Can we avoid dementia?"</b> 1:30pm Bridge 5:00pm Medicare 101 - Evening Session	9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Qigong 2:30pm French Club	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 6:00pm Belly Dancing 6:30pm Bruns. Coin/Stamp	9:00 Table Tennis 9:30 Art Class 11:00 Yoga 1:30pm "Bandstand" Dance Club 6:00pm Int./Adv. Belly Dancing	9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Loosen Up 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis
<b>30</b>	Scan QR code for People Plus online calendar 		<b>New paid class rates as of September 1, 2024.</b> \$7/class for members, \$12/class for non-members Try any class once for free!		<b>People Plus Hours:</b> Mon-Thu: 9 am - 4 pm Fri: 9 am - 1 pm <a href="http://peopleplusmaine.org">peopleplusmaine.org</a>

# History Book Club is back in September!

**Mon, Sept. 16, 7 pm.** Does our history matter, and why? If you enjoy reading or studying history, you may be asked this question. How do you answer? The more history you read and the more historical characters you get to know, the better you are prepared to answer. Why not join other like-minded history lovers, buffs and readers?

The History Book Club was created by members of The Joshua L. Chamberlain Civil War Round Table. Over the years we have expanded our reading selections to Revolutionary and World War I & II

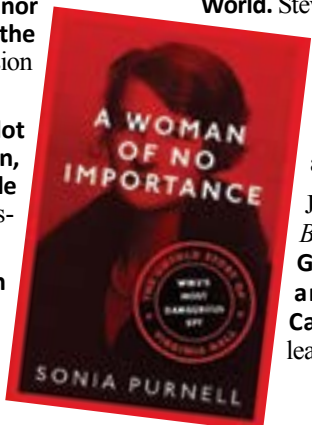
Sept 16: *Ronald C. White, On Great Fields: The Life and Unlikely Heroism of Joshua Lawrence Chamberlain.* Steve discussion lead and treats.

Oct 14: *Fergus Bordewich, Klan War: Ulysses S. Grant and the Battle to Save Reconstruction.* Noma discussion lead and treats.

Nov 11: *Shannon McKenna Schmidt, The First Lady of World War II: Eleanor Roosevelt's Daring Journey to the Frontlines and Back.* Joe discussion lead and treats.

Dec 16: *H.W. Brands, The Zealot and the Emancipator: John Brown, Abraham Lincoln, and the Struggle for American Freedom.* Pete discussion lead and treats.

Jan 13: *Sonia Purnell, A Woman of No Importance: The Untold Story of the American Spy Who Helped Win World War II.* Jim discussion lead and treats.



history as well as continuing our reading on the Civil War era.

Anyone and everyone is invited to join our discussions, debates (we sometimes disagree) and treats, cookies, brownies, etc. (We don't disagree about these.)

We generally meet the third Monday of each month at 7 pm at People Plus. See below for the books selected for this coming year and the exact schedule as we do vary to avoid three-day weekends and other conflicts. All are likely available in our local libraries and bookstores, Amazon books, or for your Kindle.

Feb 17: *William Garrett Piston & Richard W. Hatcher, Wilson's Creek: The Second Battle of the Civil War and the Men Who Fought It.* Mike discussion lead and treats.

Mar 17: *Craig L. Symonds, Nimitz at War: Command Leadership From Pearl Harbor to Toyoko Bay.* Joe discussion lead and treats.

Apr 14: *Maya Jaasanoff, Liberty's Exiles: American Loyalists in the Revolutionary World.* Steve discussion lead and treats.

May 12: *Julian Sher, The North Star: Canada and the Civil War Plots Against Lincoln.* Pete discussion lead and treats.

Jun 16: *Kent Masterson Brown, Retreat From Gettysburg: Lee, Logistics and the Pennsylvania Campaign.* Mike discussion lead and treats.

Calendar page sponsored by



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## Book an adventure with Collette! Trips are open to the public - bring a friend!

Hear about our upcoming trips at our next Trip Talk-Tuesday, Oct. 15, 1:30 pm.



### 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



### European Christmas Markets

December 13-21, 2025. Highlights include: Prague's Christmas Markets, Prague Castle, Choice on Tour: Vltava Boat Tour or Jewish Heritage Tour, Dresden's Christmas Markets, Český Krumlov, Vienna's Christmas Markets, Viennese Candy Workshop, Train Ride to Bratislava, Budapest's Christmas Markets, Matthias Church, Fisherman's Bastion. FMI <https://gateway.gocollette.com/link/1249049>

### 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



# On the trail of Bernard Langlais

Jane and I were mere pups and just married when we discovered Bernard “Blackie” Langlais’ workshops in Cushing, Maine. We’d just read a profile in the Maine Times, it was summer, it was before kids, and we wanted something to do – and yes, I wanted to bring Jane into my habit of “tramping ‘round Maine.”

I’m remembering Langlais was hand-chiseling a leg when we walked through his open barn door. He shut off an idling chainsaw when he looked past me and saw Jane. His broad smile below long, uncontrolled, blond locks of hair marked his face. I remember the handshake; his huge hand was rough, calloused. We had no idea that day we were chatting with one of the best sculptors Maine has ever produced.

Langlais was born in 1921 in Old

Town, the oldest of 10 children. He worked his way through art schools in Washington D.C. and Brooklyn, N.Y., and was a portrait artist for the Navy during WW II. After the war he studied at the Skowhegan School of Painting and Sculpture, and traveled to schools in Paris, France, and Oslo, Norway, on a Fulbright Scholarship. In Europe in 1955, he married Helen Friend, “a girl he’d met” from Skowhegan. The two moved to Cushing in 1966 to a small house overlooking the St. George River, and he began seriously producing his work of mostly abstract animal and human shapes and sizes. He died in 1977 at the age of 57.

Today, the Langlais Art Preserve, in Cushing, is the center of exhibited Langlais work. There are sheds filled with his hand tools and models, and outside, a quarter-mile trail to bring you up face-to-face with his work. Who can’t smile at the wood-sculpted image of Richard M. Nixon with red lips, arms reaching for the sky, his fingers claiming victory? There’s a story suggesting people came and threw rocks at the work when it was new. Langlais is reported to have said, “Good, let ‘em!”

There’s a striking, pink-painted sculpture of Christina Olson (of Andrew Wyeth fame), who was a neighbor and frequent visitor to the Langlais home. Langlais is supposed to have said, “I wanted people to see her face!” His title for this striking, larger-than-life piece is “Local Girl.” (The Olson farm of “Christina’s World” fame is less than 5 miles down the road and makes a great side trip. This summer, the place is closed to the public because of renovation projects.)

His “Five Bears” greet you at the



edge of the preserve parking lot, and you’re supposed to guess which bear is the grizzly. I picked out the polar bear real quick. There are two elephants, one that lets you walk right under its belly, a cow with a moving udder, and, of course, that colorful, 12-foot horse out by the road. All his pieces are of wood, many fashioned from reclaimed material. If you know where to look, and look carefully, you might find remains of several of his early works. There’s an easy mile-plus nature trail behind the preserve, and all is maintained by the Georges River Land Trust. (GRLT)

But you need not stop only in Cushing! The Colby College Museum of Art has collaborated with the GRLT to produce a map of Maine that spots more than 70 other public locations where you can find Langlais’ work. From Monhegan Island to the University of Maine at Presque Isle, Helen Friend Langlais and Colby College collaborated to be certain that Bernard Langlais work

## MAINE

### & me

by Frank Connors



will endure for many years to come. More than a dozen of his pieces, including the massive, 64-foot tall masterpiece, “Skowhegan Indian,” with “Football Scrimmage” and “Basketball Player” are readily seen in Skowhegan. Surely you’ve noticed his “Playing Bears,” as you’ve walked through the Portland Jetport. Bowdoin College has his massive “Lion,” and Bates College his “Two Giraffes.” Langlais’ hometown of Old Town has his “Two Sheep,” UM at Farmington has his “Up-side-down Dog,” and the Portland Museum of Art routinely displays his “Animal Farm,” and “Noon Exercise” horse.

So, let me suggest that the Cushing Preserve is “bait on a hook.” Get yourself over there on a pleasant afternoon, wander around his work, and I’m guessing you’ll appreciate the size, style, and humor of his work enough to want to see more! Right then, you’ll decide you want to hit the Langlais Art Trail, as it wanders around Maine.

**If you go:** It’s just over 50 miles from Brunswick to Cushing. Follow U.S. Route One to Thomaston, (just past the state prison store) turn right on Wadsworth St., continue on Brooklyn Heights/ River Road about 3 miles. You’ll notice the Langlais Art Preserve on your right at 576 River Road, Cushing. Site signage is good, but you’ll know it’s the place when you see the 12-foot wooden horse in the yard. Summer hours are routinely Tuesday-Sunday, 10 am to 4 pm. Admission is by donation, \$10 is suggested. It’s not a bad idea to confirm your visit by phone, (207) 594-5166. Volunteers staff the preserve. There’s some good bits of Langlais history to be found on [Langlaisartpreserve.org](http://Langlaisartpreserve.org), and [Langlais@grlt.org](mailto:Langlais@grlt.org).

#### FRANK’S FACT

Colby College in Waterville is preserving more than 3,000 of Langlais’ sculptures, drawings and studies. If you hit the Langlais Art Trail, you’ll see at least 150 pieces preserved in public places all over Maine.





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**WHAT WE DO**  
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MCH Auxiliary Membership  
121 Medical Center Drive, Box 3  
Brunswick, ME 04011



**Auxiliary**



FMI: 207-373-2122 or visit [midcoasthealth.com/auxiliary](http://midcoasthealth.com/auxiliary)



**CONGRATULATIONS TO CHRISSY SIX** on her **THREE** gold medals in the Senior Olympic Games last month! These wins give her a total of 12 gold medals so far and she's not slowing down!!

## It's just the way the ball bounces

Chrissy Six (above) is one of the avid ping pong/table tennis players here at People Plus. The group meets 4 times a week (Monday/Tuesday/Thursday/Saturday mornings at the Center), and she plays every one of those days. She says the activity satisfies her athletic drive and she enjoys the camaraderie. "You don't get bored, and it's a fast sport that is good for your brain," she adds. There is constant problem-solving as players figure out how to respond to each shot."

Six says the group has taken new people under their wing and watched them improve. She says the other players are wonderful and she's met new people at tournaments, including at the recent Maine Senior Games, where she placed #1 for the fourth year in a row and qualified to go to the national championship next year. She says the group from People Plus, captained by Steve Winter, often wins medals! By the way, ping pong and table tennis are the same thing. When it was invented at the end

of the nineteenth century, it was played with wine or champagne corks and called whiff-whaff after the sounds made when they were hit by a paddle, but later on people switched to using celluloid balls, and the name changed to reflect the new noise. No matter what it's called, it's fun. So come try it out! Everyone is welcome to play ping pong here at the Center for free; after the first time, it's free if you become a member.

### Weekly Winners

**CRIBBAGE**

**July 24** James Cherry= 712  
George Tetu= 702  
Judy Hardin= 699

**July 31** Janis Parent= 717  
Sherrill Morgan= 695  
George Hardin= 642

**Aug. 7** Sherill Morgan= 720  
Donna Dillman= 704  
Janis Parent= 700

**Aug. 14** Lois Fournier= 726  
Janis Parent= 719  
Paula Palaza= 711

**Aug. 21** George Hardin= 710  
Lois Fournier= 709  
Joe Tonely= 707

**DUPLICATE BRIDGE**

**July 29** 10 teams.  
1. Linda Earle & Duffy Tyler 70.1%  
2. Cathy Cooper & Rick Simonds 58.3%

**Aug. 5** 14 teams (a record)  
N/S  
1. Norm Curthoys & Richard Totten 55.6%  
2. Wayne Cole & Russell Turner 52.4%  
E/W  
1. Gail & Cy Kendrick 61.5%  
2. Linda Earle & Duffy Tyler 57.1%

**Aug. 12** 13 Teams  
N/S  
1. Gail & Cy Kendrick 61.4%  
2. Cathy Cooper & Rick Simonds 53.3%  
E/W  
1. Barbara & Don McHarg 58.9%  
2. Bobbi Robertson & Jim Brunett 54.4%

**Aug. 19** 11 teams.  
N/S  
1. Russell Turner & Wayne Cole 64.6%  
2. Martha Cushing & Jeff Lauder 51.4%  
E/W  
1. Judy Johanson & Don Caton 59.2%  
1. Cotheal Linnell & Keith Rattue 59.2%

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# A sweet celebration for our volunteers!



**A SWEET CELEBRATION OF OUR VOLUNTEERS!** Members of the People Plus Board of Trustees donned aprons and served ice cream and sundae toppings to over 70 members at the annual People Plus ice cream social last month. At the event, People Plus honored volunteer contributions for the past year (over 400 volunteers donated over 4,300 volunteer hours to the Center!) Special recognition went to Teen Center Volunteer of the Year Rebecca Dorr and Board of Trustees Volunteer of the Year Terri Burgess, while the People Plus Volunteer of the Year was awarded to the entire culinary team that prepares monthly lunches, Men’s Breakfast and Monday Munchies. Thanks to all the People Plus and Brunswick Area Teen Center volunteers!!

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**IT HAS BEEN A WHILE SINCE OUR LAST VISIT WITH THE MONDAY FIBER ARTS GALs**, and it turns out this was a light day! There were two or three regulars missing from this photo and they said last week they had over 15! If you are someone that does quilting or sewing or crochet or knitting or felting, this really is the group for you! These lovely ladies meet every Monday 10 to noon and usually stay after for free soup at Monday Munchies! They've also donated items to our Music in April auction bringing in thousands for the Center.

**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  
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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  
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- Carpe Diem Tech Support**, John Fischer Help with PC & Mac. \$30/hour (40% off regular rate)  
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 Birthdate \_\_\_\_\_  Female  Male Email \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ (name) \_\_\_\_\_ (phone) \_\_\_\_\_ (relationship)

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<input type="checkbox"/> Couple ( ___ New ___ Renew): \$85	
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**Scents**

There once lived two farmers, one on the left side of Pittsburg Road and the other on the right side of the road. There were many farmers in the county, but mostly they were cattle farmers. The two farmers were good neighbors to one another, and their wives were friends.

The cattle herdsman farm was on the left side with a house, barn, and a circle driveway. He had 56 acres and had about 45 milking cows. He also had chickens and a German Shepherd dog.

The other farmer's place was on the right side of the road. His farm was a little different, but he was a good farmer. When he plowed his fields, he would plow up to Pittsburg's gravel road, didn't miss an inch of his own property, and probably used some of the county land. There was something else different about this farmer, and that is he raised pigs. Everyone enjoys a nice ham at Christmas or holidays and bacon slices with their eggs in the morning. But those pigs were a problem.

Every spring and fall there were big issues with the pig farmer. The scent from the manure piles that were spread on the field to enrich the soil for better crops was a good thing, but the stench that was spread over the field was unbearable. It was the talk of the neighboring farmers. The wives were complaining that they had to leave their windows closed because of the stench. Their windows were closed until a good strong breeze would come and relieve everyone of their scent problems.

Cattle have a scent.  
The pigs have a BIG stinky scent.  
This is good horse sense.  
– by *Nonie Moody*

**I'm not old**

I'm not old  
I'm just evolving  
Maybe my hearing isn't as good, but I know exactly what you're saying  
Note my eyes don't see as well as they did, but I can see what the problem is  
My mind might not be as sharp as it was, but I definitely know what's happening  
I may not walk as fast and good as I did, but I always get to wherever I'm going  
With all the technology I have time to sit and just be me no matter what that be  
But I'm not old  
I'm just evolving  
– by *Kathy Gaunt*

**Poems & Prose**

**The Nest**

They build a nest, same spot as last year.  
It seems in my azalea they have no fear.  
The mother cardinal then sits on her clutch  
In the heat and the rain; she doesn't move much.  
The chicks seem to take a long time to appear  
"They've died from the very high heat" was my fear.  
Mama, meanwhile, is panting for breath,  
And in addition I was afraid of her death.  
Then, one morning when I went out on my deck,  
I heard cheeping, saw two little heads with their necks.  
Mouths open, they awaited some tasty treats,  
While mother was gone, perhaps finding some eats.  
Both mother and father took turns with the feeding  
As a steady diet of food they were needing.  
A few days later, as I watched from my chair  
I noticed that none of the wee family was there.  
How quickly they fledged, was my immediate thought;  
How quickly they had to be nourished and taught  
To fly and survive in this perilous space  
As they in nature seek to find their own place.  
– by *Sally Hartikka*

**Now I Know**

Now I know the sweetest bird song  
It catches my ear like a worm in a robin's beak  
Destined for her new born  
Now I know the presence of others offers a choice  
Accept and embrace or reject and erase  
Now I know what is next is now  
What is now is forever  
Now I know  
– by *Robert Mulligan*

**Pony Express to United States Postal Service**

For 250 years, the USPS has been faithfully delivering mail with relatively few major disruptions! Postage stamp increases, technology, vehicles replacing local walking mailmen, community mailboxes and many offices have provided convenient service. AARP reports six things that will be different this year:

1. Stamps increased July 15 to \$.73 for first class mail.
  2. ID is required for all forwarded mail.
  3. A series of new celebratory stamps will honor folks who have gone above and beyond in their lives – Alex Trebek, John Wooden, and Ansel Adams. A 'Thank You Health Care Community' stamp will launch to pay tribute to all dedicated to protecting health, safety, and well being. Another stamp will honor Dungeons & Dragons as it marks its 50th anniversary being one of America's most famous role-playing board games. Still another stamp called 'Carnival Nights' honors the American experience of hot dogs, cotton candy, roller coaster rides, music, and lights all summer at nationwide carnivals.
  4. Mail volume will decline and losses will grow. Total mail and package volume is projected to be 1072.2 billion pieces – down 7.7% over the year. The USPS foresees an increase in package delivery, as a result of launching "Ground Advantage" last summer, making it cheaper to ship packages in 2-5 business days in the U.S.
  5. USPS is consolidating its 19,000 delivery centers and so far six facilities are operational with 100 others being evaluated. No post offices will be closed.
  6. Dog bites were up last year. More than 5,800 USPS employees endured dog attacks – Los Angeles had the most, followed by Houston, Chicago, St Louis, and Cleveland. USPS encourages homeowners to keep dogs away from doors, on a leash, or behind a fence when a letter carrier arrives.
- AARP explains eight more things we should know – maybe another story. I am old-fashioned and a friend's written note or card delivered in my mailbox makes my heart sing.  
– by *Betty Bavor*

**Another reunion story**

A few years ago we had a reunion with many family members of both John and my families. It was quite a large affair in a large park. At one point my brother-in-law declared to his wife that he was going to the restroom. There were several porta-potties lined up a little ways off. He was gone quite a while. My sister began to wonder what had happened to him. He finally came back and she questioned him why it took him so long. He said there were long lines at the restrooms. She asked why didn't he find a nearby tree to hide behind. He said there was a line at the tree!  
– by *Sue Linkel*

**Traveling from Brunswick to Chicago by Surface Transportation**

My recent trip to Chicago to visit my family was a wonderful experience that I will write about in the next few months. Today my topic is how I traveled. At the end of the day, I am most pleased that I succeeded. I am a longtime train enthusiast. So let me take you along for the ride.

I left Brunswick Station on July 16 on the Downeaster. Enjoyed a cup of coffee on the way and arrived at Portland Transportation Center in ample time to take the 8:30 Concord Trailways bus to South Station. I could have stayed on the Downeaster and gone to North Station, but then I would have had to deal with traffic between the two stations. Concord Trailways has modern, very clean buses. With my heavy suitcase securely under the bus, I enjoyed the ride to Boston. I knew that when I arrived at South Station, I would face some challenges because of the ongoing major renovation.

Leaving the bus with my luggage I faced my first obstacle, escalators. I needed to find the elevator to manage my luggage. I found it and got directions to the Amtrak part of the station. The elevators at South Station are huge with window street views. Riding the elevator solo was slightly intimidating. Exiting the elevator did not help me find Amtrak. So I sought directions again and found my way back to the familiar South Station I know so well. The food court was still there. I was hungry, but first I made my way to the Amtrak

Lounge, always so welcoming and comfortable. I processed my tickets and requested help with my luggage. To my delight, I easily connected with the Red Cap service. I had time for a refreshing snack before a leisurely boarding process. The train left South Station on time for Chicago. It was shortly after noon. Soon I was enjoying the western Massachusetts scenery. I stopped by the cafe car for a tasty sandwich.

I always enjoy meeting people on the train. This train was not very crowded. I had an interesting travel companion across the aisle. He too was a train enthusiast. He had 90,000 guest reward points from Amtrak. He was traveling to Chicago to meet friends and then was off on a spectacular trip to and from California. His Amtrak Reward points fully covered the trip. I had done the same trip when I was in my 20s so it was a great opportunity to share rail experiences. He was going from Chicago to Los Angeles first, then along the California coast and from San Francisco back to Chicago via the Sierra Nevada mountains and the Rockies. I had done the same trip back in the early 1970s. I assured him he was in for a spectacular ride.

Our train ride was uneventful, so far. The Lake Shore Limited train is two trains that merge together in Albany, New York. One train comes from Boston and one from New York City. Not far from Albany a severe thunderstorm occurred in the

area with hail and strong winds. As a result, several trees fell on the train. We stopped. We knew that if trees fell on the train they also fell on the tracks. And we also knew that the New York part of the train was behind us. I texted my family so they would know that my arrival would be delayed. It was now late evening. Eventually our train was cleared to continue after tree removal and safety inspection. I asked the conductor if the Cafe Car could reopen and it did. We arrived in Albany and waited for the New York train. When we finally continued on our journey, we were four hours late. We were not able to make up the time. My family adjusted their plans for the first day of our visit.

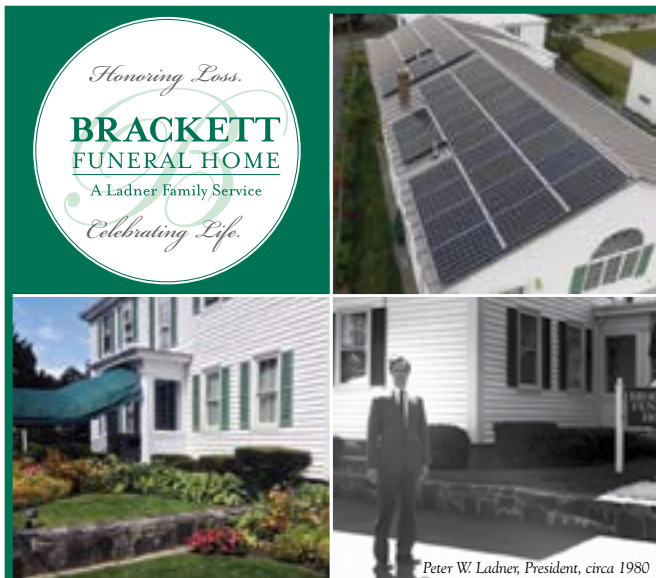
Because of the delay, we were able to enjoy more views of Lake Erie and Lake Michigan. We arrived at Chicago's Union Station at 2:30 p.m. Central Time on July 17. I discovered there was more construction in Chicago's Union Station. Pulling into the rail yard in Chicago I was stunned by the massive volume of shipping containers and how many were labeled Amazon. The last time I had been to Chicago by rail was prior to the pandemic. That change in the volume of rail shipping was stunning.

In what seemed like just moments, I found my sister and her husband for a wonderful reunion.  
– *Alene Staley*

**People Plus**  
THE CENTER THAT BUILDS COMMUNITY SINCE 1979  
**WRITE ON WRITERS**

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

For more submissions from our writers' group, go to [www.people-plusmaine.org/write-writers-0](http://www.people-plusmaine.org/write-writers-0)



**BRACKETT FUNERAL HOME**

29 Federal Street, Brunswick, ME  
(207) 725-5511 [www.BrackettFH.com](http://www.BrackettFH.com)

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



ONE OF THE BEST PARTS ABOUT THIS SUMMER was the better weather and the opportunity for Jonathan and Stacy to fire up the pizza oven and practice for their Music in April donor dinner event! And we suspect that their friends enjoyed being this year's guinea pigs! Made-to-order pizzas fresh out of Jonathan's homemade oven, along with fantastic charcuterie, desserts made from peaches off trees in their orchard and strolls around the farm sipping Prosecco and bubbly water made for some lovely evenings already this year.

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

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

**FICTION**

**The Glass Lake** by Maeve Binchy. Set in Ireland and London. A woman disappears. Her daughter is haunted by a memory of her mother crying. When she finds a letter her mother left, but burns it without reading it, things change forever. A story of love, deception, and finding strength.

**Crossroads** by Jonathan Franzen. Tale of a Midwestern family at a pivotal moment of moral crisis.

**Good Eggs** by Rebecca Hardiman. A hilarious family drama. Just when you think things can't get any worse in the life of Kevin Gogarty, they do.

**Next Time Forever** by Sherryl Woods. A woman who lives in Atlanta meets a man from New York City. A feel-good love story involving personal differences and different cities.

**Secret Christmas Twins** by Lee Tobin McClain. A young woman with an alcoholic mother raises herself. She befriends a user who has twins. The mother of the twins asks the woman to take them to her grandparents' home.

**The Tin Can Tree** by Anne Tyler. This early Tyler novel revolves around a small cast of characters over three days, as they react to a sudden upheaval in their lives. The main characters live in a three-family row house

in a tiny North Carolina town.

**The Story of Arthur Truluv** by Elizabeth Berg. This book centers on three people contending with loss. It is about compassion and the possibility of achieving happiness at any age.

**NONFICTION**

**The Age of Grievance** by Frank Bruni. New political book detailing how grievances on all sides are amplified by politicians and social media for electoral and financial gain, likely hurting American democracy.

**The Rebel Yell and the Yankee Hurrah**, edited by Ruth Silliker. Civil War journal written by Maine volunteer John W. Haley.

**Groucho and Me** by Groucho Marx. Hilarious stories told by Groucho about his career in Vaudeville, Hollywood, radio, and TV.

**I Shouldn't Even Be Doing This** by Bob Newhart. Contains reminiscences with Bob's

unique perspective on "things that strike me as funny."

**Northeast** by Cathie Pelletier. Describes the great blizzard of 1952 in Maine and follows its impact on the lives of people in coastal Maine and Bath.

**MYSTERY**

**The Mayors of New York** by S. J. Rozan. One of the series featuring private investigators Bill Smith and Lydia Chin. Who really runs the city? Maybe not the politicians.

**SCIENCE FICTION/MYSTERY/HUMOR**

**To Say Nothing of the Dog** by Connie Willis. Extremely funny book about Victorian England, as time travelers attempt to find a hideous Victorian vase to right a disturbance in the time continuum caused when one of the travelers brought a cat back to the present.

*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](http://www.funeralalternatives.net)

## Come support the teens!

Concerts for a Cause stages Pousette-Dart Duo for fall benefit concert

Jon Pousette-Dart, best known as leader of the classic 70s folk rock group, the Pousette-Dart Band, will be performing with bandmate Jim Chapdelaine at the Unitarian Universalist Church of Brunswick on Friday, September 20th at 7:30 pm as part of the UUCB Concerts for a Cause. All proceeds from the concert will be donated to Brunswick Area Teen Center and Maine Family Planning.

The Pousette-Dart Band, a mainstay of album radio and college circuit favorite, became one of the country's busiest touring groups, working with such acts as The Byrds, Bonnie Raitt, Little Feat, The Eagles, James Taylor, The J. Geils Band, and many more. They released four albums of harmony-filled, country-tinged folk-rock.

Although the band formally broke up in 1981, Jon Pousette-Dart continued writing, producing and recording on his own. He is back on the road with his longtime fellow bandmate on guitar/vocals. The Jon Pousette-Dart Duo has become one of the top country and folk groups on the 2024 music scene. These long-touring musicians will perform the music known by heart by a whole generation.

Tickets: \$25 in advance, \$30 at the door, \$10 Students/Children. Available at the church office, Gulf of Maine Books, or online at <https://ticketstripe.com/pousette>.

# Saying goodbye to Union Street More space, more staff, WAY more teens!



**THIS MOVE WOULD NOT HAVE HAPPENED** without all the hard work from Taylor Carter and Eli Diaz! They really went above and beyond to get items cleared out, organized, packed, moved, unpacked, and put away. We can't wait to see the new space!

**AND THANKS TO THE GENTLEMEN BELOW** for helping to renovate the new digs over at Coffin School! From the left we have Matt Bubar, Matthew Freeman, Desmond Babbidge, Frank Hampton, Taylor Carter, and Chad Logan. Thanks, guys! We couldn't have done it without you!



## Brunswick Teen Center News



Taylor Carter

The summer is over and our teens are back to the daily grind of school. We're hoping we were able to give all of them a memorable summer full of beaches, parks, boba, golfing, and fun! (photos below) We've got some major changes headed their way this fall and we hope they're ready. We've spent the last few weeks gathering their opinions and recommendations for our new location, and despite the constant reminders about our move, we expect our teens to still be pretty shocked that the move is real! It will take some getting used to, but we're positive they'll love our new place.

The new location at Coffin School is leaps and bounds more convenient for our kids and we're incredibly excited to have so much outdoor space to take advantage of. We've redone the floors, repainted the walls, and "de-schooled" the school as much as we could. A lot about the center will be pretty much the same thing they know and love, but we'll be bringing in some new staff and we'll have a whole yard to take advantage of now!

Even as I'm writing this, we still have heaps of stuff to pack and move and organize in our new space. We're also hoping to bring in a few of our older teens next week while we're closed to help us with the feng shui of the new space. I predict that the next year will have tons of opportunities for our teens to add their own artistic touches as we grow into our new digs.

*Until next month,  
Taylor and the Teens*

## TEEN CENTER HELP WANTED!

We are seeking a full or part-time person to serve youth at the Teen Center in Brunswick, M-F with the possibility of health benefits. Please email [Teens@peopleplusmaine.org](mailto:Teens@peopleplusmaine.org) if interested. **Come join the fun!!**



### Teen Center relocates - continued from page 1

nearby trails, adventures, excursions with guides and more – now possible with the outdoor access and resources.

Indoors, the teens will enjoy a bright, newly painted space with an orange and teal theme, (colors chosen by the kids!). An upgraded kitchen area with cabinets donated by Hancock Lumber will be used to make and serve hundreds of meals and snacks every week. Bean bag chairs, couches, art supplies, game consoles, and a pool table from the old space have been moved over in shifts. "We wanted to renovate with an eye toward brightening the space into a welcoming and uplifting Center that doesn't look like the schoolroom it once was," says Carter. "The kids want to feel like they aren't in school anymore and the new décor, games, and outdoor access should do the trick!"

After countless trips to Home Depot, numerous phone calls to contractors, painters, and flooring installers, the newly renovated space will become a recreational and safe space for youth in grades 6-12 to relax, eat, and socialize after school. For anyone needing a ride home on days when there is no late bus, the Teen Center van will shuttle students

Throughout the process, local builder Fraser Ruwet, longtime Teen Center Advisory Committee member and father of former Teen Center members, oversaw the renovation and even donated a countertop for the kitchen area.

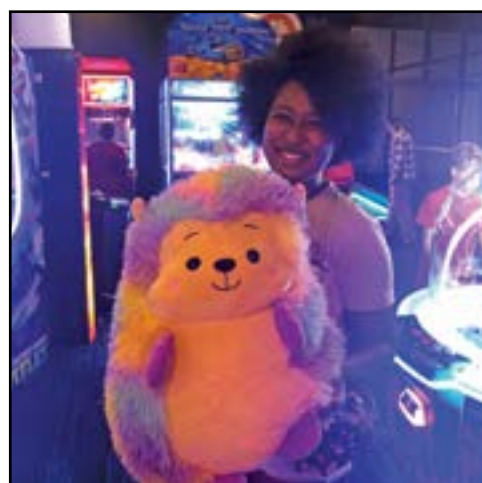
Diaz hopes the teens will find their new digs to be a place where they can make their mark – literally as well as figuratively. Both she and Carter expect the walls will be decorated with the teens' artwork, photos and media creations.

The new space will also be used during the daytime by Brunswick High School's Off Campus Learning Center, so highschoolers might be able to stay after and use the Teen Center as well. "Sharing the space will hopefully be a win/win for the students in grades six through 12 in Brunswick, as well as the parents juggling work schedules and

evening pickups for sports or clubs. A lot more kids can now go to the Teen Center," said Troy Henninger, Principal, Brunswick High School.

What does all this mean for People Plus? It means more room at the Center on Union Street – the whole second floor in fact for the older adults to use in the afternoons. The move also means that additional staff will need to be hired and since we all know teens get hungry – the higher volume of teens expected in the new space creates a greater need for volunteers to provide food. Diaz says, "We're planning to create a "cooking corps" of volunteers with People Plus members and others in our community. And we're thinking of using the mealtrain.com (<http://mealtrain.com/>) online site so restaurants, organizations, or individuals can sign up to donate food."

As the Teen Center enters a whole new era and the energy and excitement continues to build, more and more teens will have a place to safely relax, belong, and be enriched. And it will all be just a quick walk across the pavement! At People Plus, we're delighted for the promise and potential of this new era. And, as always, we're thankful for all our community partners who helped to make this possible.





# Don't miss the 2024 Senior Health Expo!



Thursday, Oct. 10, 9-1 pm  
Brunswick Recreation Ctr.

Mark your calendars for one of our top events, as the 13th annual People Plus Senior Health Expo, in partnership with Spectrum Generations, returns on Thursday, Oct 10, from 9 am to 1 pm. Admission is free at the Brunswick Recreation Center venue, and the first 500 people at the event will get a free swag bag. If last year was any indication, the place will be hopping with activities, information and entertainment – and goodies for the swag bag!

Last year's Expo had 950 participants and 100 businesses, programs, and services represented! The Expo gives attendees the chance to learn what products and services are available in the Midcoast region to live longer, healthier, happier lives – including medical services, fitness and health, technology, legal, community services, housing/respite care, finance, and more.

Maine has the highest percentage of older adults in the country; and the Midcoast senior population is growing fast. The Expo brings together a host of resources for this increasingly important segment

of our community. "By the year 2025, one-quarter of Maine's population will be over age 65," said People Plus Executive Director Stacy Frizzle-Edgerton. "Our job is to connect all those residents with the area service providers and the Expo is the perfect place to do it."

A few of the free activities throughout the event include a Technology Help Desk, Nor'easters Barbershop Chorus, Mid Coast Hunger Prevention Program Sharing Table, Curtis Memorial Library Repair Café, raffle tickets for the Amtrak Downeaster, book signings and author chats courtesy of the People Plus Write On Writers group, and Free Wicked Joe Coffee and treats.

The Brunswick Recreation Center is located at 220 Neptune Drive on Brunswick Landing (the former Brunswick Naval Air Station). The venue has ample parking, along with bathrooms. Admission is free and open to the public. In addition to providing a link between consumers and providers, this gathering also encourages networking within the community, thereby strengthening the value of products and services. For more information visit [www.peopleplusmaine.org](http://www.peopleplusmaine.org) or call 729-0757.

This essential community event would not be possible without the support of

our wonderful **Partners:** Bill Dodge Auto Group, Bowdoin College, Gateway Retirement Solutions, Islebrook Village at Wiscasset, Live + Work in Maine, Mid Coast-Parkview Health, Priority Real Estate Group, Riley Insurance Agency, Rusty Lantern Market, Aetna Medicare, Coastal Landing Retirement Community, Highland Green, Maine State Music Theatre, Spectrum Generations, The Times Record, and The Vicarage By the Sea, Inc, along with **Event Sponsors:** Avita of Brunswick & Sunnybrook, Beltone Hearing Aid Centers, Brackett Funeral Home, Brunswick & Topsham Housing Authorities, DLTC Healthcare & Bella Point, Live Better Health Services, LLC, Maine Community Bank, Martin's Point Health Care, Mid Coast Hunger Prevention Program, The Highlands, The McLellan, and **Refreshment Sponsors:** Bath Savings Institution, Central Maine Power, Day by Day, LLC, Maine Pines Racquet & Fitness, Maynard Law, Medicare Mermaid, Norway Savings Bank, and Reform Physical Therapy. (List is current as of print date.)

Exhibitors as of print date: 211 Maine, Aetna Medicare, Area First Responders, Avita of Brunswick/Sunnybrook, Bath Area Senior Citizens Activity Center, Bath-Brunswick Respite Care, Bath Savings, Beltone Hearing Aid Centers, Bowdoin College, Brackett Funeral Home, Brunswick Parks & Recreation Department, Brunswick Sustainability Committee, Carpe Diem Tech Support, Catholic Charities SEARCH Greater Bath Program, Central Maine Power, Citizens' Climate Education, Coastal Landing Retirement Community, Coastal Maine Regional Broadband (CMRB), Comfortably Home, Day By Day, LLC, DLTC Healthcare & Bella Point, FA-EAI Maine Chapter of Food Addicts in Recovery Anonymous, FCP Live-In, Gateway Retirement Solutions, Good Morning Program, Habitat for Humanity 7 Rivers Maine, Harpswell Aging at Home, Islebrook Village at Wiscasset, Lamdin Group, LLC, Landing YMCA/Bath Area Family YMCA, Live Better Health Services, LLC, Maine Community Bank, Maine Death with Dignity, Maine Pines Raquet & Fitness, Maine State Music Theatre, Martin's Point Health Care, Maynard Law, MCHPP - Sharing Table, Medicare Mermaid, Merrymeeting Bay Triad, Mid Coast Hunger Prevention Program, Mid Coast-Parkview Health, Mid-Coast Veterans Council, Midcoast Athletic & Recreation Complex (MARC), Midcoast Senior College, Norway Savings Bank, People Plus, Project Lifesaver Program, Reform Physical Therapy, Renewal by Andersen, Repair Café, Riley Insurance, Spectrum Generations - Aging and Disability Resource Center, Spectrum Generations - Meals on Wheels, The Gathering Place, The Highlands, The McLellan, The Times Record, The Vicarage By the Sea, Inc., United Way of Mid Coast Maine, US Attorney's Office, District of Maine, Volunteer Transportation Network (VTN), WCME Live Remote Broadcast, Western Maine Transportation Services, and Write On Writers



## 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](http://AvitaofBrunswick.com)





Co-located at People Plus  
35 Union Street, Suite 1  
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

## September 2024

All Spectrum Generations Locations will be closed Monday, September 2, in observance of Labor Day.

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



Join us for a one-of-a-kind, fine dining experience to benefit Spectrum Generations' programs & services 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!



To purchase tickets or learn more about sponsorship opportunities, scan QR code or visit [www.spectrumgenerations.org/celebrity-chef-challenge](http://www.spectrumgenerations.org/celebrity-chef-challenge).



Join us for a free  
**MEDICARE 101**  
workshop  
**Monday, September 23 | 5 - 7 p.m.**  
(at one of two locations)

**PEOPLE PLUS**  
35 Union St., Brunswick

or

**MIDCOAST SCHOOL OF TECHNOLOGY**  
1 Main St., Rockland

Our Medicare 101 sessions provide an overview of who qualifies, the different parts of Medicare, what is covered, and when to enroll. Attending a Medicare 101 informational session with Spectrum Generations empowers you when making decisions regarding your plans. You receive unbiased information to make an educated decision on what plan is best for you.

Registration is required. Please call (800) 639-1553 to sign up today.

### Cranberry Oatmeal Bites

From Spectrum Generations' Lexie Jungbluth, a Registered Dietitian nutritionist.



Snacks can be part of a healthy diet and a fantastic way to support a healthy dietary pattern.

#### INGREDIENTS

🍴 36 Bites ⌚ 20 Minutes

- 1 cup rolled oats
- 3/4 cup dried, pitted dates
- 1/2 cup sunflower seed butter
- 2 Tbsp honey
- 2 tsp vanilla extract

#### DIRECTIONS

1. Wash hands with soap and water.
2. Combine oats, dates, sunflower seed butter, honey, vanilla and salt in a food processor. Pulse until mixture is well combined.
3. Add dried cranberries and 1/5 Tbsp flax seed, pulse until mixed.
4. Once all ingredients are mixed, scoop out into approximately Tbsp-sized bites, roll in the palm of your hands and then roll in remaining flaxseed.
5. Refrigerate the Cranberry Oatmeal Bites for up to two weeks or freeze for up to two months

#### VARIATIONS

- Substitute peanut butter or other nut butter for sunflower butter.
- Use raisins, dried apples, dried apricots, dried currants, or dried cherries instead of dried cranberries.
- Replace 1/4 cup of rolled oats with 1/4 cup of protein powder.



Volunteers are needed to help with event set-up, concessions, ticket sales, greeters, kids' craft table, and other fun activities.

If you are interested in volunteering, visit <https://signup.com/go/NXKDPer>.

Stay tuned for more info and follow the Midcoast Tree Festival Facebook page.

*Save the Date*  
**Midcoast Tree Festival**  
**Nov. 22-24 & Nov. 29 – Dec. 1**  
**in Brunswick!**

# Love notes to the four-footed among us

I saw a bumpersticker recently that said, “Plants are people, too.” I smiled. I love plants, and truth be told, I’ve been known to greet my garden plants out loud. They bring me joy, and who can deny the majesty of a flower even without knowing a stamen from a pistil?

Lately, however, I’ve become smitten with dogs after a lifetime of being officially neutral. I stare at them, talk to their owners, try to memorize the breeds, and contemplate getting one.

I don’t know why that’s happened. Maybe as I age, I’ve become more interested in nonverbal ‘talk’ and companionship, or have more room for the experience of others, including other species.

It’s not that I dislike cats. Cue the cute cat videos! I’ve owned several cats going back decades. Recently, my neighbor’s black cat, Rex, charmed me almost daily when he would saunter down the walkway and flip over so I could rub his belly. Sometimes he’d come back for a second round. He became a sort of friend in the way that a friend can lift your spirits when you see them. I always felt like it was a win-win

when he’d stop by, though he’d ditch me the second he saw a chipmunk. Rex moved to Florida two months ago, and I really miss him.

In any case, I’ve discovered that animals are more than just other species; they know things and feel things. You can communicate with them, and they can communicate with you – a give and take just as in any relationship. Yet without all the pressure of having to say something clever!

I’ve known several dogs up close. There was Pooh the Husky, who was afraid of hot air registers. And Jake, the white German Shepherd, who I believe was half person. I once was riding in a car with his owner and when we got within 15 miles of their longtime summer camp, Jake stuck his head between the seats, inches from my head, and began to ‘sing’ loudly. Recently I was sitting in my living room reading when my neighbor’s goldendoodle, Sanook, entered through my magnetic screen door to ‘ask’ about treats. It was so cute, I didn’t care that she didn’t knock. Annie, another friend’s dog, is afraid of people but once she gets to know you,

will do circle ‘zoomies’ around the yard because she’s happy to see you.

And dear Clementine, my nephew’s Rottweiler, somehow knew I needed lots of licks and love during the time my sister was dying. When I would come back to my nephew’s house after a day at the hospital, she would sense my stress, nudge up against me, and the lick fest would begin.

It’s not just cats and dogs that I’ve grown to appreciate. I was camping with a friend at Moosehead Lake recently and a loon call echoed across the water, but it was one we’d never heard before. We locked eyes, wondering what that sound meant, but agreed it was a sound of alarm. It turns out the loon was stressed by the engine roar of the nearby seaplanes taking off for tours of the lake. Knowing loons react emotionally to loud noise in their surroundings, just like I do, impressed me. Good thing there aren’t leaf blowers on our lakes.

I can’t end without mentioning Jessi, a nursing home cat in Waterville that would keep a bedside vigil when a patient was dying, stretching out next to the person or keeping watch at the foot of the bed.

## Thinking out loud

Charmaine Daniels



Somehow, Jessi would sense this important event, and his presence gave comfort to the family.

Stories like that mean that, though I started out from a more detached point of view, I now welcome animals to my life in a new way. I see that even when the world feels off or downright troubling, they can help to set us right. They can help to make a family a family or a home feel like home. And they remind us, as the bumpersticker says, to “Wag more and bark less.”



## Lunch Out!

Sept. 10th at 11:30 am.

SIAM THAI KITCHEN  
AUTHENTIC THAI CUISINE

235 Lewiston Road, Topsham

## New and renewing members for August

Memberships received as of August 20.

\* indicates new membership  
• indicates donation made with membership

### Lifetime Members:

Michelle Borodinsky-Brunswick  
Lisa Copland- Topsham  
Tom Mahoney- Harpswell  
Nancy Weingarten- Topsham

### Bath:

Marylyn Tomajan

Barbara West

### Bowdoin:

Cindy McLaughlin

### Brunswick:

Judith Anaman\*  
Nina Andersen\*  
Bonnie Anderson\*  
Suzanne Austin\*  
Lillian Bates  
Claude Bonang  
Laura Broussard  
Elizabeth Bullock  
Stephen Campbell\*  
Valerie Campbell\*  
Donna May Chale  
Anita Clark\*  
Bonnie Connolly\*

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Lois Faria\*  
Raymond Faria\*  
Lynn Frank  
Edie Francisco  
Irene Gamache\*  
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Thomas Korzen  
Kenneth Lewallen  
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Rick Simonds  
Michael Strange  
Nancy Curtis Strange  
Denise Swyers  
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Pauline Thorpe  
Robert Vail  
Sue West

### Charlotte:

Ann Carter

### Durham:

Gary Lemos\*

### Lisbon:

Alene Staley

### Phippsburg:

Harald Zinke

### Topsham:

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Susan Thompson-Cloutier\*  
Kathy Pierce\*  
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MaineHealth

# New gallery show filled with works from our very own artists

When you walk into Ed Higgins' art class just before it begins, there's a happy hum, a good vibe in the air. A couple of the artists, including Susan Morris of Topsham, wear shirts that say, "Ed's Groupies." On the back it says, "Beautiful Marks Make Beautiful Art." She is one of many class members who will show their work at the Café Gallery show during September and October.

The works will showcase what they've been working on over the summer and include acrylic paintings, pen-and-ink drawings, and pastels. While many of the group do not have an art background, others do and several have taken the class for more than 20 years, going back to

before Ed even taught there.

According to Ed, his students' work has become freer as their confidence builds. Less fussy about detailed representations, they are now "more concerned with being expressive," he notes.

Students say they are having fun as they draw or paint, yet Ed says the pieces in the show represent hard work. "This is really artists working side by side. I give hints as they go along."

Beth Aldenberg of Brunswick has been with the group for many years. She says there's a nice feeling among the 15-20 students. "It's been wonderful and I've learned a lot," she notes. Ed adds that he has consistently tried to help her build

confidence in her work and it's really beginning to pay rewards as she feels looser in her approach.

For Jan Bloom of Topsham, who exhibited work at a Chocolate Church show in Bath over the summer, the class is both interesting and fun. After having some training in art, she then went on to a full-time job before coming back to it after she retired. "Ed is a gifted teacher and can meet students where they are," she states.

Come join us and enjoy the gallery show. You'll see just how distinct each piece is, but how all together, the power and beauty of art comes through as each person expresses their unique vision.



Photos – Right: Shirley Savage, Flow Series #1, acrylic

Left: Régine Whittlesey Bayeux, Broderie France, acrylic



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