

# 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 October 2024 • Volume 24, No. 10

## Hello from the annual member picnic!



**OVER 190 PEOPLE PLUS MEMBERS** enjoyed pulled BBQ chicken and pork sandwiches, German red cabbage salad, slow-baked beans, watermelon, green salad, and tons of cookies, all made by a wonderful crew of volunteers at the annual People Plus member picnic at Thomas Point Beach last month. Guests enjoyed games, socializing, and wonderful music by *Off Their Rockers*. A perfect mid-September day with sunny blue skies helped to make the day a real gem! Check out more photos on page 3.



— Mark your calendars for October 10th —

## Expo! Extra! Read all about it!

Vaccines, tech help, raffles, massages, you name it: Come on over and get your swag on.

The 13th annual People Plus Senior Health Expo, in partnership with Spectrum Generations, is both free and the place to be on Thursday, Oct. 10. The event at the Brunswick Recreation Center runs from 9 am to 1 pm, so plan on finding out what resources in the Midcoast region will help you live longer, healthier, and happier lives.

Last year's Expo had a record 950 participants, and this year will feature 100 businesses, programs and services! The event is open to the public, and the first 500 people get a free swag bag.

Attendees will learn about products and services in medical services, fitness and health, technology, legal, community services, housing/respite care, finance, and more. "Our

hope is to connect local residents with area providers and the Expo is the perfect place to do it! With the swag bags and vendor tables, it's a bit like Halloween for seniors!" says People Plus Executive Director Stacy Frizzle-Edgerton. Maine has the highest percentage of older adults per capita in the country and coastal Maine's older adult population is growing every day! We are here to provide resources, community connections, and health and wellness programs for all of these folks!

Free activities include a flu shot (high dose and regular) and Covid shot clinic courtesy of Northern Light Home Care and Hospice and Martin's Point Health Care, Technology Help Desk,



*continued on page 9*

## Balance and Falls Clinic with Reform Physical Therapy

**Thu, Oct. 24, 1:30 pm.** Dr. Christina Levesque, PT, DPT, is back for her famous Balance and Falls Clinic at the Center. She will teach us what balance means, how to prevent a



fall, and how to properly handle a fall if one occurs – very important information, especially during the winter months! Free, open to the public. Call 729-0757 to register.

## People Plus Open House! Thursday, October 31st!

**Thu, Oct. 31, 1 - 3 pm.** Don't forget to stop by the Center on Halloween for the annual People Plus Open House! Enjoy treats (no tricks, we promise!) as you tour the Center on Union Street, chat with folks from classes and clubs, and meet the staff. This event is open to the public, so join the fun and see what we're all about! And don't miss the open house membership deal – new members can join on Oct. 31 for just \$35 each for the first year! Bring a friend. Costumes optional, but encouraged ... and a prize for the best costume!



## 'Aging Well' Lunch and Learn Death with Dignity

**Mon, Oct. 28, 12 noon.** Bob McCown of Maine Death with Dignity will share information on compassionate end-of-life care options. The organization is a nonprofit dedicated to connecting people with information they need for fully informed decisions about all their end-of-life care options – and supporting patients and providers through the entire process as needed.

Many providers and patients in Maine are still not familiar with Maine's Death with Dignity Act, which has been in effect since



September 2019. The law permits physicians to practice medical aid-in-dying under specific circumstances. Join this presentation to get all the facts and details you need to know about Maine's law, how to have a conversation with your physician, and how to qualify for the law or support your loved one who may qualify.

Bring your lunch (or have a cup of free soup) and we'll provide drinks, chips and dessert. Free, open to the public. Registration required.

## Yearning to travel? Check out our "Trip Talk"

**Tues, Oct. 15, 1:30 pm.** Learn about upcoming trips with Collette Travel: "Colorado Rockies" May 30-June 7, 2025, and "Spotlight on Tuscany" Oct. 1-9, 2025. Talk is free, talk and trips are both open to the public. Registration appreciated. FMI on the trips, see page 4.





# It's a bit of a fixer-upper!

## From the Executive Director



Stacy Frizzle-Edgerton

# People <sup>Plus!</sup>

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

### ADVERTISE WITH US!

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

### People Plus Board of Trustees

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### Spectrum Generations Staff

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- Aging & Disability Resource Center, 207-607-4405 or 1-800-Medicare

I went up to my daughter Violet's room last week to look around a little bit as I've been missing her and feeling nostalgic about her being a senior at MassArt in Boston this year. She's always been a big collector of stuff, so there are things in her room like third-grade art projects and photos from fifth-grade sleepovers. Things are tacked to the walls, stuffed in the drawers, and piled high on every surface!

I miss Violet because she doesn't live with me anymore, but I'm so happy that she's succeeding in college, and will be graduating in May 2025! She's had a year-round lease in Boston for a while now, and I know she's probably never coming back... So after a tear, a sniff, and a blow of my nose, I started cleaning.

I emerged from the room hours later with several bags for the Goodwill store, several bags for the dumpster, and her treasure chest full to the brim with keepsakes and mementos. As an artist, Violet has created a large body of work that goes back to kindergarten, and it was truly fun to take a stroll down memory lane as her drawings progressed from stick figures of family members and pets to highly sophisticated portraits, graphic design elements, and logos. It was a fun journey, and I'm glad I did it.

Then Jonathan came upstairs and saw how clean the room is – with space for company – and he's glad I did it, too!

His girls moved out when they graduated from college eight years ago, so this is sort of round two for him; he's a professional empty-nester by now. Of course, he has got plans for every inch of the house that will no longer be

occupied by children, and he's just the man to execute all of them!

In the meantime, as I am cleaning up Violet's room, I can't help but compare it to the massive sprucing up that needs to take place on the second floor of the People Plus Center!

As we know, it used to be the Teen Center, and saying it has taken a bit of a beating would be to put it lightly. The walls are pockmarked, dented, and full of ripped tape scars. There are several places where food or drinks have been splashed high on the wall and left to dry. And I'm not sure a Magic Eraser is going to do the trick!

Brian Bosko from Moore Painting was over today to give me an estimate and, luckily, he is up for the task of getting our Teen Center space turned into a warm and inviting Senior Center space – which includes repairing, spackling and painting the walls. Phew!!

Brian has been a longtime sponsor of the Teen Center program and painted the new space for us over at the Coffin School building as well. When I called him for that job, he said to me "I don't have any time whatsoever in the next eight weeks to paint the new Teen Center, so of course we will be over tomorrow to start."

And that's basically what he said to me today as well. He knows we're not in a huge rush but he's booking out 8-12 weeks – so he said that of course, they would send me an estimate quickly and probably get started next week. What I need to do is pick paint colors!

And besides painting, the space needs a lot more work! It needs a kitchenette! It needs a coffee maker! It needs a microwave! But do you think that our Bridge and Mah-Jongg players care?? No, they don't! They've been up there already – luxuriating in the expanded floor space, loving the light from



## No matter how you slice it, you'll fall for apples

Have you visited a farmers market or an apple orchard this fall?

You know the saying, "An apple a day, keeps the doctor away."

Here are some facts about apples and ways to use them:

- They are a good source of fiber, potassium, and Vitamin C.
- They contain antioxidants.
- Apples are a source of polyphenols, which help to lower blood sugar, increase insulin sensitivity, and reduce inflammation.
- They are one of the sources of prebiotics. Prebiotic foods help to feed the growth of good bacteria in your gut.
- Apple slices with nut butter.
- Apple pie overnight oats with chia seeds.

## From Anita's Plate



Anita Nugent  
(207) 504-6439

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

- Cornbread-stuffed baked apples.
- Apple slaw with apple jalapeno dressing.
- Sliced apples with pork chops.
- Unsweetened applesauce.
- Add apple slices to a smoothie.

I have fond memories of going apple picking with my mom and great-grandmother. My great-grandmother always wore dresses with an apron over her dress. She would inspect each apple before she would collect them in her apron! Back then I think the only apples we picked were McIntosh. Now there are so many different varieties. I plan on trying one that I have never had in the past.

## Turkey Apple Patties

- Ingredients:**
- 2 tsp. canola oil
  - 1 small sweet onion, finely chopped
  - 1 medium apple, diced
  - 1 pound 93% lean ground turkey
  - 1 tsp. dried sage
  - 1/2 tsp. freshly ground black pepper
  - 1/4 tsp. fennel seeds

- Preparation:**
1. Heat oil on medium heat in a large skillet
  2. Add onions and cook until softened
  3. Add apple and cook for a few minutes
  4. Turn off heat and transfer onions and apples to a large bowl and let cool for a few minutes
  5. Add ground turkey to the large bowl
  6. Combine the items in the bowl with a fork
  7. Form into patties and place on wax paper
  8. Add cooking spray to the large skillet and turn heat to medium
  9. Cook patties for 5 minutes per side

Nutrition information per patty: 111 calories, 5 grams fat, 80 milligrams sodium, 4 grams carbohydrate. This is a healthy alternative to sausage. You can freeze uncooked individual patties for later use. Serve with whole grain toast and a scrambled egg topped with salsa. Enjoy!!

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

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**THE WEATHER FOR OUR ANNUAL PICNIC** cooperated again. Fun and relaxation where the order of the day as folks mixed and mingled in the sunshine – with even a little dancing to ‘oldies but goodies’ thrown in. Tunes played by the *Off Their Rockers* musicians always helps to create an upbeat atmosphere that pairs well with the lovely setting at the park. There were a whopping 190 people in attendance this year, and we hope to break the 200 mark at next year’s summer picnic! Hope to see you there!



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.

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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





THANKS TO OVER A DOZEN HELPFUL VOLUNTEERS for coming in to fold, stuff, and label the Teen Center annual "Back To School" campaign letters! We hope that you will join us in supporting our newly relocated and expanded Teen Center program as they serve over 40 kids a day already within the first three weeks at their new digs at the Coffin School building!

### 'Game Day' on the 2nd Floor

Tuesdays, 1-3 pm, beginning Oct. 1. Head to the Center on Tuesdays at 1 pm for open game time with friends! We'll have some games to play (scrabble, Brunswickopoly, Uno, and more) or bring a game to share. Donations of games in good condition appreciated to add to our collection. Members only.

### Calling all game players!

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

### Good Eats – Good Friends!

#### Women's Breakfast

Thu, Oct. 3, 8:30 am. Enjoy breakfast while socializing with the ladies. Members only, call to register. \$5 suggested donation.

#### Men's Breakfast

Thu, Oct. 31, 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!



### Learn to 'Art'

Thursdays, 1-3 pm, beginning Oct. 3. People Plus Art Instructor Ed Higgins is adding a class! Artists of all experience levels are welcome. You will gain confidence as an artist, by working in a supportive, convivial creative environment. Every month there will be a suggested theme, based on media, subject matter, or both. The minimum material requirements for the class are a sketchbook or sketch pad (size is up to you), drawing pencils, and erasers. Members only. Cost is \$7 per class (punch cards available).

### 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!

**\* STORM POLICY \***  
When Brunswick schools are closed due to weather, all People Plus activities are canceled for the day. Check [www.peopleplusmaine.org](http://www.peopleplusmaine.org) or local media for closure information.

### Medicare 101

Tue, Oct. 8, 12:30 pm. Spectrum Generations provides information regarding Medicare, drug coverage, and Advantage plans, Free, open to the public (\$15 suggested donation appreciated). Registration required.



### WEDNESDAY WALKERS

#### Wednesday Walkers Club Destinations for October:

- 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.
- Oct. 2. Planning meeting and a walk. Meet @ PP at 9:30 to share your ideas and help plan the walks for November! Then we'll walk at the Town Commons.
- Oct. 9. Green Point, Dresden. Carpool: meet @ PP by 9 am or at site by 9:30.
- Oct. 16. Swinging Bridge. Meet @PP at 9:30. Walk departs from the Center and goes over two bridges.
- Oct. 23. Cliff Trail, Harpswell. Carpool: meet @PP by 9 am or at site by 9:30.
- Oct. 30. Hamilton Preserve, West Bath. Carpool: meet @PP by 9 am or at site by 9:30.

#### Program Notes for October

- No haircuts in October
- Center is closed Monday, Oct 14
- No Qigong 10/1 or 10/4
- No Tai Chi 10/2
- No Table Tennis 10/5 or 10/19
- Expo Day, Thursday, Oct 10!**
  - \* Center is closed
  - \* Art Class - Plein Air class offsite
  - \* Yoga will still meet @People Plus @11
- Men's Breakfast is on Oct 31 (5th Thursday instead of 2nd)

### Medicare Open Enrollment Appointments Available

Spectrum Generations volunteer, and new People Plus trustee, Nancy Weingarten will be at People Plus **Wednesday and Thursday mornings Oct. 30 - Dec. 5** for open enrollment appointments. Times available include 9 am, 10 am, and 11 am. Call Sarah at the Center to book your appointment!

### Activity Punch Cards

FMI 729-0757 or stop by to purchase your card! \$35 for 5 classes, \$70 for 11 classes.

### CENTER CLUBS

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

#### Ukulele Club

Tue, Oct. 8, 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.

#### History Book Club

Mon, Oct. 14. Meet to discuss and debate historical books pertaining to Revolutionary War though WW II eras.

#### 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.

#### 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.

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Mon	Tue	Wed	Thu	Fri	Sat
<b>People Plus Hours:</b> Mon-Thu: 9 am - 4 pm Fri: 9 am - 1 pm <a href="http://peopleplusmaine.org">peopleplusmaine.org</a>	<b>1</b> 9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Game Day 2:30pm Spanish Club 5:30pm Toastmasters Plus	<b>2</b> 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 12:00pm Growing Stronger 1:00pm Write on Writers 7:00pm English Country Dance	<b>3</b> 8:30 Women's Breakfast 9:00 Table Tennis 9:30 Art Class 11:00 Yoga 1:00pm Learn to Art 6:00pm Int./Adv. Belly Dancing	<b>4</b> 9:00 Mah-Jongg 9:00 Loosen Up 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	<b>5</b> 9:00 Zumba
	<b>7</b> 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Bridge	<b>8</b> 9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis <b>11:30 LUNCH OUT</b> 1:00pm Qigong 1:00pm Game Day 2:30pm Ukulele Club 2:30pm German Club 4:30pm TCAC	<b>9</b> 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 6:00pm Belly Dancing	<b>10</b> <b>CENTER CLOSED</b> <b>See you at the SENIOR HEALTH EXPO!</b> <b>9 am-1 pm, Bruns. Rec. Ctr.</b>	<b>11</b> 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick
<b>14</b> <b>CENTER CLOSED</b> <b>HAVE A SAFE AND HAPPY HOLIDAY WEEKEND!</b>	<b>15</b> 9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Qigong 1:00pm Game Day <b>1:30pm Collette Trip Talk</b> 2:00pm Books a la Carte 6:30pm Toastmasters	<b>16</b> 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 7:00pm English Country Dance	<b>17</b> 9:30 Art Class <b>12:00pm Lunch and Connections</b> 1:00pm Learn to Art 6:00pm Int./Adv. Belly Dancing	<b>18</b> 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	<b>19</b> 9:00 Zumba
<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	<b>22</b> 9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Qigong 1:00pm Game Day 2:30pm French Club	<b>23</b> 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 6:00pm Belly Dancing 6:30pm Bruns. Coin/Stamp	<b>24</b> 9:00 Table Tennis 9:30 Art Class 11:00 Yoga <b>1:30pm Balance and Falls Clinic with Reform PT</b> 1:00pm Learn to Art 6:00pm Int./Adv. Belly Dancing	<b>25</b> 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	<b>26</b> 9:00 Zumba 10:15 Table Tennis
<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 Lunch and Learn: Death with Dignity</b> 1:30pm Bridge	<b>29</b> 9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Qigong 1:00pm Game Day	<b>30</b> 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers	<b>31</b> 8:30 Men's Breakfast 9:00 Table Tennis 9:30 Art Class 11:00 Yoga <b>1:00pm People Plus Open House</b> 1:00pm Learn to Art 6:00pm Int./Adv. Belly Dancing	Scan QR code for People Plus online calendar 	

## 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](http://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



Auxiliary

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



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

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

**NEW trip - Colorado Rockies**  
 May 30 - June 7, 2025. **Deposits due Nov. 22, 2024.** Highlights include Denver, Rocky Mountain National Park, Colorado National Monument, Grand Junction, Black Canyon of the Gunnison National Park, Museum of the Mountain West, Durango & Silverton Narrow Gauge Railroad, Mesa Verde National Park, Pikes Peak Cog Railway, Garden of the Gods. FMI [gateway.gocollette.com/link/1291312](http://gateway.gocollette.com/link/1291312)



**Spotlight on Tuscany**  
 Oct. 1-9, 2025. **Deposits due March 26, 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](http://gateway.gocollette.com/link/1249201)



**Shades of Ireland - NEW!**  
 April 2 - 11, 2026. Highlights include: Dublin, Irish Evening, Kilkenny, Waterford, Blarney Castle, Killarney, Jaunting Car Ride, Ring of Kerry, Limerick, Cliffs of Moher, Sheepdog Demonstration, Galway, Castle Stay. FMI [gateway.gocollette.com/link/1249053](http://gateway.gocollette.com/link/1249053)



**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 [gateway.gocollette.com/link/1249049](http://gateway.gocollette.com/link/1249049)





# Apples by the bushel, berries by the basket

## MAINE & me

by Frank Connors



Picked any apples yet this season? Time's wasting folks, Maine Apple Sunday's over, the People Plus pick at Rocky Ridge is done, summer's gone, fall's here and that first frost is looming. If you don't get going, someone's going to get to those "pick of the crop" apples before you do! In my house, the fall apple pick is a rite of fall. Go once, go often! Pick 'til you're tired. Winter is long.

We went to Ricker Hill Orchards in Turner for our apple grab this year. This 8th-generation farm has been shipping apples since 1803! Jane, me, Abbie, George, and the boys all piled together into Abbie's car, laughing, telling stories about the river as we drove alongside the Androscoggin, and wondering how I could possibly get lost in downtown Auburn. Soon enough, we were climbing that last, long hill to the orchard, spreading a blanket on the grass and settling in for a picnic lunch. Zander complained of "maybe" being carsick until Abbie handed him a 3-inch thick turkey sandwich, (with chips). After he ate his second, all fears of upset stomachs were done. "He certainly has your stomach," Jane muttered, as we grabbed several empty bags and headed to the top of the hill.

The views at Ricker's orchard are worth the drive; picking your own fruit is just a bonus. It was a



perfect, blue-sky day. We could peer all the way into what I assumed to be the New Hampshire Whites.

An important-looking guy riding a cart stopped nearby, and I asked if he could point to Mount Washington. Without hesitation, he took out his phone, found an app and told me to look for myself. I hate helpful guys like that; I couldn't read the mountain names on that app even if I was carrying my reading glasses. I turned to Silas, told him, "That big blue mountain," I gestured generally with my finger, "is Mount Washington. That's the tallest mountain in



New England." Silas nodded knowingly. I love it when my grandboys think I know what I'm talking about.

Soon we mounted an open trailer being towed by a shining John Deere tractor. The lady driver told us she does a constant, half-mile loop through the orchards, showing us where we might pick grapes and blueberries when we were tired or bored with the 18 apple varieties raised at the orchard.

Our first stop was the grapevines, Jane had visions of jelly

dancing in her head. (Who would discourage that?) Then we picked quarts of high-bush blueberries, just so we could mouth them by the fistful on the way home.

Then we were on to the apples! Experience has told us any apple product – baked, sauced, jellied or pied – is

made better by combining apple varieties, so we picked equal bags full of Macintosh and Cortland. I picked a couple Northern Spy and Pink Lady apples, just so I could say I did. Zander was eating apples by the fistful, Silas had a couple in his pockets. Bags were filled too soon, and we got on the shuttle almost reluctantly. Down the hill, we raced through a corn maze, visited the farm animal petting zoo, and checked out a little country store smelling of fresh cider donuts. When I spotted the little Ricker Hill bar sporting burgers and hard cider, Jane suggested "Maybe next year!" and it was back in the car, apples in every hand, ready for the trip home.

"Hmmm," thinks I, "There should be more days like this!" Shame on me if I closed this without acknowledging more of our local orchards. Rocky Ridge in Bowdoin is always a pleaser, along with Pleasant Pond Orchard in Richmond, Applewald Orchard in

Litchfield, Lakeside in Manchester and Kent's Hill Orchard in Kents Hill. Most of these businesses offer food, cider, gifts, and bags of apples. All provide a fantastic fall experience, not soon to be forgotten.

**If you go:** Turner is 34-36 miles from Brunswick. We prefer to take River Road off Pleasant Street in Brunswick, connect to Maine Route 136 in Durham, and then follow the Androscoggin River to Auburn. Find State Route 4 in Auburn (George says that can be tricky), pass Lake Auburn, Twitchell's Airport and at the set of directional lights in Turner, turn left onto Route 117, like you were headed to Buckfield. (Who goes to Buckfield?) In less than a mile, go past Ricker Hill Road on your right, then you'll see Ricker Hill pick-your-own orchards straight ahead on 117.

**You might read:** If you want unbiased information and leads on how and where to pick apples in Maine, go to MaineApples.org for direct connections to orchards in our state. You might also enjoy "Apples, Apples, Apples," in that wonderful book, *Speaking Frankly*, or "Apples Are Best When They're Saucy" in that equally wonderful book, *Stones & Stories*. (Both books are available at People Plus.) All three sources are best explored if you're chewing on an apple while reading.

### FRANK'S FACT

There are some 85 farm/orchards in Maine, producing nearly 1 million bushels of apples each season. Get your share.

### 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](mailto:programming@peopleplusmaine.org) or leave a message at 729-0757 and Jill can add your email address to the list!




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**IT WAS A GLORIOUS DAY** to pick apples last month and nearly 20 People Plus members agreed! They also enjoyed a bunch of donuts and drank a couple gallons of cider at this fun annual event! Thanks to Sarah and Frank for leading the charge around the orchard! And thanks to Rocky Ridge for hosting us!

**Weekly Winners**

**CRIBBAGE**

**Aug. 28** Donna Dillman= 723  
Nancy Fortin= 720  
Lorraine LaRoche= 705

**Sept. 4** David Bertocci= 726  
Judy Hardin= 710  
George Tetu= 702  
Trenna Crabtree= 702

**Sept. 11** Sherril Morgan= 711  
Anne Bouchard= 695  
Trena Crabtree= 693

**Sept. 18** David Bertocci= 715  
Ashley Richards= 700  
Rollande Fortin= 698

**DUPLICATE BRIDGE**

**Aug. 26** 11 teams.  
N/S

1. Cathy Cooper & Rick Simonds 56.3%  
1. Gail & Cy Kendrick 56.3%  
E/W

1. Linda Earle & Duffy Tyler 63.3%  
2. Cotheal Linnell & Keith Rattue 55.8%

**Sept. 2** 8 teams.

1. Norm Curthoys & Richard Totten 61.1%  
2. Donna Dillman & Sherry Watson 58.7%

**Sept. 9** 13 teams.  
N/S

1. Judy Johanson & Don Caton 65.0%  
2. Bobbi Robertson & Maureen ? 58.9%  
E/W

1. Cotheal Linnell & Keith Rattue 61.9%  
2. Norm Curthoys & Richard Totten 52.9%

**Sept. 14** 12 teams.  
N/S

1. Cathy Cooper & Rick Simonds 60.0%  
2. Donna Dillman & Sherry Watson 53.9%  
E/W

1. Linda Earle & Duffy Tyler 58.3%  
2. Gail & Cy Kendrick 52.8%  
2. Kathy & Dan Joyce 52.8%

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**Location Sponsor:** Town of Brunswick.

(This Expo preview is accurate as of the date of printing.)

## 2024 Exhibitors

- 211 Maine
- AAA NNE-Brunswick
- Accel Physical Therapy
- Aetna Medicare
- Alzheimer's Association, Maine Chapter
- Area First Responders
- Avita of Brunswick/Sunnybrook
- Bath Area Senior Citizens Activity Center
- Bath Housing
- Bath-Brunswick Respite Care
- Bath Savings Institution
- Before and After Photo
- Beltone Hearing Aid Centers
- Bowdoin College
- Brackett Funeral Home
- Bridges Home Services
- Brunswick Parks & Recreation Department
- Brunswick Sustainability Committee
- Brunswick Topsham Housing Authority
- CaptionCall by Sorenson
- Carpe Diem Tech Support
- Catholic Charities SEARCH Greater Bath Program
- Central Maine Power
- CHANS Home Health & Hospice
- Coastal Landing Retirement Community
- Coastal Maine Regional Broadband (CMRB)
- Coastal Orthopedics & Sports Medicine Physical Therapy
- Coastal Shores Assisted Living
- Comfortably Home
- Curtis Memorial Library
- Day By Day, LLC
- Dionne Commons
- Disability Rights Maine (DRM)
- DLTC Healthcare & Bella Point
- FA-EAI Maine Chapter of Food Addicts in Recovery Anonymous
- FCP Live-In
- Freeport Community Services - Age-Friendly Freeport/Pownal
- Gateway Retirement Solutions
- Good Morning Program
- Habitat for Humanity 7 Rivers Maine
- Hand Therapy Treatment and Education Center, LLP
- Harpwell Aging at Home
- Horizons Living and Rehabilitation Center
- Insurance and Retirement Solutions
- Islebrook Village at Wiscasset
- Lamdin Group, LLC
- Landing YMCA/Bath Area Family YMCA
- Live Better Health Services, LLC
- Maine Bureau of Insurance
- Maine Community Bank
- Maine Council on Aging
- Maine Death with Dignity
- Maine MidCoast South CCL Chapter
- Maine Pines Raquet & Fitness
- Maine SafeResponse, LLC
- Maine State Music Theatre
- Martin's Point Health Care
- Maynard Law
- Medicare Mermaid
- Merrymeeting Bay Triad
- Mid Coast Hospital
- Mid Coast Hunger Prevention Program
- MCHPP- Sharing Table
- Mid Coast Senior Health
- Mid-Coast Veterans Council
- Midcoast Athletic & Recreation Complex (MARC)
- Midcoast Senior College
- Neighbors, Inc.
- New England Rehabilitation Hospital of Portland
- Nor'easters Barbershop Chorus
- Northern Light Home Care and Hospice
- Northern New England Poison Center
- Norway Savings Bank
- Penquis Foster Grandparent Program
- People Plus
- Project Lifesaver Program
- Reform Physical Therapy
- Renewal by Andersen
- Repair Café
- Spectrum Generations
  - Aging and Disability Resource Center
  - Meals on Wheels
- The Gathering Place
- The Highlands
- The McLellan
- The Times Record
- The Vicarage By the Sea, Inc.
- Topsham Dental Arts
- Topsham Public Library
- United Way of Mid Coast Maine
- US Attorney's Office, District of Maine
- Volunteer Transportation Network (VTN)
- Western Maine Transportation Services
- Winship Green Center for Health and Rehabilitation
- Write On Writers

## FREE EVENTS NOT TO MISS!

- **Flu & high-dose flu shot/COVID booster** walk-in clinic courtesy of Northern Light Home Care & Hospice and Martin's Point Health Care (please bring your insurance card)
- **Swag Bags** for the first 500 attendees!
- **Technology Help Desk** courtesy of Carpe Diem Tech Support - Bring in your own device and questions
- **Repair Cafe** courtesy of Curtis Memorial Library - Bring your items from home - get help with mending clothing, lamp repair, book repair, jewelry repairs, sharpening tools, and general electrical repair
- **15-minute massages and balance screenings** courtesy of Coastal Orthopedics & Sports Medicine Physical Therapy
- **Raffle drawing** for Two Amtrak Downeaster round trip tickets!
- **Raffle drawing** for a People Plus Lifetime Membership!
- **Live Music** Performances by Nor'easters Barbershop Chorus
- **Mid Coast Hunger Prevention Program Sharing Table**
- **Live remote broadcast** from the Expo with Jim Bleikamp and Radio Midcoast WCME!
- **"Expo Special" People Plus Membership Deal:** \$35 for new members for the first year!
- **Yellow Dot, Good Morning, and Volunteer Transportation Network (VTN) program registration**
- **Books signings & chats** with the People Plus Write On Writers
- **Tours** of the Brunswick Recreation Department's Fitness Center
- **Free Wicked Joe Coffee** and healthy refreshment choices including fruit, granola bars, and more!!





### Expo continued from page 1

performances by Nor'easters Barbershop Chorus, Mid Coast Hunger Prevention Program Sharing Table, massages and balance screenings courtesy of Coastal Orthopedics, and a live remote broadcast with Jim Bleikamp and Radio Midcoast WCME. Bring in your items from home and get help with mending clothing, lamp repair, jewelry repairs, book repairs, tool sharpening, and general electrical repair courtesy of Curtis Memorial Library's Repair Café. Plus, there will be raffles to win two round trip tickets on the Amtrak Downeaster or a lifetime membership to People Plus! Additional activities include Yellow Dot registration, Good Morning and Volunteer Transportation Network program registration, and book signings and author chats courtesy of the People Plus Write On

Writers group. And don't forget about the free Wicked Joe Coffee and healthy snacks. "Last year was my first year attending and I was amazed by how much was offered and how many people came to take advantage of it," says Charmaine Daniels, the staff writer at People Plus. "The lively buzz in the room reminded me of the connected feeling at People Plus." 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. The event is open to the public and the first 500 people at the event will get a free swag bag. For more information, visit [www.people-plusmaine.org](http://www.people-plusmaine.org) or call 729-0757.



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## STAY HEALTHY, GET VACCINATED

Older adults are at greater risk of serious complications from COVID-19 and influenza (flu). Vaccination is the best way to protect yourself and your family.

**Vaccination options:**

- MaineHealth patients may schedule a vaccine appointment directly through MyChart. If you do not have a MyChart account, please call your provider's office to schedule.
- Many community locations and pharmacies offer vaccinations. Find an appointment near you at [vaccines.gov](https://www.vaccines.gov), by texting your ZIP code to 438829, or by calling 1-800-232-0233.
- If you or a loved one is living with a disability, you can get vaccine support by calling the Disability Information and Access Line at 1-888-677-1199 or emailing [DIAL@n4a.org](mailto:DIAL@n4a.org).

FOR ASSISTANCE FINDING A VACCINE,  
CALL 207-373-2350 OR VISIT [MAINEHEALTH.ORG/VACCINE](https://www.mainehealth.org/vaccine).

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##### 1/24 WF 886250-24



# Join us for the launch of a new book from our resident writers!

**Wed, Nov. 13, 2 pm.** Join us for the authors' chat to launch *Voyages ... Real and Imagined*, the latest book by the Write on Writers group at People Plus. Covering everything from a grandmother's pin cushion to stories of life and love and telling the truth about accidentally breaking your sister's beloved flower vase, this book brings it home. Featuring 22 writers and nearly 200 pieces of poetry and prose, *Voyages* will take you on a real trip, open your imagination, and make you want to sit down and tune in for more.

In almost 30 years, the WOW writers have published 11

books, and along the way have become a respected and endearing group at the Center. The group members love their weekly Wednesday gatherings in a "this is a lifeline" kind of way. The unique talents of the writers stand out as you encounter different experiences and sensitivities. This latest book journey is marked by a full range of writing styles and originality. The poetry takes you deep into each poet's world, while the prose stirs your interest as you experience the insights of each writer.

The very first entry in the book is about a poem in a pocket

that wants to get out. How's that for a starter? Dare we say WOW?

*Note: This latest book by our writers' group will be available for purchase at the Center; just see Sarah at the front desk to get your own copy.*



## Poems & Prose

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

### Our Bill Says Goodbye

There is an empty chair at our table.  
One of our best writers is gone.  
Our season with Bill was so sweet.  
But too soon it was complete.

Bill was a joy and gifted with wisdom.  
He gladly shared with all of his friends.  
He is walking a new path today.  
We wish him peace and love all the way.

– Bonnie Wheeler

### I Saw it Standing There

I opened the shade that morning,  
And I saw it standing there:  
A beautiful doe stock still in the road,  
Of the motion my blinds made aware.  
We looked at each other with awe.  
She was beautiful, healthy and sleek  
And ready to bolt on quick notice,  
Athletic and right at her peak.  
A car slowly approached from her rear,  
Came to a stop with great care.  
As the woman rolled down her window  
She took a photo of the deer there.  
The click of her camera finally scared her,  
And the doe quickly turned and ran,  
Tried to get into my backyard,  
But a fence put an end to that plan.  
She next turned again to the street,  
Where she sprinted down toward the base.  
I lost sight of that gorgeous creature;  
Of her there was no longer a trace.

– Sally Hartikka

### The Baskets

They are cream-colored, made of hard sturdy plastic, my swinging two-handled baskets. I do not remember when or where they were purchased, only that they came at different times.

The baskets were great in the garden, especially when collecting the pumpkins, carrots, and green beans. When finished, the baskets would be so streaked with mud and dirt they needed to be cleaned. Cleaning was easy, just turn the hose on them for a quick cleanup and let them sit in the sun to dry.

When canning, the baskets were great for stacking the glass containers and using the handles to carry the empty jars from the basement up to the kitchen to be washed and ready for canning. After the canning was finished, the clean filled jars were ready to be taken back to the basement for winter storage. I would arrange six quarts for each trip to the

basement, walking slowly down the stairs with the heavy load.

When our family lived in Virginia, we would travel to our respective family homes during the summers. One of these baskets was always used for packing lunches and snacks. I made a sturdy flat lid, covering it with a blue cloth and putting a solid 1x2 wood piece down the middle – making a nice handle on the lid to keep items in and able to stack things on top.

On Mondays the washing is usually done. All the dirty clothes were carried from the bedrooms to the washer in my favorite basket stuffed full. After the wash is dried and folded, clothes are repacked in the basket and returned to the bedrooms.

Like a favorite pen or knife are my trusty two-handled, cream-colored baskets. I would never misplace them or give them away.

– Nonie Moody

### Vacation to Paris

It is time for another trip to Paris, France. I went right after I got my degree in nursing about 50 years ago. The only thing I remember is how disappointed I was. The people were not dressed up as fashion models on the runways and the buildings all looked older than my home in Peoria, Illinois. It was built in 1837. Maybe this time I will like Paris better?

The first place I plan to visit is McDonald's. I heard the Big Mac there costs only \$4.93 and here in USA they average \$5.29. I found out there are 1,564 McDonalds in France and 41,800 worldwide. California, Texas, then Florida, have the highest number of McDonald's in the USA.

I am going to see the Eiffel Tower again, and this time I plan to eat in the restaurant up in it. Last time I saw it at a distance. My special tour in the tower will cost me \$62. Then I will go on the Versailles tour for \$163, followed by the trip to the French Riviera and Nice, France, for \$112.17. Whoops! I forgot to mention before Nice, I will be seeing Normandy for \$158. My cheap hotel is only \$63.65 a night.

I haven't decided yet. Should I stay for six days or for ten? I have a lot to see in this city of 2.161 million people with a mayor named Anne Hidalgo. I will be paying \$584 for round-trip tickets on United Airlines.

The last two days I am there, I want to visit these three places: I have to see my favorite painting by my favorite artist, Mona Lisa by Leonardo Da Vinci, in the Louvre Museum; I have to dine at Fouquet's, a restaurant open since 1899; and I need to visit the Seine River.

The museum will cost \$150 for the exclusive guided tour and reserved entry included. Fouquet's is so famous that several movie stars like Bradley Cooper and Catherine Deneuve are often seen there. I was unable to find the expense of eating there, so will have to allow plenty if I am hungry or have a couple of drinks if I am out of money. The Seine River Tour will cost me \$141.

What do you think? Should I stay for six days or ten days??

– Lucy Derbyshire

### Imagination Magic

Where do our ideas come from?  
Out of the blue  
an idea pops –  
whether in words, or...  
visual, in our minds,  
encouraged by our surroundings  
A brilliant red maple leaf  
conjures memories of  
driving Route 2  
through New Hampshire to Vermont  
end goal – University of Vermont  
parent's weekend ... my son's freshman year  
Now he turns fifty this month ... and yes, I aged, too  
Or memories... the once majestic maple tree in my yard  
before succumbing to rot from within  
memories of leaves collected  
and dried – sent to my daughter  
in Colorado – homesick for Maine  
Out of one tree, so beautiful despite its last stages of life  
The brilliant red leaf  
now mottled with black...  
the beloved tree, diseased, on its deathbed  
Sadness filled my heart  
The years pass by, one by one  
I, too, age  
but dreaming of my beautiful,  
majestic tree, I still see those bright red leaves  
atop that tall tree, so alive... in my mind  
Life passes along, each experience a gift,  
a memory, treasured

– Debora (Deb) Noone

### The Last Goodbye – The First Hello

The last goodbye to summer with cooler shorter days.  
Vacation adventures, visitor memories, and  
Maine State Music Theater plays.

The first hello to fall with county fairs, festivals, and  
farmers markets on the green.

Forests ablaze with fall-colored leaves, yards and  
gardens harvested, weeded, trimmed, and clean.

Pack away the summer toys.  
Get ready for the winter joys.

– Betty Bavor

### Moose on the Loose

Older brother Troy and I were home alone  
Upstairs, getting ready for bed  
When I peered out the window at the setting sun  
And I saw moose antlers instead!

"There's a moose on the loose," I said out loud,  
"Oh dear, WHAT should I do?"  
Should I run and tell Troy or call the police?  
Would they lock it up in a zoo?

It's standing right beside our house  
Right THERE on our front lawn.  
Oh dear, it's getting very late –  
It might stay there til dawn!

I'll run and tell my brother  
Who's doing homework on his bed,  
"Troy, come quick," I yelled down the hall,  
"There's a moose with antlers on its head!"

Troy came scampering quickly,  
But he thinks this must be a joke –  
"If this is a fib," he yelled as he ran,  
"You're going to be one sorry folk."

But as he entered my bedroom door  
His eyes popped and mouth opened with glee –  
"Wow a real moose! on our front lawn.  
Get the camera, and hurry – quickly!"

I run downstairs to the kitchen  
Grab the camera, and off I fly  
Back up the stairs, and into my room  
Troy snaps a photo proving it's no lie!

The moose very slowly raises its head  
And spreads its back legs to run  
Oops not to run, but to "water" our lawn,  
Boy – this evening sure is FUN!

And then the moose starts to wander  
Down the driveway he goes,  
We were sad to see him leave  
And wondered what it all meant?

To have a moose appear on the lawn  
When our parents were both away  
We weren't sure what we should do  
Just watch or chase it away?

"You did the right thing," Mom later said,  
"You watched and didn't scare the moose."  
The animal was curious and wandering –  
Lucky you SAW "The Moose on the Loose!"

– Laura Lee Perkins

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# You're invited to our art show open house



**COME MEET THE ARTISTS OF PEOPLE PLUS** and help to celebrate their work at an open house on **Saturday, October 12, 2-4 pm** Twenty-six artists in Ed Higgins' art classes here have hung their work, 104 pieces in all (even including a painting by Ed that he did outdoors this summer). The exhibit showcases everything from detailed landscapes to graphic abstracts to self-portraits to sketches of favorite dogs – and even a playful sculpture named "Wakiwana." Join us! Free, open to the public Light refreshments available.

## Connie Bailey tribute art show and auction

**Sat, Nov. 23.** Save the date for a tribute to Connie Bailey, longtime People Plus art educator and beloved member. The Topsham Public Library will display a selection of pieces of her life's work at an open house and afternoon tea from 2-4 pm, and Connie will be on hand at the event! The show will also include pieces she collected from other area artists.  
A well-known local artist, Connie specialized in lovely watercolor batik paintings on rice paper and won many awards, as

well as entry into many private and corporate collections. She was the gallery coordinator at Topsham Public Library for decades, as well as teaching art and serving as gallery coordinator at People Plus.  
Sixty pieces of Connie's artwork, along with 18 pieces by other artists, will be available for purchase in an online auction in November, and proceeds will benefit People Plus and the Topsham Public Library.



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

**Our Missing Hearts** by Celeste Ng. A boy grows up in a culture where books thought to be unpatriotic, including his mother's poetry, are removed from libraries.

**The Midwife of Hope River** by Patricia Harman. A midwife tells the story of Elizabeth Snyder, who ran from the law after accidentally killing her husband during a violent coal miners' union uprising in West Virginia.

**Crossroads** by Jonathan Franzen. In 1971, members of a family headed by an associate pastor of a liberal church in suburban Chicago come to moral crossroads.

**The Lost Year** by Katherine Marsh. A 13-year-old opens a box of his grandmother's and discovers the history of her life during the Ukraine famine of the 1930s. Primarily for young adults, the book is of interest to all readers.

**The Patron Saint of Liars** by Ann Patchett. The

story of a woman who can't find contentment and continually runs from her troubles. It is about selfishness, love, and the mysteries of life.

### NONFICTION

**The Opposite of Fate** by Amy Tan. This is a memoir of the writer's life and career.

**The Zookeeper's Wife** by Diane Ackerman. The tragic story of the keepers of the Warsaw zoo before and during the German invasion of Poland, and the eventual destruction of Warsaw.

**Making It So** by Patrick Stewart. Autobiography of a working-class British northerner who rises to the heights of Shakespearian acting and becomes a pop icon as Captain Picard in Star Trek: The Next Generation.

**An Army at Dawn** by Rick Atkinson. The first of a trilogy about World War II, it covers the battles in North Africa, which shaped the American army and prepared it for future success.

**The Cat Who Came for Christmas** by Cleveland Amory. A man living in New York City rescues a stray cat. A story of their turbulent early relationship, the book contains lots of information about cats and their behavior.

### HISTORICAL MYSTERY

**The Frozen River** by Ariel Lawhon. This historical mystery novel was inspired by the diary of a midwife who investigated a murder and rape in Maine in the 1790s.

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# Teen Center relocation hailed as ‘hugely positive change’

Even as the start of the school year settles down, it's hard to believe we managed to move the entire Teen Center across town to the Coffin School in so little time! The new location has been a huge adjustment for the kids, staff, and school, but the consensus across the board is that it's a hugely positive change. We've seen close to 50 of our old regulars stroll through, and more importantly,

we're able to see them so much more often! We're seeing between double and triple the number of teens as last year and many of the new teens we're seeing are friends of our old regulars. The last month has been a near continuous process of troubleshooting everything we do, as we find better ways to share our devices, take advantage of our outdoor space, and

serve so much more food! We've hired two staff assistants to give us an extra set of hands each day of the week. Derek covers Mondays, Wednesdays, and Fridays and Thomas helps us out on Tuesdays and Thursdays. You might remember Thomas from last spring when he stepped in to help us while Eli was out. He's excited to be back while he waits to start his electrician

## Brunswick Teen Center News



Taylor Carter

program. We're hoping he can still manage to help us out once he starts, but we'll understand if he can't. Derek is a brand new addition. Born in Brunswick but raised in Bowdoin, he enjoys being active outdoors and loves to garden and camp. He's spent four years working at Rocky Ridge Apple Orchard and is exploring new career opportunities. Both have already earned approval from our teens, and I'm personally excited to see how they do when they lead their first activities with them. Welcome to Derek and Thomas!

Speaking of activities, we're finally getting into the swing of things with our new swarms of teens and we're happy to be getting back to doing more activities with them each day! Personally, I love October and Halloween, so I will make it my personal mission to make sure we celebrate it in as many ways as possible. We've got spooky movies each week, pumpkin painting, plenty of candy and maybe a scary field trip in the works!

I feel like I talk about our volunteers in everything I write, but we wouldn't be able to do nearly as much without their help, especially now! Rebecca, Marge and Jordan have been jumping in left and right to help us and to get to know the teens coming to the Center. Beyond that, we're excited to be seeing students from Bowdoin join the ranks of our dedicated volunteers and we have our teens starting to dive in to support us with making and serving the food and cleaning up at the end of the day.

Needless to say, we're off to a great start to a year in our new home and we can't wait to see what the rest of the month holds!

*Until next time,  
Taylor and the Teens*



## Brunswick Area Teen Center Annual Appeal

Can you help support our community youth?



### ADVISORY COMMITTEE

- Tom Farrell, *Chair*
- Nicholas Bedard
- Catharine Chase
- Charlie Gordon
- Carol Israel
- Catherine Jarratt
- Jane Millett
- Emily Radziwon
- Fraser Ruwet
- Nathaniel Shed
- Donna Tompkins

### Taylor Carter, Teen Center Director

### PEOPLE PLUS BOARD

- David Millar, *Chair*
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- Sonia St. Pierre, *Treasurer*
- Chris Corriveau, *Secretary*
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- Tom Farrell
- Charlie Gordon
- Gail Kendrick
- Tom Mahoney
- Joseph Neuhof
- Bob Nugent
- Joseph Palma
- Scott Stewart
- Cindy Sullivan
- Nancy Weingarten

### Stacy Frizzle-Edgerton, Executive Director

Dear Friends and Supporters,

September, 2024

The Brunswick Area Teen Center, now in its 19<sup>th</sup> year, has embarked on a significant transition by moving the free after-school program to a **NEW LOCATION** at the Coffin School Building – adjacent to Brunswick Junior High School!

This move is an opportunity for us to TRIPLE our space and enhance our programs to serve even more teens, providing them with a safe and nurturing after school experience. They'll have access to outdoor activities, games, crafts, gardening, music, cooking, and adventures, AND we serve a full meal every day!

*"This new location is honestly a lifesaver. We've been looking for something like this for years for our son. He's made new friends and is so happy. And now I don't have to leave work early to get him."*

*- a new member parent*

In the first three weeks in the new space, we've seen our attendance TRIPLE with over 400 youth visits! We have registered over 100 new teens since school started, AND with input from the kids we've prepared over 400 meals made from scratch – all using fresh vegetables! Hungry kids need their **"After School Fuel!"**

We thank Jim Howard of *Priority Real Estate Group* for helping us feed all these hungry kids. Having experienced homelessness in his youth, Jim loves to visit with the Teen Center kids and share his story. He has also financially supported the program for two decades and is again generously offering a \$5,000 match, along with a special request for each of you:

*"Hi everyone. I hope you'll join me in supporting our area teens as they grow and learn in this new, safe place. Together, we'll keep the food supplies stocked all year, so no kid ever goes hungry."*

*- Jim Howard, Priority Real Estate Group*

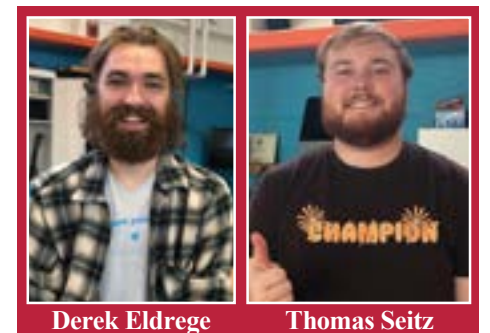
We are immensely grateful for any support you can provide, whether it's through a financial contribution or by spreading the word about our fundraising efforts and Jim's generous match! Thank you in advance for considering our request.

Your support means the world to us and to the youth we serve.

Sincerely,

Stacy Frizzle-Edgerton  
Executive Director

Taylor Carter  
Teen Center Director



Derek Eldrege

Thomas Seitz



**WE ARE SO EXCITED TO HAVE DEREK ELDRERGE AND THOMAS SEITZ** join the Teen Center staff as afternoon assistants! They helped us with the relocation, and now they play games with the kids, help with the food, the cleanup, the set up, and the general oversight needed to wrangle 40 junior high students every afternoon! And we've only been open for three weeks! Thanks for joining the team guys!



- \$30 – Sponsor a fun activity for the kids!
- \$50 – Buy 25 meals for kids!
- \$100 – Help support the staff!
- \$500 – Fund drivers education for a teen in need!

\_\_\_\_\_ Additional amount

\_\_\_\_\_ Total

Detach and return with your check to the Brunswick Area Teen Center. All donations are tax deductible. Thanks!







IT'S GAMING GALORE AT THE PEOPLE PLUS CENTER! The upstairs isn't even ready and Mah-Jongg has moved in! With dozens of players in Mah-Jongg, Cribbage, and Bridge, we are seeing about 150 people playing some sort of card game every week here at the Center! And if you're not one of them, we invite you to come try it out! There is a card game going here at the Center almost five days a week!

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
Augat Chiropractic, Free consult & cursory exam free consultation & cursory exam
Autometrics, 10% off labor
Berrie's Hearing & Optical Center, 10% off complete eye-wear, up to \$500 off hearing aids
Big Top Deli, 10% off, anytime
Bill Dodge Auto Group, 10% off parts/service

- Carpe Diem Tech Support, John Fischer Help with PC & Mac
Darling's Ford, 10% off up to \$50, parts/service
Double Bubble Laundromat, free drop off/pick up for seniors
Eveningstar Cinema, discount bag of popcorn at evening shows
Fairground Cafe, 10% off, anytime

- Hearts & Hands Reiki, 10% off first visit
Lee's Tire & Service, 10% off parts (not tires)
Maine Optometry, 30% off complete glasses, some restrictions apply
Maine State Music Theatre, senior discount (60+) on matinee tickets
Mid Coast Hospital Gift Shop, 10% off, anytime
Pauline's Bloomers, 10% off in-store purchase (in person only)

- Reflections (Salon), 10% off, Mon & Fri
Rossignol's Hair Shoppe, discount for age 60+
Thomas Point Beach, \$1 weekdays admission
Tire Warehouse, 20% off labor
Wilbur's of Maine, 10% off, anytime
Wild Oats Bakery & Cafe, 10% off Mondays

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

\*Benefits subject to change

PEOPLE PLUS MEMBERSHIP APPLICATION

729-0757 www.peopleplusmaine.org

Date \_\_\_\_\_

Name (1) Birthdate Emergency Contact Name (2) Birthdate Emergency Contact Mailing Address City State ZIP

Yearly Dues (Scholarships Available) Single Couple Lifetime Member Cash/Check Membership Dues Additional Donation Total

Volunteer Opportunities at People Plus I'd like more information about: Lunch Crew Reception Teen Center



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







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

October 2024

All Spectrum Generations locations will be closed Monday, October 14, in observance of Indigenous Peoples' Day.

### Living Your Best Life with a Chronic Condition

Living with a chronic condition can present daily challenges, but it doesn't have to define your life. Taking small steps to manage your condition can lead to a more fulfilling and enjoyable life. Here are some tips to help you get started on the path to living your best life:

1. **Pace Yourself:** Listen to your body and avoid overexertion on good days.
2. **Prioritize Self-Care:** Get enough rest, eat well, and make time for activities that bring you joy and relaxation.
3. **Seek Support:** Reach out to friends, family, or support groups for comfort and valuable insights.
4. **Communicate with Your Healthcare Team:** Keep an open line of communication with your healthcare providers.
5. **Focus on What You Can Control:** Manage stress, stay organized with medications, and make positive lifestyle choices.

Remember, living your best life with a chronic condition is possible. By taking proactive steps and seeking support, you can improve your overall well-being and enjoy a fulfilling life.

#### Check out upcoming workshops being offered by Spectrum Generations:

10/16 – 11/20

#### Living Well with Diabetes (Virtual - Zoom)

Wednesdays, 9 - 11:30 a.m.

Living Well with Diabetes is a six-week group workshop that teaches practical skills for managing Type 2 Diabetes. Led by trained peers who understand the challenges, this program covers essential topics like healthy eating, preventing complications, and managing stress.

10/21 – 12/2

#### Building Better Caregivers (Gardiner Family Medicine, Gardiner)

Mondays, 1 - 3:30 p.m.

Building Better Caregivers is a six-week workshop designed to help caregivers manage stress, improve health, and handle the challenges of caring for loved ones with dementia, stroke, or other cognitive conditions. Led by trained peers, this program offers practical tools for self-care, communication, and problem-solving.

11/5 – 1/21/25

#### Seated Tai Chi (Virtual - Zoom)

Tuesday & Thursday, 1- 2 p.m.

Tai Chi for Health and Balance is effective for all ages and ability levels. This workshop benefits individuals looking to increase physical activity, reduce falls, or manage conditions such as arthritis, chronic pain, or Parkinson's disease.



Thank you all who joined us in support of Spectrum Generations' 12th annual Celebrity Chef Challenge, at the Augusta Civic Center on September 16. Our new friends, returning friends, volunteers, staff, and community members came together to make this a heartwarming event. A special shout out to Chef Steven Dumas of Otto's on the River in Augusta for winning the People's Choice award, and Chef Michael Gosselin of bon Vivant in Lewiston for earning the Judge's Choice award!



11/6 – 12/11

#### Living Well with Chronic Pain (Telephonic)

Wednesdays, 1- 2 p.m.

Living Well with Chronic Pain is a six-week group workshop that teaches practical skills for managing Chronic Pain. Led by trained peers who understand the challenges, this program covers effective strategies for symptom management.

Sign up to take control of your health and start making positive changes today!

Contact Monica Hawk, Health and Wellness Program Coordinator, to register at 207-620-1642 or go to [healthylivingforme.org](http://healthylivingforme.org).

#### 6th Annual Midcoast Tree Festival

#### Opening Night Celebration

November 22 | 4 - 8 p.m.

#### Event Dates

November 23, 24, 29 | 10 a.m. - 6 p.m.

November 30 | 10 a.m. - 8 p.m.

December 1 | 10 a.m. - 2 p.m.

at St. John's Community Center | 43 Pleasant Street, Brunswick

This fundraiser supports

**ALL SAINTS PARISH,  
SPECTRUM GENERATIONS**

(Programs & Services including Meals on Wheels), and the

**BATH-BRUNSWICK  
REGIONAL CHAMBER**

Call (207) 725-8797 for more information, or email [midcoastreefestival@gmail.com](mailto:midcoastreefestival@gmail.com).





# It's all in the cards: Everyone's a winner around the table

Knowing how wicked popular Cribbage and Bridge are at People Plus brings to mind how playing cards was part of my upbringing. We played with family friends, mostly Hearts or Gin Rummy or Spades. On my own with friends, it was Crazy Eights or Black Jack or 52 Card Pickup.

I remember how accomplished I felt when I mastered fanning two stacks of cards together in order to mix them up – practically a professional shuffler in my kid mind. And I remember the neat lamp above the dining room table where we played cards; it slid on a rope and could pull down closer to the table as needed. Funny the things you remember.

My mom belonged to a card club, which as a kid fascinated me as a special, exotic thing she did outside of her repeat cycle of go to work, cook, clean, iron, buy groceries, do the laundry. When it was her turn to have the card club folks at our house, she'd set out the card tables with fancy paper napkins and little glass trays for the nuts and candies.

As an adult, I once lived in a 2nd floor apartment where I could look down at the nearby neighbors gathered on a Sunday

evening to play cards around the dining room table, and it made me nostalgic. I think when we're gathered around the table like that, there's a feeling of togetherness that we all need.

Not long ago, I played Uno with my 7-year-old grandnephew and his mom and dad. It got spirited; there were whoops and hollers when someone got 'gifted' the Pick 4 card just when they were down to one card and about to win. It was so much fun, I went out and bought a game of Uno.

In that simple but fast-paced game of matching numbers and colors, fortunes can change on a dime depending on the draw. (I'm guessing that's where the saying 'luck of the draw' originated.) However, strategy sometimes comes into play, as when my son recently outfoxed me by drawing cards he didn't need, then using the 'Swap Hands' card to unload his vast clutch of unwanted cards on me. Sneak!

Invented in 1971 by a barber in Ohio after arguing with his son about the rules of Crazy Eights, Uno was first sold at the barbershop and in campgrounds. The inventor, Merle Robbins, even mortgaged his home to get more sets of cards printed.

Eventually Mattel bought the game in 1992, and there are now more than 600 varieties and spinoffs of the game, including Harry Potter Uno and a top seller called No Mercy Uno.

Not only do Uno and other popular card games bring us together socially, they can keep our mind active, reduce stress and create suspense (you never know what's in someone else's hand). They are also cheap, quick to set up and play, and portable. Recently I saw a couple playing Uno while sipping beer at a local brewery.

Card games can also be an excuse to get together regularly without having to send a pesky round of texts or emails. I also believe a group activity that involves doing something with your hands makes conversation easier – and definitely makes kidding the other players easier. A bit of light trash talk, anyone?

A friend told me when he visits his mother who is in assisted living, cards and games make for a comfortable doorway that sometimes leads to more meaningful conversation. Another friend told me recently that her mother with Alzheimer's played Rummy every night at home and

## Thinking out loud

Charmaine Daniels



Bridge every week at the senior center. She not only played, she played competitively, despite not remembering much else in her world. In fact, those games are recommended for dementia patients as they are familiar to them and seem to trigger memories.

So, apologies to Kenny Rogers, but when it comes to cards, I want to hold 'em, never fold 'em, and I certainly don't want to walk away. I hope this fall and winter, you get a chance to gather round the table for a card game. That makes everyone a winner.



# Lunch Out!

October 8th at 11:30 am.



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## New and renewing members for September

Memberships received as of September 20.

\* indicates new membership  
• indicates donation made with membership

### Bath:

Phyllis Korsen\*  
Anne Spencer

### Brunswick:

Pauline Anderson  
Dennis Arnold\*  
Susan Arnold\*  
Debbie Atwood\*  
Albert Boothby Jr  
Sarah Boothby  
David Cobb  
Phyllis Coelho\*

Bridget Condon  
Karen Diamond  
Peter Haller\*  
Dana Hirth  
David Hirth  
Julia Hughes  
Joe Laun  
John Lemon  
Richard Libengood  
Elizabeth Linnell  
Judy Lipetz\*  
Larry Litchfield\*  
Karen Luse\*  
David Matesky\*  
Helene Matesky\*  
Bruce McGlauflin  
Helene McGlauflin  
Venise Mitchell  
Mollie Moore  
Constance Kniffin

Betsy Niven\*  
Barbara Pinder  
Gary Pinder  
Clare Ruthenburg  
Beth Schuller  
Douglas Sootin\*  
Jan Sootin  
Jonathan Waldo  
David Whittlesey  
Regine Whittlesey

### Edgecomb:

Tamara Rumery

### Freeport:

Philip Dwinal  
Nita Voskian\*

### Harpwell:

Jean Burbine\*

Jacque Caldwell  
Janet Davis  
John Haggerty\*  
Sally Haggerty\*  
Betsy Leland\*

### Lisbon Falls:

Lillian Heyda\*  
William Heyda\*

### Pownal:

Alan Bradstreet

### Richmond:

Kerry Weinheimer

### South Portland:

Nancy Bodwell  
Betty Johnson  
Anne Tarbell\*

### Topsham:

Ellen Booker  
Robert Candela\*  
Trenna Crabtree  
Ann Hollingshead  
David Leclerc  
Linda Levenson\*  
Patricia Melville  
Danny Morris\*  
Susan Morris  
Diana Ohmacht  
Sharon Rahn  
Don Stein  
Jeanne Tuttle  
Patricia Vigilante\*  
Patty Williams\*

### Woolwich:

Mimi Hamilton\*  
Peggy Mellen



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IT WAS A PACKED HOUSE FOR BOTH WOMEN'S AND MEN'S BREAKFASTS last month at the Center! And who can blame them when you've got Moe, David and Rick, as well as Jill, Sarah, Lynne and Barbara cooking in the kitchen!? The food is always fantastic and leaves many satisfied People Plus members! Brunswick Chief of Police Scott Stewart, who not only enjoys breakfast at the Center but also serves as a trustee on the board of the organization, was there as well! Thanks, Chief! And thanks to all of our volunteer culinary crew who feed our members every month! Mark your calendars for Women's Breakfast on October 3, and Men's Breakfast on October 31st this month! Wonder what spooky treats the guys will be serving up on Halloween...

***Gone but not forgotten –***  
**Richard Moseley**  
 Jan. 21, 1943 - Aug. 27, 1924




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