

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 November 2024 • Volume 24, No. 11

Light up your holidays in a special way



Grab a little magic by joining us on Thursday, Dec. 5, for Frank's Field Trip to Gardens Aglow at Coastal Maine Botanical Gardens in Boothbay. The bus to this spectacular display of lights will leave People Plus promptly at 3:30 pm, with participants required to be at the Center by 3. You can leave your car at People Plus. The bus will arrive at the Gardens about an hour later. The plan is to stay at the light show about an hour, then reboard the bus back to the Center by 7 pm for an optional FREE pizza party! Please note that lots of walking is required and it may be icy. Unfortunately, the bus does not have storage space for rollators or wheel chairs. It will be dark and you should dress warmly. This trip is open to the first 43 who sign up and pay. The cost, including transportation and admission to the event, is \$45. Members only, stop by the Center to register and pay.



Authors' Chat:

Writers debut newest book

Join us on Wednesday, Nov. 13 at 2 pm 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. 13 artists from the People Plus Art Class, and more than 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
continued on page 10

'Aging Well' Lunch & Learn: Medicare Savings Program

Mon, Nov. 18, 12 noon. Do you know about the new changes to Medicare Savings Program to increase access to affordable coverage? The Medicare Savings Program helps pay monthly Medicare premiums and out-of-pocket costs. People who are eligible for Medicare Part A may qualify for the Medicare Savings Program. The income limits for this program recently went up, allowing for more Mainers to be eligible!

Learn about the program from Helen Roy of Consumers for Affordable Health Care along with Nancy Weingarten, Spectrum Generations volunteer Medicare instructor. Bring your lunch or have our free soup. We'll provide drinks, chips and dessert. Free, open to the public. Registration appreciated.

WHAT AN EVENT!!!

13th Annual Senior Health Expo breaks all records and was so much fun!

More photos inside!



Connie Bailey donates art collection to support TPL and People Plus

Online auction, art show, and reception

The public is invited to the Topsham Public Library (TPL) on Saturday, November 23rd, 2-4 pm, for an amazing art show and English Tea-style reception honoring the work of Brunswick resident and retired artist Connie Bailey. These works will be available for

purchase in an online auction which will run Nov. 18-Dec. 13. Proceeds will benefit the arts programs at the Topsham Public Library and People Plus.

With a combined 40-year legacy as an art educator and gallery coordinator at both People Plus and the TPL, Connie was a beloved long-time member of People Plus and a generous contributor to fundraising efforts at both

non-profit organizations. Connie's philanthropic nature continued as she retired and down-sized into a smaller home; a move which prompted her to work with son Todd Bailey on a legacy gift of her entire collection of nearly 60 original pieces of artwork including her best-of-show and prize-winning pieces, as well as her private collection of work from other artists for a

more on page 7

VTN says farewell...and hello

Lynne Smith departs; new transportation coordinator starts

It is with a heavy heart that we will say farewell this month to Lynne Smith, who has worked as our Membership and Volunteer Transportation Coordinator at People Plus for the last seven years. She has forged hundreds of wonderful friendships with members, volunteer drivers and homebound riders over the years and can always be trusted to do her

best to find a ride for someone in need.

With her hard work over the years, the program has increased its scope of services and the number of members has nearly doubled from 850 to over 1,420 in the last seven years. And the VTN has increased from approximately 50 registered drivers to more than 150 and an increase from 400 riders to nearly 900 riders! Since Lynne has coordinated the program, she has helped to schedule and fulfill more than over 20,000 free rides! She's also added grocery and prescription deliveries to the VTN and during the pandemic increased the transportation services by nearly 100%.

Lynne says she has thoroughly enjoyed getting to know the people she has served and feeling like she helped them. "We want the riders to feel like we're a lifeline," she states, showing her very caring and supportive attitude.

She goes on to say, "I've made some wonderful friends that have become like family." Moreover, she also learned some important life lessons by working with folks older than her. "I am beyond grateful to have had this experience and I want to thank the riders, the drivers, Stacy, the Board, and my coworkers for making this office a happy place to come to every day. And I wish CK success in her new position."

Lynne's departure has opened the door for a new face at the center, CK Kimball. We can already tell that CK will have a wonderful year about her



CK (CALLIE) KIMBALL, IS SEEN HERE training in her new position as VTN and Membership Coordinator with Lynne Smith (right) who has held that title for the last seven years. Lynne has promised to stop by and see us as much as she can when she leaves. We will miss her though!

continued on page 13

Fundraising campaign kicks off

Look for your letter!

The People Plus Annual Fund provides vital services, so please jump in and help support our efforts. Just consider that we offer the following:

- Thousands of miles of FREE transportation to hundreds of riders.
- Delivery of thousands of grocery, medical, and pharmacy orders.
- Loaning medical equipment to community members.
- Countless visits to the Center for games, clubs, presentations, and classes.
- Thousands of meals provided to older adults.

As the list shows, People Plus is an invaluable resource for our community. People of all ages are able to receive the type of support that goes a long way toward making their lives better and safer. With that in mind, People Plus is launching its annual fundraising campaign in November. And we would appreciate your support!

"The annual appeal campaign is our largest fundraiser of the year and is critical to the success of the activities and outreach we provide," states David Millar, Chair of the People Plus Board. "Thank you for considering a donation this year toward



Scan to donate

vital resources for our community!"

The programs and services that are facilitated by staff and volunteers at the Center

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There's no place like home

From the Executive Director

Stacy Frizzle-Edgerton



As Jonathan and I returned last month from a 10-day trip to Scotland, we settled into the airplane, looked at each other and sighed deeply. We were tired, of course, after loads of driving, visiting dozens of historical sites, eating too much, and sleeping too little; and we realized at the same time that we were both looking forward to getting back into our own bed, seeing our dog and kitties, taking a walk around our yard and returning to the rhythm of our normal life.



historical burial cairns, hunting lodges and beautiful old hotels, we surrounded ourselves in history. And we managed to see the sun every single day in Scotland, which we hear is quite an achievement!

We also set a goal of at least one castle per day, and it wasn't really that difficult as the unofficial count suggests there are over 1,500 castles from which to choose.

In addition to the daily dose of history, Jonathan set his sights on a full Scottish breakfast (with haggis!!) every day as well. And of course, there was the "occasional" whiskey tasting as well. I'm personally not a big eater of haggis or drinker of whiskey, but I was happy to sit nearby while he enjoyed them both.

In order to see all those castles, we had to do a lot of driving – and luckily we really love sharing time in the car together. We had many wonderful hours of touring through the countryside,

Don't get me wrong, we were super-excited to get away for a vacation and had been looking forward to going to Scotland for a long time. A lot of planning went into this trip as we rented a car and planned to see most of the country, including the islands on the western coast.

And it was amazing! We flew into Edinburgh, rented our car and immediately headed into town for a visit to the Apple store because I had accidentally left my phone in the kitchen when we left our house!

And if any of you know me, it's not really so much about being "connected" because my children or work could have contacted Jonathan if there was an emergency. What I really needed was the camera that's built into my iPhone! And there is no way I could spend 10 days in a beautiful country like Scotland without being able to take pictures!

So with a new phone (camera!) in hand, we set forth for lunch in Edinburgh on the first day of our vacation and finally really began our 10-day adventure.

With many trips to castles, ancient standing stones, medieval fortresses,

pulling over for a photo, pausing for a coffee or sharing meals with friends that we have made through our Instagram account. One of our new friends fed us off their land with fresh venison and veggies from their garden, while the other treated us to lunch at their hotel. Both experiences were incredible and reminded us of the really good things about how social media can connect us all on a global scale.

For me the best part of the driving was all of the hundreds of cows and sheep that inhabit the middle of the road in Scotland!



The roads are very winding and narrow and the likelihood of encountering a cow or a sheep around the bend or over a hill is quite high. So high in fact that we were able to stop so I could get out of the car, walk right up to a cow and take this amazing picture.

And of course, because we are us, Jonathan and I were both very drawn to the gardens, the greenery, the trees and the plants. So we took at least 100 pictures of garden paths, greenhouses, and rock structures that definitely got our creative juices flowing for projects up at our farm.

One of my favorite moments was visiting a fishing hole where Jonathan's father had caught a salmon 37 years ago. We stayed in the same hotel he had used all those years ago and it was bittersweet for Jonathan to revisit that wonderful memory with his father "whilst" creating new ones with me.

And while I don't think we are planning any stone circles or cairns on our property just yet, you never know what inspiration we brought home with us from this trip. Whether it's the amazing food, historical monuments, or the lovely warmth of the locals, we know that we left Scotland changed for the better, yet still so appreciative of being able to go home. I know that this winter while the snow flies and we are cozied up with the fire and a cup of tea, we will look at our travel photos and remember it all – from the comfort of our own cozy castle here in Maine.



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

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Leftovers-with-a-twist can brighten your dish

This year has flown by. I know this happens every year! I am now in the process of helping to plan another wedding! My youngest got engaged in September. As you might expect, I am preparing the food for the bridal shower. I will keep you posted! Looking forward to Thanksgiving as I do every year. Thanksgiving is a holiday that often has a lot of vegetables. I will often encourage my clients not to prepare too much food, but there will always be leftovers! Here are some ideas:

- Use leftover turkey to make nachos with red pepper pieces instead of chips.
- Try a grilled turkey and pesto sandwich.

From Anita's Plate

Anita Nugent
(207) 504-6439



info@nutritionforeveryday.com

- Use leftover mashed squash to make a quesadilla with turkey, black beans and salsa.
- Make a turkey and avocado sandwich.
- Make leftover mashed potatoes into a soup.
- Have turkey enchiladas.
- Make a turkey soup. My grandmother always put diced tomatoes in her soup.

Turkey Salad

- Ingredients:**
- Chopped turkey
 - Chopped celery
 - Chopped onion
 - Chopped toasted pecans
 - Mayo
 - Dijon mustard
 - Lemon
 - Cranberry sauce
 - Fresh dill

- Directions:**
1. Combine ingredients in the ratio you think will work for your meal.
 2. Enjoy!

Of course, an original turkey sandwich is always a good choice. Thinking about Thanksgiving brings so many memories of my grandparents and great-grand parents. Our traditions live on, along with some new ones! Have a great Thanksgiving and I hope you like some of my suggestions!

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Club Corner



Long live board games!

Join us on Tuesdays

What do Bananagrams, Scrabble, and Bethump'd have in common? They're all wicked fun to play when folks gather at our new Game Day upstairs on Tuesdays at 1 pm.

Since the Teen Center relocated, the large, sunny room it occupied has been spruced up with new tables and chairs, and will soon be repainted as well. On a recent day during a spirited game of Scrabble, players gently joked with each other and recalled childhood memories of playing parcheesi on an upstairs hallway near the hot air register – or an extra long game of monopoly that made it necessary to slide the game under the couch to continue the following day.

These are treasured memories, and some players

say they think board games are coming back into popularity, noting that LPs are as well. Some of the players haven't played a board game in a while after growing up when games were a frequent focus of entertainment at home.

On the upstairs shelves, there's plenty of games to choose from, and people have been bringing in games as well, even offering to teach them if



folks don't know the rules. Anne Clayton of Brunswick, who just learned how to play Bananagrams from Nancy Rose of Harpswell, had so much fun with it that she wanted to get the game for her nephew.

So, if you've always liked games and have gotten away from playing them, or you just want to try some-

thing new, now's the time to rediscover how games bring people together. As the weather grows cooler, it's a perfect fall and winter activity. And it's just plain fun ... something about it just brings out the laughter.

The red wheelbarrow needs your donations!

For many members, coming to the People Plus Center brings comfort and joy. Speaking of which, about this time every year we can always count on one thing – the return of the little red wheelbarrow brings comfort and joy to folks in need!

Our annual campaign to collect non-perishable food for the Mid Coast Hunger Prevention Program will launch in November, and it's such a worthy cause.

Last year, Frank Connors (AKA Santa) made several trips to deliver the goods, along with cash donations of \$1,890. The total for the number of goods delivered was 1,166 and the total number of pounds was 1,192. The grand totals really are grand!



CAN FRANK AND HIS MERRY CREW of elves break their own record this year? Not without your help they can't! So please bring in non-perishable goods every time you come to the Center! And we will fill Frank's little red wagon many times over to support the MCHPP free food program.

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.

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.

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.



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

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



For more information call 207-729-0757



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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

Holiday Member Party at MSMT!

Friday, Dec. 13, 1:30 pm. Join us at Maine State Music Theatre for a very special member holiday party! PLUS a tour of the production facility all decked out for the holidays using decorations from this summer's Christmas in July extravaganza! Curt Dale Clark will be our tour guide. Wonder if he'll be dressed like an elf? Come to the party and see. Members only, call to register.



Feasting with Friends at the Center

Sharing a meal together is always better than eating alone. Join us for our next luncheon on Nov 21!



CENTER CLUBS

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

Books a la Carte
3rd Tue, 2 pm. Join an fun, interesting discussion about books & authors with varied genres and no assigned reading list.

Fiber Arts
Mon, 10 am. Bring your current project and enjoy friendly conversation while you work.

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

History Book Club
Mon, 3rd Mon, 7 pm. 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.

Ukulele Club
Tue, Nov. 12, 2:30 pm. Come jam with us! All abilities welcome (must be able to play basic chords). Bring your own ukulele.

Write On Writers
Wed, 1 pm. Meet to share writings.

Wednesday Walkers
Wed, 1 pm. Meet for a walk or hike (usually an hour).

GAMES
Duplicate Bridge. Mon, 1 pm. All levels welcome.

Casual Bridge. Tue/Thu, 9 am. All levels welcome. Beg/Intermediate Bridge is back!

Cribbage. Wed, 8:45 am. Play cribbage with different partners.

Mah-Jongg. Mon/Wed/Fri, 9 am Chinese multi-player tile game. All skill levels welcome. We'll teach you!

Game Day. Tue, 1 pm. Game time with friends. Use our games (scrabble, Brunswickopoly, Uno, and more) or bring you own.

LANGUAGE CLUBS
Cantina Espanol. 1st Tue, 2:30 pm. Spanish language club meets to chat in Spanish.

Kaffeestunde! 2nd Tue, 2:30 pm. German language club meets to chat in German.

Café en Francais. 4th Tue, 2:30 pm. French language club meets to chat in French.

Program Notes for November

- Center closed Monday, Nov. 11 for Veterans Day
- Center closed Thursday, Nov. 28 and Friday, Nov. 29 for Thanksgiving
- Men's Breakfast returns to 2nd Thursday of each month

Wednesday Walkers Club

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 Bruns. Recreation Center at 1 pm if inclement weather.

Nov. 6. Planning meeting and a walk. Meet @ PP at 1 pm to share your ideas and help plan the walks for December! Then we'll walk at Papermill Trail in Lisbon.

Nov. 13. Cathance River, Topsham (Highland Green). Carpool: meet @PP by 12:30 pm or at site by 1.

Nov. 20. Swinging Bridge. Meet @PP at 1 pm. Walk departs from the Center and goes over two bridges.

Nov. 27. Wolfe's Neck, Freeport. Carpool: meet @PP by 12:30 pm or at site by 1.

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!

Medicare 101

Tue, Nov. 12, 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.

Good Eats – Good Friends!

Women's Breakfast
Thu, Nov. 7, 8:30 am. Enjoy breakfast while socializing with the ladies. Members only, call to register. \$5 suggested donation.

Men's Breakfast
Thu, Nov. 14, 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!

Come celebrate a Thanksgiving feast with friends!

Join us Thursday, Nov. 21, for lunch featuring turkey (brined and roasted by Stacy) with stuffing, mashed potatoes and gravy, cranberry sauce, green bean casserole, butternut squash, salad and rolls. We'll have pumpkin pudding, whipped cream and a cookie for dessert.

These monthly Lunch & Connections meals are underwritten by Spectrum Generations and are intended to focus on nutrition, useful information, variety, socialization and fun. The dining room opens at 11:15 am, and we'll start serving our buffet meal at noon. Come claim your favorite seat, chat with your friends, make new ones, and pick up your 50/50 raffle ticket. The cost for this members only meal is just \$7. It is important that you pre-register by calling 729-0757 after the first of the month.

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

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



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

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



Shades of Ireland
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 https://gateway.gocollette.com/link/1249053

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Mon	Tue	Wed	Thu	Fri	Sat
<p>Calendar page sponsored by</p> 		<p>Scan QR code for People Plus online calendar</p> 	<p>People Plus Hours: Mon-Thu: 9 am - 4 pm Fri: 9 am - 1 pm peopleplusmaine.org</p>	<p>1 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</p> 	<p>2 9:00 Zumba 10:15 Table Tennis</p>
<p>4 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</p>	<p>5 ELECTION DAY! Don't forget to vote! 9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 6:00pm Int./Adv. Belly Dancing 1:00pm Game Day 1:00pm Qigong 2:30pm Spanish Club 6:30pm Toastmasters</p>	<p>6 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 1:00pm Wednesday Walkers 6:30pm Int. English Country Dance</p>	<p>7 8:30 Women's Breakfast 9:00 Beg/Int. Bridge 9:00 Table Tennis 9:30 Art Class 10:00 Donuts and Drivers 11:00 Yoga 1:00pm Learn to Art 6:00pm Int./Adv. Belly Dancing</p>	<p>8 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</p>	<p>9 9:00 Zumba 10:15 Table Tennis</p>
<p>11 Center Closed</p> 	<p>12 9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 11:30 LUNCH OUT 12:30pm Medicare 101 1:00pm Game Day 1:00pm Qigong 2:30pm Ukulele Club 2:30pm German Club 4:30pm TCAC</p>	<p>13 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 1:00pm Wednesday Walkers 2:00pm Author's Chat: Write On Writers 6:00pm Belly Dancing</p>	<p>14 8:30 Men's Breakfast 9:00 Beg/Int. Bridge 9:00 Table Tennis 9:30 Art Class 11:00 Yoga 1:00pm Learn to Art 6:00pm Int./Adv. Belly Dancing</p>	<p>15 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</p>	<p>16 9:00 Zumba 10:15 Table Tennis</p>
<p>18 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:30 Monday Munchies 12:00pm Lunch and Learn: Medicare Savings Program 1:00pm Bridge</p>	<p>19 9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Game Day 1:00pm Qigong 2:00pm Books a la Carte 6:30pm Toastmasters</p>	<p>20 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 1:00pm Wednesday Walkers</p>	<p>21 9:30 Art Class 9:00 Beg/Int. Bridge 12:00pm Lunch and Connections 1:00pm Learn to Art 6:00pm Int./Adv. Belly Dancing</p>	<p>22 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</p>	<p>23 9:00 Zumba 10:15 Table Tennis</p>
<p>25 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</p>	<p>26 9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Game Day 1:00pm Qigong 2:30pm French Club</p>	<p>27 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 1:00pm Wednesday Walkers 6:30pm Bruns. Coin/Stamp</p>	<p>28 29 Center Closed Nov. 28 and 29</p> 		<p>30 9:00 Zumba 10:15 Table Tennis</p>



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Maine’s Marvelous Margaret

“I speak as a Republican.
I speak as a woman.
I speak as a United States Senator.
I speak as an American.”



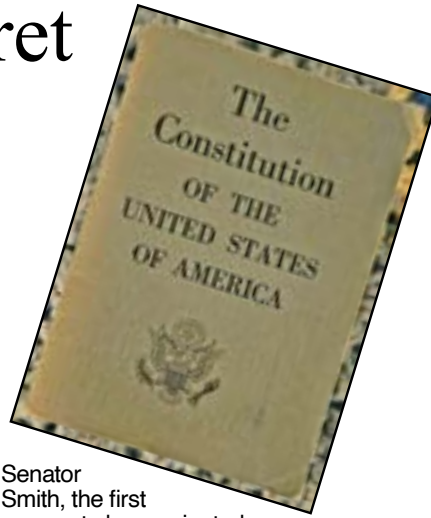
of firsts, in a profession long dominated by men, is very impressive. In 1964, she became the first woman nominated by a major political party to be President of the United States.

With those signature words in 1950, Sen. Margaret Chase Smith of Maine went toe-to-toe with Sen. Eugene McCarthy, a man who was bullying his way to power on the back of threats, fear, and innuendo in post-World War II America. He’d built his career on character assassination, claiming Communists were subverting the United States. Sen. Smith went to the Senate floor and delivered her Declaration of Conscience – which denounced McCarthy’s tactics – at great risk to her political career, and many scholars now suggest that speech was a pivotal point in modern American History.

The single-story, “modernistic” home in Skowhegan that she designed and where this petite lady lived for nearly 50 years, is a monument to her career. Guests walk through and have uncommon access. You can visit the little kitchen that she seldom used (guides suggest she did not like to cook), you can stroll through her living room, with its wall lined with books and another with plate glass windows allowing unobstructed views of her beloved river. I was surprised to see an Edith Lawes (of Brunswick) painting of the little Holbrook’s store in Cundy’s Harbor centered on one wall. My guide reminded me she had a “summer home” on a point of land at “The Harbor.”

Senator Smith served Maine in the United States Congress for 32 years, first in the House of Representatives and later in the Senate, where she served a record four consecutive terms. She never graduated from college, but a hall in her library displays vestments for the nearly 40 honorary degrees given her. Her list

There is a bed where President Eisenhower slept during a visit on his way to a fishing outing in Rangeley, there are several rooms filled with photographs and memorabilia, you’ll see a favorite purse, and be shown a copy of the United States Constitution that she always



Senator Smith, the first woman to be nominated for president by a major party, always kept a copy of the U.S. Constitution in her purse.

carried. Admission is free, the guides are superb. I predict you’ll come away with a new respect for “the little lady from Maine.”

If you go: *The Margaret Chase Smith Library is located in Skowhegan, Maine, at 56 Norridgewock Avenue. The Research Center is attached to, and partially encloses the home she had built on a ridge overlooking the Kennebec River. The library and home museum are handicapped accessible, and “usually” open Monday- Friday, 9-5. No admission is charged, but reservations are recommended. Call 207-474-7133, or see www.mcslibrary.org. Drive to Skowhegan via Route 201, entering the town after the power plant. The road circles one-way through town. Where Main Street reconnects to 201, you’ll see Norridgewock Avenue, with signs for the library directly in front of you. The museum is about 60 miles from Brunswick.*

MAINE

& me

by Frank Connors



Sen. Margaret Chase Smith holds up the tally showing her 1,000th consecutive roll call vote as a member of Congress.

FRANK’S FACT

Senator Margaret Chase Smith was the first female Senator to fly in an American fighter jet at “supersonic” speeds. There are reports she didn’t like the color of her flight suit, but she climbed aboard and flew after she was allowed to attach her signature red rose to the suit – and not remove the high heels she was wearing.



At the Margaret Chase Smith Museum in Skowhegan, historical photographs, memorabilia, and her many honorary degree vestments are displayed.

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!

Mid Coast Hospital
MaineHealth

Auxiliary

Holiday Bazaar, Wreath and Bake Sale

THURSDAY, DECEMBER 5, 2024 • 7:30 A.M. – 1 P.M.

MID COAST HOSPITAL
121 Medical Center Drive, Brunswick

The Holiday Bazaar will take place inside the hospital's café. Wreaths can be picked up under the tent in the Healing Garden.

PRE-ORDER THE FOLLOWING ITEMS TODAY!

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AUXILIARY COOKBOOK

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Fill out the order form below and mail to:

Wreaths - Mid Coast Hospital Volunteer Office
121 Medical Center Drive, Brunswick, ME 04011

Order by phone:
By calling the Mid Coast Hospital Auxiliary at (207) 373-2122

For questions: email MCHAFundraising@gmail.com

ORDER WREATHS AND ARRANGEMENTS UNTIL DECEMBER 1ST

Pick up and pay for pre-ordered items at the Holiday Bazaar.

Proceeds benefit Mid Coast Hospital Auxiliary

MID COAST HOSPITAL AUXILIARY 2024 WREATH SALE

Name _____ Phone _____

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# _____ Forest Cone with Red Bow	x \$40 ea. = \$ _____	
# _____ Coastal Seashell with Red Bow	x \$40 ea. = \$ _____	
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# _____ Plain with Red Bow	x \$30 ea. = \$ _____	
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# _____ Basket Arrangement - Small	x \$15 ea. = \$ _____	
# _____ Basket Arrangement - Medium	x \$25 ea. = \$ _____	
# _____ Basket Arrangement - Large	x \$35 ea. = \$ _____	
# _____ Auxiliary Cookbook	x \$20 ea. = \$ _____	

Pick up and pay for pre-ordered items at the Mid Coast Hospital Auxiliary Bazaar on Thursday, December 5. Payment due at pick-up. Cash, checks and credit cards accepted.

\$ _____ **TOTAL AMOUNT**

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Art donation continued from page 1

total of approximately 80 pieces of art.

The online auction features all of these pieces and the link to buy this art can be found at www.peopleplusmaine.org and www.topsham-library.org. All proceeds will be shared equally between the Friends of the TPL and People Plus.

Todd Bailey, Connie's son, had this to say about his mother and her artwork, "My mother has always had a keen eye for the intricate details of nature and specialized in lovely watercolor batik paintings on rice paper and won many awards as well as entry into numerous private and corporate collections. Growing up, I watched her transform landscapes into stories – each very unique. Her art isn't just about creating beautiful images; it's about capturing the delicate balance of our natural world. One of her favorite themes, "Where the Road Leads," perfectly captures her love for wooded paths and old roads; now these artworks are embarking on their journey."

The collection on display at the Topsham Public Library will include several never-before-seen special pieces from her family's private collection – which are not for sale. This exhibit is free and open to the public.

Believing that it didn't seem right to store her paintings, Todd says, "They were created to bring joy and show her deep appreciation of nature to others. I'm excited and proud that she wants to share her lifetime of work and other cherished collections with the community that has inspired her for so long." Todd goes on to say, "It's also gratifying to see her passion for nature support the arts in the community that became family."

Connie's career spans over four decades and primarily focuses on nature, capturing its beauty with exquisite detail



and sensitivity. Throughout her career, Connie has received over 300 awards. Her preferred mediums include paper batik, pen and ink, watercolor, scratchboard, and colored pencil, showcasing her unique talent and vision. In this collection, you'll see some of her original award-winning pen and ink prints with a touch of color, many hand-painted by the artist.

Beyond her artistic achievements, Connie has been an inspiring teacher and community leader. For many years, she taught mixed media classes at People Plus, awakening countless older adults to a love for art. Her dedication to nurturing creativity in others is a testament to her generosity.

People Plus member, Beth Aldenberg, remembers becoming a student of Connie's over 20 years ago. She recalls that Connie was very accessible, gave easy-to-understand instructions, and was open to answering all



"Dear People Plus, when I first walked into this organization to teach I did not know that it would become my extended family. This painting is a gift to remind us that there are many paths within People Plus. Sincerely, Consuelo G "Connie" Bailey."

kinds of questions about art. "I liked her very much," Beth says. Always a popular teacher through the years, Connie continued to teach at People Plus during the pandemic by recording hours of art instruction videos, enabling hundreds of people, even as far away as Scotland to access her classes online. (The entire series is available on the People Plus website.)

"Connie was always tickled to learn that her instructional videos had "gone viral" in other countries", said Stacy Frizzle-Edgerton, People Plus Executive Director. "She loved teaching others and sharing her art with everyone. She was so consistently generous, that this donation hardly comes as a surprise. We are honored to continue her legacy of art work instruction at People Plus and can't wait to see so much of her work on display at the Topsham Public Library!"

The English High Tea reception on November 23rd from 2-4 pm at the TPL will feature a treasure trove of delicious treats baked by caterer Amanda Palma, daughter of People Plus board member Joe Palma. The offerings will include almond biscotti, cranberry orange scones, mini chocolate chip muffins, lemon pound cake and mini chocolate chip cookies and will be served with fresh brewed coffee and tea.

All proceeds from the auction will go directly to supporting ongoing arts programs in our communities through the Friends of the Topsham Public Library and People Plus. Your participation allows you to own a piece of Connie Bailey's remarkable art or that from her amazing collection and contribute to continuing arts education and programs in the area.

This gesture ensures that Connie's legacy will continue to inspire and educate future artists and art lovers.

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

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2024 Senior Health Expo a spectacular success!



We had 45 sponsors and over 1,000 total participants (over 450 people came through the door in the first hour and a half!)

There were 374 vaccines administered (170 COVID, 204 flu), and attendees had a great time getting great material, connecting with services, friends, businesses, AND taking home amazing swags and memories!!

Thanks to all our amazing sponsors, exhibitors, volunteers, and the Town of Brunswick and the Parks and Recreation team.

We couldn't have done it without all of you!

See you next year—
Thursday, Oct. 9, 2025!



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Project Lifesaver: Bringing loved ones home

Project Lifesaver is an international program, offered by the Brunswick Police Department, which provides relief to caregivers of adults and children who are at risk of wandering because of a cognitive condition.

Program participants wear a bracelet on their wrist or ankle that can be tracked if they don't return home. Their caregiver notifies the Brunswick PD and a search begins using officers certified as electronic search specialists. The bracelet's personalized radio transmitter allows officers to locate it, often shortening the rescue time from hours or days to just 30 minutes.

Any resident of Brunswick who has been diagnosed with a condition that results in the tendency to wander or become lost can benefit from the program. Alzheimer's and dementia, autism, Asperger's Syndrome and Down syndrome are all included. **Bracelets are available and ready for use today!**

A lost person with a cognitive condition presents an emergency because they are often unaware of their situation, may not call out for help, and sometimes do not respond to people calling out for them.

Brunswick PD adopted this program 10 years ago, offering it free to Brunswick residents with funding provided by the Stephen & Tabitha King Foundation, the Alzheimer's Association of America and the Bureau of Justice Assistance – the Kevin & Avonte Program.

FMI or to register for Project Lifesaver contact officer Joe Westrich at: jwestrich@brunswickpd.org.

The program is also available in Freeport, Bath, Topsham, Richmond, and Sagadahoc County Sheriff's Office.



THANKS TO BRUNSWICK PD CHIEF SCOTT STEWART (seen here with Stacy at last month's Senior Health Expo), for putting ALL of the Project Lifesaver bands on his arm to show how easy it is to use them. Bands are available and free to use!



BRUNSWICK PD SGT. TOM STANTON and Animal Control Officer (ACO) Steven Auffant enjoyed Women's Breakfast with the ladies last month and answered questions about scams and area happenings. In this photo, we caught Wanda Barlag laughing at ACO Auffant's story about a skunk stuck in a storm drain. The skunk made it to safety – but not before leaving his sweet scent on Officer Auffant!



Lunch Out!

November 12th at 11:30 am.

FAIRGROUND CAFE
& Meeting Room

49 Topsham Fair Mall Rd, Topsham

Do you live alone?

The Good Morning program is a **FREE** daily safety check-in call *providing peace of mind.*

In partnership with Brunswick PD.

Sign up now!

People Plus!
THE CENTER THAT BUILDS COMMUNITY SINCE 1976
GOOD MORNING PROGRAM

FMI 729-0757
peopleplusmaine.org

Look for your letter! continued from p1

have a tremendous impact on literally thousands of people. Members numbering 1,420 can take exercise classes, learn languages, enjoy a snack or meal, take art lessons, play cards and games, attend presentations; the list is almost endless. It's a place to meet and make new friends.

"In the last 46 years, we've grown from a tiny social group with cards and bingo to a real community center with almost 1,500 members. We have gotten through the best of times and the worst. We've grown stronger, and today need each other more than ever," said Executive Director Stacy Frizzle-Edgerton.

People Plus receives no money from the state or federal level. A portion of our funding comes from the towns of Brunswick and Harpswell, United Way, and Spectrum Generations, but the Center must raise over \$450,000 a year to meet its total budget demands.

To that end, the People Plus Board of Trustees sign the letters that get sent out to potential donors, signaling their support for what goes on at the Union Street facility. The letters are often followed up with personal contacts from the board, staff, or development committee members.

This year's goal for the Annual Fund is \$100,000. The funding is specifically slated for our programming: supporting homebound elders, as well as the Volunteer Transportation Network, keeping all the classes in the Center at low cost, free lectures, free gaming and language clubs, free events, and more.

"We are hopeful our members and community partners will continue to send their contributions to keep this Center going," says Stacy. "We welcome the challenge to provide these services and your support is invaluable."

In advance, we thank you for supporting People Plus!



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 >>>



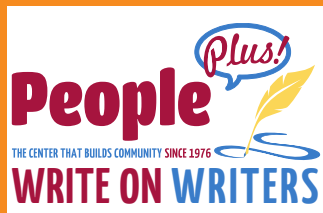
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Do YOU like to write?



Come join us!

Wednesdays at 1 pm

Authors' Chat continued from page 1

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?

This talk is free and open to the public, registration is appreciated. Books will be available for purchase.

Note: This latest book by our writers' group is available for \$14.95 at the Center.

Poems & Prose

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

'Tis the Season for Pumpkins

'Tis the season for orange . . . leaves and pumpkins are a fall staple for decorating. And, although I don't eat colorful leaves, I do like SOME pumpkin-flavored foods. I have to admit, I am not a big fan of pumpkin pie. But then I'm not a big sweets eater. The one pumpkin pie recipe I did like was one that had a layer of chocolate on the bottom. In my book, dark chocolate doesn't count as a sweet, but as a nutritious addition to a diet.

Then there's pumpkin cake and pumpkin cheesecake, and I'm betting there is pumpkin

pudding, although I haven't verified that. I do know, because I just bought some, that there is pumpkin-spiced yogurt.

As fall soon morphs into the winter months, I love making soups. Luckily, there are plenty of savory pumpkin recipes and products. Did anyone know they now have Pumpkin Spice Spam? I kid you not. But if that appeals to you, you better hurry, as they are advertising a limited supply.

I prefer pumpkin soup or mashed pumpkin that is not loaded with brown sugar or

molasses or maple syrup, but instead has savory spices like ginger, cloves, or curry-based spices like cumin or turmeric laced through it. And, of course, butter. . . It's not often I use butter, despite loving butter. But . . . some things just NEED butter.

So, take the time to incorporate seasonal foods into your diet. If you choose pumpkin, the cheerful color is certain to brighten your plate. And eating pumpkin adds many nutritious benefits to your diet, with a larger variety of vitamins and minerals. Its seeds

(delicious roasted) are also full of iron and very good for you. Which leads me to let you know that pumpkin is not actually a vegetable. Because of the seeds, it is designated as a fruit.

Pumpkin is also low in calories (before adding sweets or butter.)

So, enjoy pumpkin in a variety of recipes, and reap the benefits.

– Deb Noone

Waiting

From the window of the barn loft, the girl watched him hunt in the big field each morning. Watched, as he succeeded at once and went home early. Watched, as he watched and only waited, and went home hungry.

The girl became fascinated at his patience, his stealth, his timing when he succeeded, and at his stoicism when he failed – outmaneuvered, outsmarted, outthunted and unfed.

He generally had the field to himself these mornings. The hawks usually came later in the day when the warm drafts were there. And the shrike, with its penchant for stunning its prey and then impaling it on barbed wire, was gone for the season.

The low, horizontal rays of the October sun turned the fox into an orange ember as he crouched and watched and waited. And from high in the barn she watched. And she waited.

And in that low, searing sunlight, when he leaped high over the tall grass to come straight down on a field mouse, or when he sprinted to catch a pheasant before it flew, those times took her breath away. Those times, when the drama of life and death played out before her, those were the times she felt most alive.

Then the girl would go back into the house where life was lived on another level, where her job was to take care of Tucker.

Tucker, at 11, was two years younger than the girl, and in the country tradition, had been growing early into manhood the summer before. Working in the fields and washing up outside with the men, laughing heartily when they laughed, removing his hat and dragging his forearm across his sweaty brow as they did. Only now there was no sweat, and no forearm would lift, not since the accident with the baling machine.

The doctor said he'd get to use both shoulders and arms, some, and that he'd walk bent to the side some, and sooner or later he'd regain his spirits and talk to them again, and perhaps go back to school. Said that he was lucky to be alive.

The accident affected the whole family. Papa had to lay off their two hired men to pay the hospital bills. Now, he and Grampa worked so hard no one saw much of them. Momma had gone back to her old job as a bookkeeper at the grain elevator four days a week. On the fifth day she stayed home to watch Tucker, and the girl got to go to school, got to see her friends, and got to bring home assignments for herself and Tucker.

So on four days, the girl would place a book, open, in front of Tucker, and after a time, ask him questions that he would not respond to. She would draw simple figures on a paper and ask him to trace over them with his hand. She would beg him, yell at him, tease him, bribe him, shame him. She could have her own life back if he would just answer, respond. And at the end of it, the paper had only a simple figure on it. Her anger and sadness over Tucker's life left her little time or enthusiasm for her own lessons.

Other than the girl's mornings alone, her only connection to the time before was playing checkers with Grampa. Each evening, after supper they would play for about an hour. They had developed a ritual of leaving a game unfinished, only to continue it the next night. That way a move or a series of them might be planned, but seldom was. Even more, it meant that the two of them had unfinished business together.

– Fred Cheney

Time Travel

Spring forward, fall back,
Is an expression some people fear.
It tells about the time change
That comes regretfully twice a year.

Some ask why we bother
As it puts our bodies into shock
By going from daylight to darkness
When it's only 4 o'clock.

And then during the summertime,
I really don't think it's right,
That at 9 o'clock in the evening,
I can't sleep because it's light.

Now whether you agree or not,
It will take a lot of willpower
To carry on as usual
When the clock turns back one hour.

– P.K. Allen

The Dump Story

When we lived in California, many Saturdays included a trip to the dump. It was a social weekend gathering place as many friends and neighbors also frequented the dump. There they exchanged news and sometimes even exchanged items being dumped. You would be amazed at the things people throw away. John once found a practically new lawnmower that was still full of gas! All it needed was a small replacement part.

The boys especially liked to go because they found bicycle parts. Some of their bikes even came from the dump. Many times they found enough replacement parts there to create a bike. With a little paint, it was ready to go. It was a great learning process for the boys as John always had a workshop with many tools, especially bicycle tools – he was the neighborhood bicycle fixer.

One time someone was getting rid of a bunch of Tonka toys their kids outgrew and John had something the man was looking for, so they agreed to swap while they were still in line to enter the place. The man unloaded the toys into our truck while John gave up his item before they entered.

Our boys thought Santa must have been there. Lance especially enjoyed them and over the years his Tonka toys just got bigger. He is now a stonemason that builds sea walls and patios, etc., and his skills are so much in demand that he has quite a backlog of sea walls scheduled. To think this was a result of someone dumping some Tonka toys in John's truck.

Just before we moved to Maine we had a yard sale and Dion put all his collection of parts for sale to get rid of them. One customer commented he had seen better parts at the dump. Dion said, “Where do think I got them!” He still sold one item to him.

– Sue Linkel

Descent vs. Ascent? Which is Harder?

This question can be answered in multiple ways. My first approach is to answer it literally. I am an experienced hiker. I am generally more surefooted and comfortable at the beginning of a hike when it is common to be going uphill. There is the excitement of beginning an adventure, the lure of spectacular views and vistas at the end of the trail. In the beginning, there is always more energy. Walking uphill requires energy and attention. There is always some sadness in the return trip. You can walk faster downhill and use less energy, but my experience tells me you are much more likely to fall or trip on the way down than on the way up. So caution is necessary. There is the expectation of a heated vehicle and a snack you tucked away to refresh after a day on the trails. Overall, I would conclude that in hiking the ascent is easier than the descent.

Another way to look at this question is, “Is it easier to grow up or to grow old?” I admit this is a small diversion from the original question. My perspective on this question has changed over time. Looking back on my own experience including a lifetime of listening

to and observing the lives of others, my first thought is that growing up is very hard for everyone. Almost all children, teenagers, and young adults are eager and enthusiastic about growing up. No matter how many stories they hear or how many adults tell them what to expect, they do not have enough of their own experience to guide them. They must plow through experiences, make mistakes, learn and change and carry on. No matter how the process unfolds, it is very hard work. There is pain and suffering. If they learn from experience, they will have the guidance they need for the future.

I remember hearing a long time ago that all of your life you pack your bags for growing older. At the time I first heard that nugget of wisdom I wondered about it. Today it rings true to me. I believe it is easier to grow old than it is to grow up. All of our lives we accumulate our experiences and every experience, relationship, and challenge has a lesson. As we grow, we can pull from our “experience backpacks” to find the best answers for our continuing journey.

– Alene Staley

Cauldron for Charities, Surveys and Catalogs

Is your mailbox filled with surveys, charity appeals, and holiday catalogs? Somebody wants to pick your brain and your pocket. The envelope states URGENT or reply in so many hours or days. The catalogs remind you of an expiration date! The letter tells how long it will take you to complete the survey, and then PLEASE include your donation! I smile to myself and wonder if the sender completed this survey, donated or ordered merchandise. Who chose me as some surveys indicate? Where did the sender get my name and address?

I support several charities with Better Business Bureau ratings and do not complete surveys. Who tabulates the information for what reason? I cut my name, address, and registration number from the letters shred the letter or file it in my recycle cauldron. If my wood stove is keeping me cozy, I use pages for fire starter and say thank you. There are times, when the return envelope has return postage included. I remove all identification return trinkets, etc., and put it back in the mailbox.

The need for financial support is enormous and desperately needed. The sad and tragic fact, however, is today's technology has provided scammers tricks for their cauldrons to beat the system with malevolent schemes. We must be diligent, knowledgeable and alert. Do your homework, research requests – let your heart be your guide. Count your Thanksgiving blessings.

– Betty Bavor

The Bath

Princess is 2 years old and is the sweetest affectionate cat I know. When I'm relaxing on the couch, Princess soon comes a running pitter pat and jumps, landing next to me purring, ready to snuggle.

I recently noticed that she is doing a little scratching and I take the cat comb – and sure enough there is a flea. After some conversations, I'm told that fleas don't live in Dawn dish soap and are killed in the water. Good information.

I decided to tackle the problem by giving her a Dawn bath. It shouldn't be that difficult, Princess only weighs 10 lbs. Since we only have a shower, I'll be on my knees while administering this much-needed bath.

I collect everything needed, a small tub, towel, Dawn soap. I fill the tub with warm water and go get Princess, closing the bathroom door behind me.

The next is not pretty. I grab her by the back of the neck and plunge her feet in the tub water. She jumps out, meowing wildly. I squirt the soap on her back and splash water at her. She is climbing the shower wall and loudly crying. I can't move her. She is hung up somewhere. I find her front left foot with one claw tucked between the glass door and the frame. She is determined not to let it go. Holding on to the back of her neck with one hand, I work hard with my left hand to dislodge that one nail. Many loud crying meows and a few more splashes of water and I call it quits, grab a towel, and wrap her up tight.

Whew! I am exhausted. Next time, I'll take out my hearing aids. That is way too much noise.

– Nonie Moody

Slants of Light

I love the slants of light peeking though
the evergreen branches
As the sun begins to dip toward the horizon
in late afternoon.

The filtered light inspires my imagination
as I observe creatures scurrying about,
preparing for nightfall.

I breathe the beauty of the light deep
into my soul,
Expanding it in gratitude for this moment
of peaceful connection with All.

– Laura Lee Perkins

Artist's 3-D shadow boxes will brighten gallery walls



Kathy Gaunt of Bath will display her colorful and intricate 3-D shadow boxes in the Café Gallery in November and December. A longtime quilter who often mixed in appliqué work, she says creating the 8x8 shadow boxes is basically doing appliqué with paper.

After choosing an online pattern design, she selects the paper colors from her large collection of heavy card stock, then builds up layer upon layer of the paper into ultimately 1-inch deep images. For each layer of the design, she employs a cutting machine called a Cricut to create the intricate pieces of the design within the 8x8 square. After making the cuts, she uses a tool with a sharp hook to release the unused parts of the card stock, allowing the underlayers on each layer to be seen. Some of her work is 6 layers (1.5 hours of labor), sometimes 26



(5 hours of labor). Her average is 12-14 layers. "I like the depth of the pictures," she states. "And I like the bright colors," she adds.

Kathy says she has crafted as long as she can remember, starting out with popsicle sticks as an only child facing long winters. Now she loves piecing together the images, which include flowers, lighthouses, ships, beaches, mountains, and animals. They are framed in either black, white, or gray and can sit on a shelf or hang on a wall.

The shadow boxes will be available for purchase and all proceeds will be donated to People Plus. Although they typically sell for \$35, she is selling the ones in the show for \$20.

Come enjoy the show!



THE BRUNSWICK HIGH SCHOOL PLAYERS WILL PERFORM their fall play, *Pride and Prejudice*, this month at Crocker Theater at BHS. That's Programming Coordinator Jill Ellis' daughter Caitlin on the left who will be playing Jane Bennet. Shows are Thursday, Nov. 14 - Saturday Nov. 16 at 7 pm and Saturday the 16th at 2 pm. Tickets available at the door or online at <https://cur8.com/24610/project/125494> Don't miss this Jane Austen classic!

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

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

FICTION

Real Americans by Rachel Khong. A young Chinese-American woman meets Matthew, her opposite. Love follows, but secrets interfere. This is a story of class differences.

The Road by Cormac McCarthy. A survival story set in a future world that has been mostly destroyed by an unnamed catastrophe. A father and son

walk south to escape winter, scavenging for food and trying to avoid the "bad people."

The Pull of the Stars by Emma Donoghue. The flu epidemic in Dublin during World War I finds a nurse in charge of pregnant flu victims. Working 12-hour shifts, she is short of staff and supplies. This is a story of women's relationships, courage, and loyalty.

Run, Rose, Run by Dolly Parton and James Patterson. The hand/voice of each of these luminaries is clearly felt. A young musician hopes to make it big in Nashville. She gets help from a retired country diva, but will the musician's mysterious past ruin all?

Simon (Sort of) Says by Erin Bow. Simon's mother is an undertaker, her father a Catholic deacon. In this hilarious book, they move to Grin and Bear It, Nebraska, in the National Quiet

Zone – no TV, radio, or internet allowed. Will this escape last?

The Painted Drum by Louise Erdrich. A woman discovers a rare ceremonial Ojibwe drum. The book explores relationships affected by the drum in the past and present.

NONFICTION

The Tree Collectors by Amy Stewart. These are true tales of arboreal obsession.

Devil in the White City by Erik Larson. Best-selling award winner that describes murder, magic, and madness at the 1893 Chicago World's Fair.

The Feather Thief by Kirk Wallace Johnson. In 2009, a thief stole 299 rare bird skins from the British Natural History Museum in the heist of the century.

Stupid Things I Won't Do When I Get Older and **Things I Would Do Differently When I**

Get Older by Steven Petrow. Two books with humorous comments on aging.

MYSTERIES

Everyone Knows But You by Thomas E. Ricks. After a family tragedy, an FBI agent transfers to Maine, gets involved in a murder case, and learns about the Maine way of life.

Penne Dreadful by Catherine Burns. First in a series. Tessa takes a job at the local pizza place after her husband dies in a car accident that wasn't an accident.

Righteous by Joe Ide. An LA private eye named IQ takes a case in Vegas.

Murder in the Marais by Cara Black. First in a series of mysteries set in Paris; Detective Aimee Leduc is asked to deliver an old photo to a woman in the Marais, an old Jewish quarter. She finds a corpse with a swastika on her forehead.

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*Prices subject to change without notice.

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Help fill our teens' stockings!

- \$20 Visa gift cards (100 cards total)
- Small stuffed animals
- Fun and comfy socks for boys & girls (medium adult size)
- Bags of candy

As numbers triple, we're gearing up for a special holiday season

It hardly feels like I've been in this role for a year now! Since our move it feels like we've had to re-learn just about everything we typically do and as the holiday season is fast approaching, I'm sure we'll have plenty more to learn. With well over 150 different teens visiting since the start of the school year and close to 40 kids every afternoon, it's been almost a full-time job just trying to get to know them all! Luckily, we have many of our old regulars sharing everything we do with the newbies. It's fun to watch their faces light up when they see our activity calendar, hear what Friendsgiving is or when they learn what we do for our holiday party each year.

This fall we've been doing everything we can to get the teens outside while the weather is still nice. We've gone over to the Tom Settemire Community Garden to volunteer, gone hunting for horseshoe crab shells at the Skolfield Preserve and played plenty of football! As the weather gets a little colder and our teens have been seeking shelter inside, we've been doing a lot more cooking and crafts with them. We even kicked off November with our first unplugged day of the year. For a whole day our teens disconnected and spent the day cooking, crafting, and

playing board games with us. We're hoping we can come up with a nice list of things to keep the teens occupied all winter!

For this year's holiday party, we're hoping to do our usual Yankee Swap and gift bags for all of the teens again, but that means being prepared for triple the number of kids we had last year. If you'd like to donate a gift or something for the gift bags, please reach out! We need all the help we can get to make this year's holiday party special for all of our new teens! We are hoping to hand out 100 gift bags and have 50 teens participate in the Yankee Swap this year.

In other news, our teens have been spending the last week debating a new issue on their minds. How can we recognize our old regulars as being members longer than all the new teens? Some want their names on a plaque, a Teen Center sweatshirt with their name on it, or a mug club system where they get their own cup with their name on it to decorate after a certain number of visits. We've been pretty open to all of these ideas, but I think the most interesting one

Brunswick Teen Center News



Taylor Carter

came from one of our new members, Caroline, who just said "Pants" as her preferred prize for 1,000 visits. She's currently only at 8 visits, but if she does manage to hit 1,000, then I'm fairly sure we can satisfy that request. We've got a few years to sort it out.

Also, if you haven't already, don't forget to get your tickets for one of the Concerts for a Cause at the Unitarian Universalist Church of Brunswick! The Teen Center will get a portion of the proceeds as one of the causes this year! We hope to see you there.

Until next time, Taylor and the Teens

Come get in the swing!

Jazz concert to benefit Teen Center

UUCB Concerts for a Cause presents the Novel Jazz Septet at the Unitarian Universalist Church of Brunswick on Saturday, Nov. 23, at 7:30 pm, to raise money for the Brunswick Area Teen Center and Maine Family Planning. The concert will feature music of the iconic Duke Ellington and his equally iconic collaborator, Billy Strayhorn.

Novel Jazz will perform standard tunes from the Ellington/Strayhorn repertoire plus archival recordings they have recently unearthed. The septet, one of Maine's premiere jazz groups, is now in their 20th year of keeping the musical legacy of Ellington and Strayhorn alive and swinging. Tickets are \$20 in advance, \$25 at the door, and \$10 for students/children and will be available at the church office, Gulf of Maine Books, or online at ticketstripe.com/noveljazz7.



THE KIDS HAD A GREAT TIME VOLUNTEERING at the Tom Settemire Community Garden where they helped with some projects and harvested carrots. They also enjoyed a field trip to the Skolfield Preserve.



Welcome Marley!

Marley Kamin is a new part-time staffer at the Teen Center. A junior psychology/education major at Bowdoin College, she hails from New York City and has worked with kids in many different contexts. She has volunteered at preschools, taught early childhood literacy, been a camp counselor, and worked in an intensive outpatient program for kids with ADHD and behavioral issues.

"I love kids of all ages, and the Teen Center is the first time I've been able to spend quality time with middle schoolers," she says, adding that she loves doing art projects with the kids, losing against them at pool and learning their slang.



MARLEY (LEFT) GETS READY TO MAKE PUDDING with the Teen Center kids.



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— James Tierney, BHS Class of 1965

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



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



Farewell cont. from page 1

when dealing with homebound elders, who often feel scared and alone. It's not an easy job, and we look forward to getting her up to speed to service our most vulnerable population.

Meanwhile, Lynne is clear she is not saying goodbye. "I'm looking forward to staying connected," she says. She has promised to come back and see us and help out with projects or events when needed! Lynne, we will miss you!

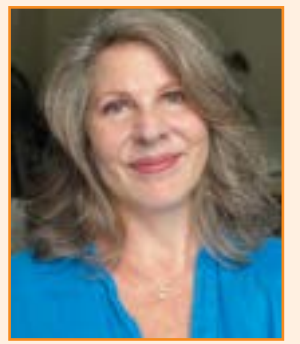


New faces at the Center!

CK Kimball of Brunswick is the new coordinator of the Volunteer Transportation Network, as well as Membership Coordinator. "I'm excited about working at People Plus. It is welcoming and feels like a very special place," she says.

A native of Kittery Point, CK moved around growing up, and has been back in Maine for 12 years. Most recently she ran a flower farm in Freeport. In her new role, CK says she has trained intensively with Lynne Smith and knows she has big shoes to fill. "My top priority is doing a great job," she states.

CK is also a playwright who teaches playwriting at Bates College and whose work has been produced by Portland Stage Company. Another of her plays produced locally in 2016 featured the daughter of People Plus members Regine and David Whittlesey in the cast!



CK Kimble

Deirdre Locascio of Harpswell joined Spectrum Generations in September as the nutrition coordinator for the Meals on Wheels program in the Midcoast area, located in the People Plus Center.

"I love being here," she says. "The People Plus staff in the building have been very welcoming and it's been great to meet the consumers and volunteers and to connect with everybody." Her job involves coordinating referrals, assessments, and service to 200 people who receive meals and 20 volunteers, whom she calls hard-working and dedicated in delivering meals twice a week.

Deirdre has four children and previously worked at the YMCA in child care and as a stay-at-home mom.



Diedre Locascio

Membership Benefits

- 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 121 Bath Road, Bruns., 729-0842
- Berrie's Hearing & Optical Center**, 10% off complete eye-wear, up to \$500 off hearing aids 86 Maine St, Bruns., 725-5111 www.berrieopticians.com
- Big Top Deli**, 10% off, anytime 70 Maine St, Bruns., 721-8900 www.bigtopdeli.com
- Bill Dodge Auto Group**, 10% off parts/service 118 Pleasant St, Bruns., 729-6653 www.billdodgeautogroup.com

Businesses offering discounts for PP members:

- Carpe Diem Tech Support**, John Fischer Help with PC & Mac. \$30/hour (40% off regular rate), 522-1238, john@carpediem-me.net, www.carpediem-me.net
- Darling's Ford**, 10% off up to \$50, parts/service 262 Bath Road, Bruns., 725-1228 www.darlingsbrunswickford.com
- Double Bubble Laundromat**, free drop off/pick up for seniors (15 lb. min.), \$1.80 for wash, dry & fold Topsham Fair Mall, 373-1995
- Eveningstar Cinema**, discount bag of popcorn at evening shows (\$1 sm, \$1.50 med), 729-5486 149 Maine St, Bruns., www.eveningstarcinema.com
- Fairground Café**, 10% off, anytime Topsham Fair Mall, 729-5366
- Hand Therapy Treatment and Education Center, LLP**, 20% off HandBasicssm: Self-Care Education class 114 Maine Street Suite 4, Bruns., 607-5800 www.therapyandeducation.com

- Hearts & Hands Reiki**, 10% off first visit 751-5339, heartsnhands207@gmail.com
- Lee's Tire & Service**, 10% off parts (not tires) 35 Gurnet Road, Bruns., 729-413127 Monument Pl., Topsh. 729-1676
- Maine Optometry**, 30% off complete glasses, some restrictions apply. 242 Bath Rd, Bruns., 729-8474 www.maineoptometry.com
- Maine State Music Theatre**, senior discount (60+) on matinee tickets for Main Stage performances 22 Elm Street, Bruns., 725-8769 www.msmt.org
- Mid Coast Hospital Gift Shop**, 10% off, anytime 123 Medical Center Dr, Bruns., 373-6018 www.mainehealth.org/Mid-Coast-Hospital/Patients-Visitors
- Pauline's Bloomers**, 10% off in-store purchase (in person only) 153 Park Row, Bruns., 725-5952 www.paulinesbloomers.com

- Reflections (Salon)**, 10% off, Mon & Fri 12 Center St, Bruns., 729-8028 www.reflectionsbylucie.com
- Rossignol's Hair Shoppe**, discount for age 60+ 370-9410
- Thomas Point Beach**, \$1 weekdays admission 29 Meadow Road, Bruns., 725-6009 thomaspointbeach.com
- Tire Warehouse**, 20% off labor Topsham Fair Mall, 725-7020 www.tirewarehouse.net
- Wilbur's of Maine**, 10% off, anytime 43 Maine St, Bruns., 729-4462
- Wild Oats Bakery & Cafe**, 10% off Mondays 166 Admiral Fitch Ave, Bruns., 725-6287 wildoatsbakery.com

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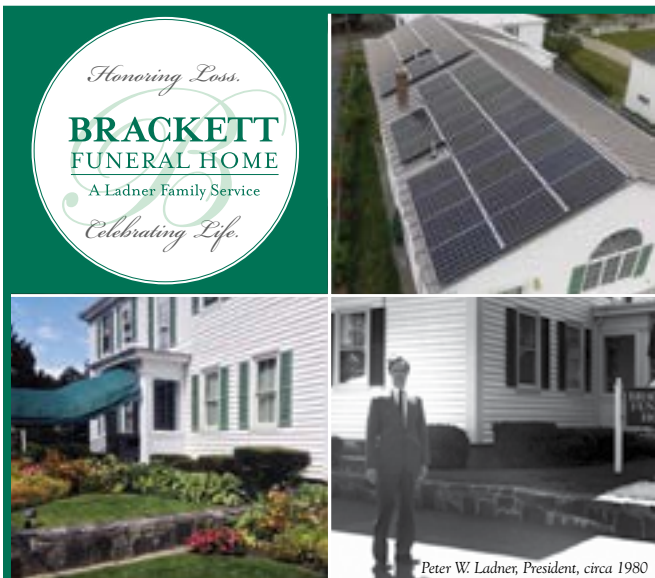
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Date _____

Name (1) _____ Phone _____
 Birthdate _____ Female Male Email _____
 Emergency Contact _____ (name) (phone) (relationship)
 Name (2) _____ Phone _____
 Birthdate _____ Female Male Email _____
 Emergency Contact _____ (name) (phone) (relationship)
 Mailing Address _____
 City _____ State _____ ZIP _____

Yearly Dues (Scholarships Available)
 Single (___ New ___ Renew): \$45
 Couple (___ New ___ Renew): \$85
 Lifetime Member (70 or over): \$425
 Cash/Check (Payable to People Plus)
 Membership Dues: \$ _____
 Additional Donation: \$ _____
(donations above membership dues are tax deductible)
 Total: \$ _____

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



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



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729-0475
www.spectrumgenerations.org

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

Monthly Update

November 2024

Honoring all who served

VETERANS DAY

11TH NOVEMBER

All Spectrum Generations locations will be closed on Monday, November 11, in observance of Veterans Day. We will also be closed on Thursday, November 28, and Friday, November 29, for Thanksgiving.

Come join us!



6TH ANNUAL
Midcoast
Tree Festival

MEDICARE'S

Open Enrollment Period

Open Enrollment runs **October 15 through December 7** and is the time of year when you can make certain changes to your Medicare coverage. The last change you make will take effect on January 1. Take action during Open Enrollment to make sure your coverage will meet your needs in 2025.

Making changes during Open Enrollment

The changes you can make include:

- Joining a new Medicare Advantage Plan or stand-alone Part D prescription drug plan
- Switching from Original Medicare to Medicare Advantage
- Switching from Medicare Advantage to Original Medicare (with or without a Part D plan)

Call **1.800.639.1553** to register for a **free Medicare education session.**




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



GRAND OPENING CELEBRATION

November 22, 2024 • 4 - 8 p.m.



EVENT DATES

November 23, 24, & 29, 2024 • 10 a.m. - 6 p.m.
November 30, 2024 • 10 a.m. - 8 p.m.
December 1, 2024 • 10 a.m. - 2 p.m.






Proceeds from the Midcoast Tree Festival support Spectrum Generations' programs and services including Meals on Wheels, All Saints Parish, and the Bath-Brunswick Regional Chamber. The three partner organizations utilize this unique and special fundraiser to help the community in diverse ways throughout Midcoast and central Maine.

For more information, contact the Midcoast Tree Festival Committee at (207) 725-8797, email midcoastreefestival@gmail.com, or visit www.midcoastmaine.com/midcoast-tree-festival

HL4ME Leader Trainings OPPORTUNITIES

Spectrum Generations' Healthy Living for ME® (HL4ME®), a network partner, has announced several leader trainings throughout 2024-2025 for Mainers who are interested in volunteering as a workshop leader.



The leader trainings schedule includes:

LIVING WELL WITH CHRONIC PAIN
November 5, 7, & 12 (Tuesday/Thursday)
9 a.m. - 12:30 p.m. | Via Zoom

BUILDING BETTER CAREGIVERS
January 7, 9, & 14
9 a.m. - 12:30 p.m. | Via Zoom

Successfully completing the *Living Well for Better Health* leader training is a prerequisite requirement for participation in the *Living Well with Diabetes*, *Living Well with Chronic Pain*, and *Building Better Caregivers* programs.

If interested, contact Jen at (207) 620-1657 or email jpaquet@spectrumgenerations.org.

UPCOMING COVID-19 & Flu Vaccine Clinics

For more information call, 1-800-639-1553, or visit spectrumgenerations.org.



November 14
9 - 11 a.m. | Spectrum Generations' Muskie Center
38 Gold Street | Waterville

November 20
10 a.m. - Noon | Spectrum Generations' Cohen Center
22 Town Farm Road | Hallowell

Everyone over the age of 18 is welcome.
Our healthcare team offers the following vaccines:

- Flu vaccines (both the vaccine for people ages 65+ and a vaccine for everyone under 65)
- The updated Covid-19 vaccine

Please bring your insurance card or a picture of your card to the clinic. COVID and flu vaccines will also be available for people without insurance.

Thanks to everyone who attended the premiere screening of **Autism and Online Safety** video at the Cohen Community Center in Hallowell on October 4.

If you did not have an opportunity to view this important safety and training video from Bridges Home and Community Based Services and the Autism Society of Maine, click the QR code above.

Once you've viewed the content, please share it with others. Thank you for helping us spread the word!

Counting our blessings, even if they're small and hiding in plain sight

Everyone seems to agree gratitude is important. For example, the positive psychology movement embraces a technique called "Three Good Things," which involves recalling three things that went well and reflecting or writing down those things at the end of each day. Research shows doing that boosts well-being.

I haven't tried it. I'm more likely the one strumming 'worst case scenario' in the background. For me, gratitude, rather than bubbling up as my go-to, often takes a circuitous route that resembles navigating a maze.

When my son was born three months early, I was just plain scared and worried – and those feelings initially outweighed gratitude. As I have aged, however, I'm trying on the motto, "Never let a good crisis go to waste." Part of that is discovering what important lessons can be learned in a crisis, and, unwittingly, my son has taught me about that.

Sometimes aging helps a brain to see the elements at play beyond fear and angst, and so I'm going to do something I used to do when I was young and innocent: Make a list of things I like and, by extension, feel grateful for. I think my youthful list included strawberry shortcake at Howard Johnson's, which was about as elite as that list got. My new items include everything from the mundane to the sacred. Here's what I wrote down:

- * Brunswick offers free parking and I can usually find a space.
- * I like 4-way stop signs, and there's more and more of them.
- * My favorite pair of socks is clean.
- * The glass I brushed against on the counter didn't fall to the floor and shatter.
- * I discovered an outstanding maple walnut scone at the farmers market.

- * On winter Fridays, the library's lit fireplace in the reading room is cozy and welcoming.
- * My shoelaces stayed tied all day.
- * My friend gave me homemade elderberry syrup to boost my immunity.
- * The Celtics have learned how to play as a team.
- * I picked just the right layers to wear on a breezy autumn walk.
- * I opened the fridge and there was something I wanted to eat.
- * The Help Desk at Curtis Memorial Library is really helpful.
- * I got my errands done before the BIW traffic let out.
- * My neighbors are nice and have cute dogs.
- * I got to cash in my Red Spoon points for a freebie gelato.

Thinking out loud

Charmaine Daniels



- * There are open spots at the self-checkout and I remembered to bring my reusable grocery bags.
- * My morning blast-off coffee tastes just the right amount of strong.
- * It's apple season and the Macouns have arrived.
- * I got a smooth-gliding grocery cart instead of 'a thumper.'
- * My son gifted me a great book of photos about how Portland used to be in the '70s.
- * I saw a giant rainbow over the Androscoggin River and didn't even know it had rained.
- * A friend sent me a poem by Wendell Berry about finding grace in the world.
- * I got long nail clippers that let me (some-what) easily reach my toes.
- * I work with folks at People Plus who are kind, competent, hardworking and offer tons of goodwill.

You know what? I'm in a better mood now that I wrote down the details of what I give thanks for. As someone once said, "A good day is one where my gratitude exceeds my expectations." So when the skies darken, don't forget to order a side of sunshine. And then write it down.

New and renewing members for October

Memberships received as of October 20.

- * indicates new membership
- indicates donation made with membership

Arrowsic:

Maureen Demers

Bath:

Linda Henderson*
Cindy Hinnendael*
Karen Knowles*
Kathy Sprague

Brunswick:

Rhonda Alden
Elizabeth Anderson*
Lenore Armellino
Judith Banionis*
Jack Bauman*
Judy Bauman*
Francis Bigelow
Nan Bigelow
Sue Blakemore
Jo Bouchard
Lionel Bourque

David Chatalbash*
Marcia Clayton
Nathaniel Coffin
Alison Coffin*
Lillian Connors
Paul Coulombe
Marcia Crooker
Carla Davis
Susan DeLois
Georgette Dionne*
Rita Dionne*
Maurice Dionne*
Bettyann Doucette
Monica Ferrari*
Chris Gutscher
Mary Hardy*
Linda Heller
Nancy Herk
James Howe*
Jean Howe*
Hugh Kirkpatrick*
Myrtle Lacroix
Tony Lacroix
Leon Laffely
Judie Lemons
Tom McKinney*
Kay McLaughlin*
Denise Miller

Karen Monahan
John Morneau
Pamela Morneau
Maggie Mullen*
Lee Patenaude
Greg Quinlan
Jane Quinlan
John Quinn*
Roger Rancourt
John Rhode
Suzanne Rhode
Lin Maria Rinotto*
Joanne Rioux
Elinor Rosenberg
Martha Spruce
Maurice St. Pierre
Susan Stoddard
Margaret Sullivan
Ruth Thibodeau
Wayne Thibodeau
Linda Trapp
Nancy Tucker
Ralph Tucker
Jack Williams*
Reiko Yonogi
Gerald Young
Anthony Yuodsnukis*
Barbara Yuodsnukis*

Jan Zimmerman
Ken Zimmerman

Durham:

Anne Funderburk
Victoria Prince

Harpwell:

Barbara Bishop*
Connie Bissias*
Jeanne Brooks*
Heather Carr
Alane Downes
William Fall
Nancy Keating
Sharon Kirker*
Michael McCabe
Susan Millar
Virginia Sabin

Haverill, MA:

Suzanne Coffin

Lisbon:

Patricia Bernier*

Lisbon Falls:

Peter Armstrong

Topsham:

David Bertocci*
Ntoetse Bertocci*
Lorraine Briggs
Robert Burgess
Penny Curtis
Diane Deci
Garth Duff*
Pam Duff*
Ruth Kimball*
Rebecca Levitan*
Carolynn Marsh
Jean Morse
Debra Nowak
Albert Paisley
Linda Paisley
Eileen Peabody*
Beth Revels
Beth Ring
Michelle Robbins*
Peter Robbins*
Margaret Ann Sanfasin*

Wiscasset:

Christine Sonia

Woolwich:

Susan Zimmerman

Gone but not forgotten—

Joseph Tonely

Nov. 11, 1936-Sept. 26, 2024



STAY HEALTHY, GET VACCINATED

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

Vaccination options:

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

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

MaineHealth



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Wellness Care Management • Personal Care Services
Home-Making Services • Registered Nurse Services

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Art class hosts art show!



Weekly Winners

DUPLICATE BRIDGE

- Sep 23** 11 teams .N/S
 1. Hugh Kirkpatrick & Duffy Tyler 70.1%
 2. Donna Dillman & Sherry Watson 56.9%
 E/W
 1. Gail & Cy Kendrick 55.8%
 1. Judy Johanson & Don Caton 55.8%
- Sep 30.** 8 teams.
 1. Martha Cushing & Jeff Lauder 74.6%
 2. Norm Curthoys & Richard Totten 54.8%
- Oct 7.** 10 teams.
 1. Judy Johanson & Don Caton 61.1%
 2. Martha Cushing & Jeff Lauder 60.4%
- Oct 14.** 12 teams N/S
 1. Gail & Cy Kendrick 63.9%
 2. Martha Cushing & Jeff Lauder 61.1%
 E/W
 1. Cotheal Linnell & Keith Rattue 56.1%
 2. Barbara & Don McHarg
- Oct 21.** 8 teams.
 1. Martha Cushing & Richard Totten 57.9%
 2. Gail & Cy Kendrick 57.1%

CRIBBAGE

- Sep 25.** James Cherry= 715
 Bill Swyers= 699
 Sherrill Morgan= 697
- Oct 2.** Rollande Fortin= 722
 Lorraine LaRoche= 715
 David Bertocci- 709
 Jim Cherry- 709
- Oct 9.** Trena Crabtree= 721
 Lois Fournier= 718
 Janice Parent= 713
- Oct 16.** Anne Bouchard= 710
 Jen Haskins= 707
 Janis Parent = 688
 Ashley Richards=688
- Oct 23.** Bill Swyers= 711
 Trena Crabtree= 701
 Jim Cherry = 697



OVER 40 PEOPLE ATTENDED AN ART OPEN HOUSE hosted by the People Plus Art Class last month at the Center. With a self-catered potluck buffet of delicious desserts, the families and friends enjoyed mingling, seeing the amazing collection of artwork and treats! The show is up until November 5th if you missed the open house!



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