



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 April 2025 • Volume 25, No. 4

# START YOUR BIDDING NOW!

## Online auction opens April 1!

If you can click, you can win, so have fun bidding on hundreds of amazing items during the 23rd Music in April online auction that runs through the end of the month. You might have your eye on the perfect getaway spot, a vintage treasure, or a gift card to your favorite restaurant. A smorgasbord of choices awaits you!

Here's a live update from Music in April headquarters: There are almost 400 items up for grabs in our largest fundraiser of the year, including jewelry, paintings,

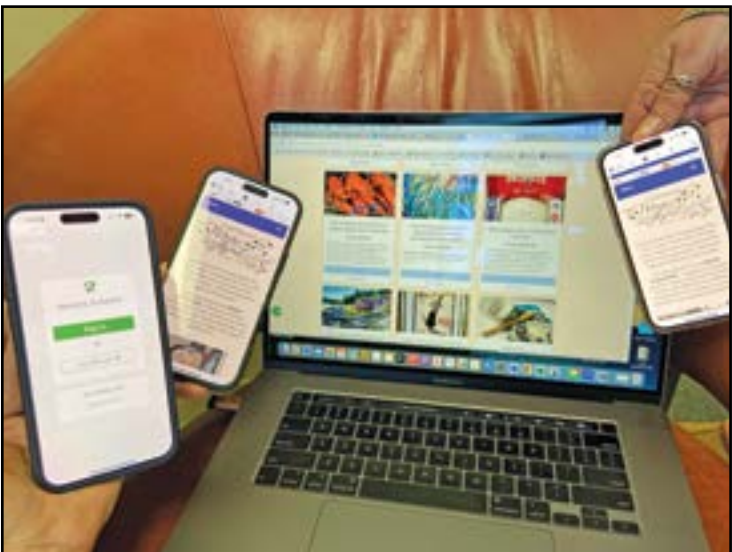
clothing, handmade items, private dinners, variety baskets, and much more – with items in every price range!

Jill Ellis, our People Plus programming coordinator who organizes the auction, has been busy as an elf as she inventories donations and sets up

the catalog. She will add items each week, so make sure you keep coming back to look before the auction closes at 9 pm on April 30.

"Last year we had over 400 bidders! It's free to participate and everyone can have fun playing. Back-and-forth bidding is just plain fun, and we'd like everyone to get

*continued on p. 10*



auction link



**DR. DAVID TAFT HAS MADE AMAZING HAND-TURNED ITEMS** for the auction this year, including a pen, a French baguette rolling pin, and his famous ice cream scoops. Do you have a handmade David Taft piece yet? If not, you can bid in this year's auction!



## Eat gelato and other treats to support our teens!

It's time to treat yourself, so join us at Gelato Fiasco to celebrate as the Brunswick Area Teen Center turns 20 this year! Our annual Scoop-a-thon on Wednesday, April 30, will feature creamy gelato with flavors like caramel sea salt, torched marshmallow s'more, cookie therapy, and brownie batter... yum! Enjoy up to 40 flavors to choose from as you support the fundraiser that helps area teens have a safe place to recreate after school. The Teen Center is serving many more



teens than ever before, so have fun as you mix-and-match flavors, try free samples, and know your dollars not only taste good, they do good!

Enjoy live music and celebrity scoopers at Gelato Fiasco flagship store at 74 Maine Street from 11 am to 11 pm. Bring the grandkids!

Bring your neighbors! Gelato Fiasco will donate \$2 per dish, cone, pint, or coffee to the Teen Center cause. Purchases from every customer will count and no special code is needed. Taylor Carter, the director of the

Teen Center, states the goal is to raise \$20,000. So come enjoy gelato and merriment as your scoops support a good cause on its 20th birthday. The event has become one of the best-known public fundraisers in Brunswick and attracts more than 1,000 people every year.

When you come, consider joining the Red Spoon Society, which lets you earn points toward your next gelato. You might even have to come back later in the day because two desserts in one day are definitely allowed! You know what they say, eat dessert first. Come and get the scoop!

## April 21 - 'Movie Monday!' at Eveningstar Cinema!

We are teaming up with Eveningstar Cinema, on Maine St. in downtown Brunswick, to offer a matinee movie on the third Monday of every month! Mark your calendars so you never miss this fun outing with pals! Check your weekly email or the People Plus lobby for details on the film for April (published about two weeks prior to the show date).

The movie is open to the public

at the regular cinema rate, however People Plus members who show their membership card save \$2 off the regular senior ticket price (and get free popcorn!)

If you'd like to become a People Plus member to get the discount, stop by the Center on Union St and sign up. It's only \$45 per year.

No registration is necessary – just show up at the cinema on April 21!



## Balance & Falls Clinic with Reform PT

**Mon, April 28 1:30 pm.** Dr. Christina Levesque, PT, DPT will teach us what balance means, how to prevent a fall and how to properly handle a fall if one occurs. Free, open to the public. Call 729-0757 to register.



## FYI! Silver and Gold in Brunswick

**Thu, April 10, 1 pm.** (note the time!). Come hear local jeweler Hannah Field Simmler discuss the history of the Field family as jewelers in Brunswick. Originally settling in the early 1800s on the Durham border of Brunswick as farmers, the Field family moved to the jewelry trade in the 1890s. This talk will focus on the five generations of the Field family jewelers on Maine Street. Highlights include their involvement at the Shiloh religious colony in Durham, their response to changes in Brunswick, and a brief overview of the newly renovated Field Block building in the heart of Maine Street. Free, open to the public. Registration required.



# 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.

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# Walking in the energy

When I was in Atlanta last month, I took a yoga class and at the end of it the instructor closed the practice by saying, "And don't forget you're not the only person walking in the energy."

I've thought about this so many times since then. What did that mean exactly? And how could I do that? Was it her way of telling us not to get wrapped up in our own issues and lose sight of what's important? And to see those around walking their own path in life while we all share the same energy?

I pondered this while I spent March seeing as much of my family as possible. I drove to Boston and brought my daughter, Violet, home for college break and then saw my other daughter, Juliet, and her roommates at my sister's house in Atlanta. While there I also saw one of my brothers, as well as my longest friend from high school, her family, my nephew, and my brother-in-law.

Jonathan and I also took a trip to see one of his twin daughters, Julia, at her new home in South Boston, and the next week, I drove an hour and a half to watch my longtime friend's daughter, Brianna, in a dance competition. I've been friends with her mother, Sharon Dodge, for nearly 18 years and I've watched Bri grow from an infant into a beautiful young woman.

I have realized that the entire month was about sharing the energy of my life with



those I love. It was fulfilling and heartwarming and gratifying to see family and friends and share experiences while relaxing and catching up. We grieved the loss of a parent, exalted in the upcoming birth of a baby, and rejoiced in the pending engagement of a young couple.



Mostly we all just enjoyed being together, sharing space and the energy we create. And it's easy to see that energy when you pay attention. I think that's what the yoga instructor was asking us to do – to notice those around us and remember that they are also on their own journey through our shared energy.

On the plane ride home from Atlanta I got to thinking that sharing the energy is a huge part of what we do at People Plus. We spend tons of time with other folks who want nothing more than to be together with shared experiences, fun, laughter, and positive energy.

I often pull up short when I walk into a presentation at the Center or the lunch-room full of members



**From the Executive Director**

*Stacy Frizzle-Edgerton*

and hear the laughter, the chattering, the conversation and camaraderie. And the energy that emanates is incredibly positive. And it's what drives us to do what we do here at People Plus. We feed people not just food, but information, entertainment, and new experiences, and we support them with rides, food, and prescriptions while we help them grow and expand who they are at this phase in their lives – during a time when, more often than not, someone's energy begins to diminish.

I've heard it said many times that during the later years in life, people feel like their light goes out. So at People Plus we turn up the brightness and focus on happiness and joy.

Often I will ask bridge or cribbage players at the end of a game, "Did you have fun?" And regardless of whether they won or not, the answer is always "Yes, we had a great time!" And they can't wait to come back and play (or eat, exercise, dance, learn, etc.), again next week.

So I invite you to join us at the People Plus Center and to feel the energy. See if you like it. I think it feels great, and I'm going to keep sharing its positivity with over 1,500 members in the Greater Brunswick area.

And as my yoga teacher instructed, I will try not to forget all of the others "walking through this energy" hand-in-hand with me.

*Author's Note: I thank you advance for helping us fundraise in April as we strive to support People Plus members with vital services and wellness and to keep their energy bright.*

# Try a lunchtime switcharoo

I usually have a turkey sandwich or a salad for lunch. Lately, I want to change things up! I have come up with some ideas that I hope you like.

- Pickled beet, arugula and herbed goat cheese sandwich (soften the goat cheese).
- White beans, tomato, and avocado salad. Drizzle with olive oil and lemon for dressing.
- Mashed avocado and hummus sandwich. Use on a slice of toast and on top of the avocado and hummus, add shredded carrots, cucumbers and microgreens.
- Take a high-fiber wrap and spread with organic peanut butter and jam. Roll it up!

## From Anita's Plate

Anita Nugent  
(207) 504-6439



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

- Mediterranean tuna salad. Combine tuna, chickpeas, cherry tomato halves, fresh torn pieces of spinach, pitted kalamata olives. Drizzle with olive oil and lemon juice.
- Sweet potato quesadilla. Combine cooked and mashed sweet potatoes, black beans, diced red pepper and onion. Spread on one half of a high fiber wrap. Cook in skillet until brown on both sides.

**Creamy Bean Soup with Asparagus**

**Ingredients:**

- 1 Tbsp. olive oil
- 1 small onion, diced
- 2 (15 oz.) cans of cannellini beans, drained and rinsed
- 2 tsp. dried thyme
- Freshly ground black pepper
- 6 cups low-sodium vegetable broth
- 1 lb. of asparagus

**Directions:**

1. Heat oil in a large stockpot. Add onions and cook, stirring occasionally. Add the beans and cook 1-2 minutes. Stir in thyme and pepper. Add broth, cover, and bring to a boil. Reduce heat and simmer 5 minutes.
2. Trim the tips off of 6 asparagus stalks and reserve. Slice the rest of the asparagus in 1/2 -inch pieces. Set aside.
3. Use an immersion blender to puree the soup.
4. Add sliced asparagus to the soup. Bring to a simmer over medium heat. Simmer until the asparagus is crisp-tender.
5. Ladle into bowls and top with the reserved asparagus.

Honoring Loss.

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Celebrating Life.

**BRACKETT FUNERAL HOME**

29 Federal Street, Brunswick, ME

(207) 725-5511 [www.BrackettFH.com](http://www.BrackettFH.com)

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



MALLORY WALDMAN (LEFT) AND REGINE WHITTLESEY pause for a photo as Mallory explains weaving techniques using her portable loom. Mallory's lovely weavings are on display in the Café Gallery through the end of the month.



**LOOK WHO CAME FOR A VISIT!**  
We were so happy to have a visit from Lynne Smith (second from right) last month at the Center! We have missed her since she stopped working at the Center nearly six months ago!



## Have you seen our display?

People Plus is the Brunswick Downtown Association Business of the Month in April, so stop by and check out our display table at the downtown Brunswick Visitors Center at 16 Station Avenue, right next to the busy Amtrak Downeaster arrival and departure area. We will have a full array of our materials that explain the large variety of services and classes we provide. The Visitors Center offers so much else as well, including all kinds of brochures and displays about area businesses and events, as well as tickets and information about the Downeaster train. Whether you live here or have summer visitors coming, it's a great place to discover ideas about what People Plus offers and what else goes on in the Brunswick area.



## 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 Peek of the Week, 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!

SAVE THE DATE!

SENIOR HEALTH Expo

Thursday, October 9, 9-1  
Brunswick Rec. Center

WARFARE

MCVEIGH

Classic Movies!

Family Movies!

Special Events!

EVENINGSTAR CINEMA

Happy Easter!

People Plus Movie Monday April 21st

Tickets and info at:  
eveningstarcinema.com

Sign up for the Newsletter!

Gift Cards Available!  
Fill Your Easter Baskets!

Movie Line: (207) 729-5486

149 Maine St, Brunswick ME

PINK FLOYD Live at POMPEII

THE LEGEND OF OCHI

# Looking Lucky at the Luncheon!



**ALL THESE LUCKY MEMBERS** enjoyed a delicious corned beef and cabbage “Boiled Irish Dinner” last month at the Center! Don’t miss next month for Chicken Pot Pie!



## Which came first? The chicken or the lunch?

Join us Thursday, Apr. 17, for for Chicken Pot Pie served on fresh baked biscuits, with green beans, cranberry sauce, tossed green salad and fresh bread. And we will round out the meal with homemade pineapple-upside-down cake 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 Sign up starts Apr. 1.

## Wednesday Walkers Club Destinations

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 **9:30 am (NEW TIME for spring)** if inclement weather.

- Apr. 2.** Planning meeting and a walk. Meet @PP at 9:30 am to share your ideas and help plan the walks for May! Then we'll walk the Swinging Bridge loop..
- Apr. 9.** Winslow Park, Freeport. Carpool: meet @PP by 9 am or at site by 9:30.
- Apr. 16.** Papermill Trail, Lisbon. Carpool: meet @PP by 9 am or at site by 9:30.
- Apr. 23.** Arctic Museum, Bowdoin College. Park at People Plus by 9:30 am and we'll walk to the Museum for a visit.
- Apr. 30.** Kate Furbish East or West, depending on trail quality. Watch emails for more info. Carpool: meet @PP by 9 am or at site by 9:30.

## Program Notes for April

- No Monday Munchies on April 7 or 21 (Patriot's Day)
- No Apple Club or Tech Tutoring in April
- Wednesday Walkers new start time is 9:30 am.
- The Center is closed April 21
- During tax season (through April 10), Thursday Bridge begins at 9:30 am (after Men's/ Women's Breakfasts) in the cafe

## FYI! Play Ball!

**Thu, May 8, 1:30 pm.** Former New York Yankees manager (and Brunswick High School graduate) Carl "Stump" Merrill, will reflect on his professional baseball journey. Free, open to the public. Registration required.

## DO YOU LOVE YOUR CENTER?

We are seeking letters from Brunswick residents we can use for our town funding request. Help us help you!

PO Box 766, Brunswick, ME 04011  
or email [director@peoplelusmaine.org](mailto:director@peoplelusmaine.org)


## Good Eats –Good Friends!

### Women's Breakfast

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

### Men's Breakfast

**Thu, Apr. 10, 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! Soups will be listed in our weekly email.

# “Soul Sold”



## One Victim's Story

*A uniquely poetic read!*

By local author,  
Beth Aubut

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



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

Get your copy of “Soul Sold” at  
[www.authorbethaubut.com](http://www.authorbethaubut.com)

  @bethaubut

AVAILABLE AT  


## Book a vacation with People Plus and Collette Travel!

Trips are open to the public - bring a friend!

### 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>



### Magical Rhine and Moselle Rivers Cruise

September 13 - 21, 2026. Highlights include 7-night river cruise, Rhine and Moselle Rivers, Cologne, Cochem, Lorelie Passage, Mannheim, Speyer, Strasbourg, Breisach, Freiburg. **FMI** <https://gateway.gocollette.com/link/1289576>. Cabins are first come, first served - Book Today!



Mon	Tue	Wed	Thu	Fri	Sat
	<div>8:30 Taxes <b>1</b></div> <div>9:00 Beg/Int. Bridge</div> <div>9:00 Chair Yoga</div> <div>9:30 Art Class</div> <div>10:00 Yoga</div> <div>11:15 Table Tennis</div> <div>1:00pm Game Day</div> <div>1:00pm Qigong</div> <div>2:30pm Spanish Club</div> <div>6:30pm Toastmasters</div>	<div>8:45 Cribbage <b>2</b></div> <div>9:00 Mah-Jongg</div> <div>9:00 Loosen Up</div> <div>9:30 Wednesday Walkers</div> <div>10:15 Tai Chi</div> <div>12:00pm Growing Stronger</div> <div>1:00pm Write on Writers</div> <div>6:30pm Int. English Country Dance</div>	<div><b>8:30 Women's Breakfast</b> <b>3</b></div> <div>8:30 Taxes</div> <div>9:00 Table Tennis</div> <div>9:30 Art Class</div> <div>9:30 Beg/Int. Bridge</div> <div>11:00 Yoga</div> <div>1:00pm Learn to Art</div> <div>6:00pm Int./Adv. Belly Dancing</div>	<div><b>4</b></div> <div>9:00 Mah-Jongg</div> <div>9:00 Haircuts with Margarita</div> <div>9:00 Loosen Up</div> <div>10:15 Qigong</div> <div>11:00 World Affairs</div> <div>11:45 Chair Yoga</div> <div>6:30pm Folk Dance Brunswick</div>	<div><b>5</b></div> <div>9:00 Zumba</div> <div>10:15 Table Tennis</div> <div><b>5pm Music in April Live Auction and Dinner Gala</b></div>
<div><b>7</b></div> <div>9:00 Mah-Jongg</div> <div>9:00 Loosen Up</div> <div>10:00 Fiber Arts Club</div> <div>10:00 Zumba</div> <div>11:00 Table Tennis</div> <div>1:00pm Bridge</div> <div>6:00pm Sayon</div> <div>Camara Drumming</div>	<div><b>8</b></div> <div>8:30 Taxes</div> <div>9:00 Beg/Int. Bridge</div> <div>9:00 Chair Yoga</div> <div>9:30 Art Class</div> <div>10:00 Yoga</div> <div>11:15 Table Tennis</div> <div><b>11:30 LUNCH OUT</b></div> <div>12:30pm Medicare 101</div> <div>1:00pm Game Day</div> <div>1:00pm Qigong</div> <div>2:30pm Ukulele Club</div> <div>2:30pm German Club</div>	<div><b>9</b></div> <div>8:45 Cribbage</div> <div>9:00 Mah-Jongg</div> <div>9:00 Loosen Up</div> <div>9:30 Wednesday Walkers</div> <div>10:15 Tai Chi</div> <div>12:00pm Growing Stronger</div> <div>1:00pm Write on Writers</div> <div>6:00pm Belly Dancing</div>	<div><b>10</b></div> <div>8:30 Taxes</div> <div><b>8:30 Men's Breakfast</b></div> <div>9:00 Table Tennis</div> <div>9:30 Art Class</div> <div>9:30 Beg/Int. Bridge</div> <div>11:00 Yoga</div> <div>1:00pm Learn to Art</div> <div><b>1:00pm FYI! Silver and Gold</b></div> <div>6:00pm Int./Adv. Belly Dancing</div>	<div><b>11</b></div> <div>9:00 Mah-Jongg</div> <div>9:00 Haircuts with Margarita</div> <div>9:00 Loosen Up</div> <div>10:00 Fiber Spinning Club</div> <div>10:15 Qigong</div> <div>11:45 Chair Yoga</div> <div>6:30pm Folk Dance Brunswick</div>	<div><b>12</b></div> <div>9:00 Zumba</div> <div>10:15 Table Tennis</div>
<div><b>14</b></div> <div>9:00 Mah-Jongg</div> <div>9:00 Loosen Up</div> <div>10:00 Fiber Arts Club</div> <div>10:00 Zumba</div> <div>11:00 Table Tennis</div> <div>11:30 Monday Munchies</div> <div>1:00pm Bridge</div> <div>6:00pm Sayon</div> <div>Camara Drumming</div> <div>7:00pm History Book Club</div>	<div><b>15</b></div> <div>9:00 Beg/Int. Bridge</div> <div>9:00 Chair Yoga</div> <div>9:30 Art Class</div> <div>10:00 Yoga</div> <div>11:15 Table Tennis</div> <div>1:00pm Game Day</div> <div>1:00pm Qigong</div> <div>2:00pm Books a la Carte</div>	<div><b>16</b></div> <div>8:45 Cribbage</div> <div>9:00 Mah-Jongg</div> <div>9:00 Loosen Up</div> <div>9:30 Wednesday Walkers</div> <div>10:15 Tai Chi</div> <div>12:00pm Growing Stronger</div> <div>1:00pm Write on Writers</div>	<div><b>17</b></div> <div>9:00 Beg/Int. Bridge</div> <div>9:30 Art Class</div> <div><b>12:00pm Lunch and Connections</b></div> <div>1:00pm Learn to Art</div> <div>6:00pm Int./Adv. Belly Dancing</div>	<div><b>18</b></div> <div>9:00 Mah-Jongg</div> <div>9:00 Haircuts with Margarita</div> <div>9:00 Loosen Up</div> <div>10:15 Qigong</div> <div>11:00 World Affairs</div> <div>11:45 Chair Yoga</div> <div>6:30pm Folk Dance Brunswick</div>	<div><b>19</b></div> <div>9:00 Zumba</div> <div>10:15 Table Tennis</div>
<div><b>Center Closed</b> <b>21</b></div> <div><b>DON'T MISS MOVIE MONDAY!</b></div> <div><b>April 21, 1:30 pm</b> at Eveningstar Cinema! FMI see page 1.</div>	<div><b>22</b></div> <div>9:00 Beg/Int. Bridge</div> <div>9:00 Chair Yoga</div> <div>9:30 Art Class</div> <div>10:00 Yoga</div> <div>11:15 Table Tennis</div> <div>1:00pm Game Day</div> <div>1:00pm Qigong</div> <div>2:30pm French Club</div>	<div><b>23</b></div> <div>8:45 Cribbage</div> <div>9:00 Mah-Jongg</div> <div>9:00 Loosen Up</div> <div>9:30 Wednesday Walkers</div> <div>10:15 Tai Chi</div> <div>12:00pm Growing Stronger</div> <div>1:00pm Write on Writers</div> <div>6:00pm Belly Dancing</div>	<div><b>24</b></div> <div>9:00 Table Tennis</div> <div>9:00 Beg/Int. Bridge</div> <div>9:30 Art Class</div> <div>11:00 Yoga</div> <div>1:00pm Learn to Art</div> <div>6:00pm Int./Adv. Belly Dancing</div>	<div><b>25</b></div> <div>9:00 Mah-Jongg</div> <div>9:00 Haircuts with Margarita</div> <div>9:00 Loosen Up</div> <div>10:00 Fiber Spinning Club</div> <div>10:15 Qigong</div> <div>11:45 Chair Yoga</div> <div>6:30pm Folk Dance Brunswick</div>	<div><b>26</b></div> <div>9:00 Zumba</div> <div>10:15 Table Tennis</div>
<div><b>28</b></div> <div>9:00 Mah-Jongg</div> <div>9:00 Loosen Up</div> <div>10:00 Fiber Arts Club</div> <div>10:00 Zumba</div> <div>11:00 Table Tennis</div> <div>11:30 Monday Munchies</div> <div>1:00pm Bridge</div> <div><b>1:30pm Balance and Falls Clinic with Reform PT</b></div> <div>6:00pm Sayon</div> <div>Camara Drumming</div>	<div><b>29</b></div> <div>9:00 Beg/Int. Bridge</div> <div>9:00 Chair Yoga</div> <div>9:30 Art Class</div> <div>10:00 Yoga</div> <div>11:15 Table Tennis</div> <div>1:00pm Game Day</div> <div>1:00pm Qigong</div>	<div><b>30</b></div> <div><b>Teen Center Scoop-a-thon at Gelato Fiasco! 11 am to 11 pm</b></div> <div>8:45 Cribbage</div> <div>9:00 Mah-Jongg</div> <div>9:00 Loosen Up</div> <div>9:30 Wednesday Walkers</div> <div>10:15 Tai Chi</div> <div>12:00pm Growing Stronger</div> <div>1:00pm Write on Writers</div> <div>6:00pm Belly Dancing</div>	<div>Calendar page sponsored by</div> <div> <b>MaineHealth</b></div>		

### CENTER CLUBS

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, Apr. 21, 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, Apr. 8, 2:30 pm. Come jam with us! All abilities welcome (must be able to play basic cords). Bring your own ukulele.

Write On Writers

Wednesdays, 1 pm. Meet to share writings.

Wednesday Walkers

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

GAMES

Duplicate Bridge. Mondays, 1 pm. All levels welcome.

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

Cribbage. Wednesdays, 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. Tuesdays, 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.

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

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LOCATION:

123 Medical Center Drive


Inside the Main Entrance of Mid Coast Hospital

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

QUESTIONS?

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

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

 **MaineHealth**

# Get going, search to see what’s growing!

Come April, it’s not unusual for me to get moody. Perhaps I’m expecting too much from a change-filled, 30-day month? I’m sick of the snow that’s lying around in granular heaps in the shaded woods, and of the leaves, grass, trees, and other life forms that are boring, lifeless, and nasty shades of brown and gray. April might make me anxious, excited, or confused, often in the same day. I usually accept the best way to deal with those feelings is jump in the car – again – and get away on a search for greenery.

Jane and I have known lots of farmers in the area over the last half century (now, too often, it’s children of farmer friends) so we just get going, to see what’s growing. We pound around all those familiar fields in Bowdoinham, looking for those plastic quonset greenhouses. We poke along both sides of the Kennebec, looking for geese and maple syrup buckets, and



**JULIA BAECHER EXPLAINS A POINT ABOUT GROWING TULIPS** at her East of Eden Flower Farm in Bowdoinham.



**PRIMROSES ARE AMONG THE HUGE INVENTORY** of plants at Longfellow’s Greenhouses in Manchester, Maine.

finish our day near Augusta, where we know our urge for green will be glutted.

First stop is a visit to see Julia at East of Eden Farms. This slight little lady has a passion for blooms like I’ve never seen. In her sweating greenhouses, she’s the queen of thousands of budding tulips. She waters them, heats them, cools them, and talks to them, all with the goal of forcing them to bloom on her command. “Color,” she says, “for April!”

At Six Rivers Farm, the “on your honor” vegetable store has an interesting blend of last fall’s root crops and this spring’s fresh greens. We buy a couple bags of new spinach; I was eating some of those great green leaves as we left. I never tire of riding around “over east” in Bowdoinham, just follow Browne Point and Pork Point roads around for a short, eventful detour off Route 24. Heading across the “Abby” River, the ice-dotted tidal flats of Merrymeeting Bay spread before

you. Sea and wood ducks beat restlessly against the graying ice, Canada Geese (if you’re lucky) will be waddling around, looking for open water on the muddy flats. The season’s last smelt camps are stranded on shore, reminding me sadly I didn’t get fishing with the boys again this year.

Willing next to dare the long, puddle-filled farm road to Stonecipher Farm, we’re rewarded by

finding a couple guys washing last fall’s root crops and another at a greenhouse filled with delicate, fresh lettuce. Our guide in the lettuce house shakes his head, smiling. “We cover it, we uncover it. One night we worry it all will freeze, next day we open vents so it won’t wilt in the heat.” But there’s a smile on his face, and his enthusiasm is genuine as he squats and gently brushes a plant with his index finger. My guess is he’d rather be coaxing lettuce to grow on a snow-bound farm in Maine than be working in an office in any other place in the country.

After sneaking another peek at geese in a little Kennebec cove close to Richmond, (“There are always some in here,” I say with confidence to Jane, and there were) we press on toward Augusta, then Manchester. Longfellow’s Greenhouses in Manchester is a mecca for gardeners year-round, but in early spring, it becomes a temple. Warm,

## MAINE & me

by Frank Connors



**GREENHOUSE LETTUCE AND ONIONS** grow at Stonecipher Farm in Bowdoinham.

shedding-your-coat kind of greenhouses line the avenue. The gentle smell of potting soil dominates all. Sheets of potted primrose flaunt their colors against the bland outdoors. I stand in doorways, one after the other, taking deep breaths, feasting the eyes, and finally Jane comes over and asks, “Have you seen the orchid room yet?”

So, it’s just a week, maybe two, before the outdoor farmers markets open in Brunswick, Bath, and surrounding towns. There is no flower show in Portland, and the seeds you ordered from Johnny’s won’t be here for several days. Why don’t you get in your car, or drive with a friend in search of your special patch of greenery? I guarantee it will be a day well spent, and soon enough, it will be May!

### FRANK’S FACT

I’m told there are more “free-range farmers” in little old Bowdoinham than in any other town in Maine. What, you might ask, is a free-range farmer? Here’s my definition: “Young, dedicated workers of the soil, willing to provide the energy and work the hours it takes to plant and produce fresh, real food for folks in Maine.”

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# Two members and their dogs offer a special kind of joy

Yoda is a 9-year-old golden retriever who has a very important job on Tuesday afternoons. While at work on that day, she comforts a lot of older people by providing a very special nonverbal connection. Yoda is a therapy dog, and her trademark calm and friendliness make her an ideal visitor for residents of Mid Coast Senior Health in Brunswick. She has a big impact, whether residents at the center are missing their own pets terribly or feeling withdrawn or don't get a lot of visitors and are simply lonely.

Yoda didn't have an easy start in life. People Plus member Martha Cushing rescued her from South Carolina, where she had been abused. She was 1½ years old when she arrived in Maine and was afraid to come out of Martha's bedroom. It took a long time before she felt safe.

After Yoda progressed, Martha was approached by a woman from her church who suggested that Yoda and Martha might make a good team for pet therapy. They have now done the job for six years as a volunteer team and last year received the Volunteer of the Year award at MaineHealth Mid Coast Hospital, where they also support patients.

"Martha is a keeper," says Katie Shelley, the activities director in the memory care unit. "She takes the time to get to know our residents and bonds with them in a special way just like Yoda does. Her dedication is incredible," Katie adds.



**MARTHA CUSHING AND HER DOG, YODA**, volunteer as a pet therapy team for residents of MaineHealth Mid Coast Senior Health.

Every pet therapy dog must be certified by the Alliance of Therapy Dogs. It takes three visits by a certifier to get approved. They check for general skittishness, as well as the relationship between dog and owner, among other things. Yoda is the picture of steady calm, even though she and Martha initially had to figure out a way around Yoda's hesitation to shiny floors and elevators.

The pet and the owner form a team. Some wonderful dog owners are not able to get certified, and the same for some wonderful dogs. It's really about having the best pair that can form a team to do the work involved – and it is work. After about an hour of being on task, Yoda gets tired.

According to Meggie Thornton, who manages social events and volunteers, there are now six therapy dogs of all shapes and sizes in rotation at the center. She says the staff would love to have a dog every day of the week because they are of proven benefit to residents.

Yoda makes the residents light up, sometimes just by softly putting her paw up on someone's leg. Words are not necessary. "It's a beautiful thing," says Meggie.

For some residents who don't talk, pet visits bring out their best because they don't have to speak in order to feel a connection. For those who don't come out of their room, Yoda will visit the room if given the okay. Other times, she visits when residents are gathered in the community room. She works the room, going to each person to greet them in her gentle way. Residents like to talk to Yoda, and Martha says it's a homerun when residents start to feel like Yoda is their pet.

She and Yoda sometimes get to know long-term residents for several years and have even been invited to a resident's room at the end of life. As sad as the occasion is, families ask for Yoda to come in and feel she

makes a difference. "There are levels you can reach with someone that don't involve human contact," says Katie. "I think Yoda can read your soul." Martha states her beloved dog is therapy for her as well, and it's clear they share a special bond. Martha highlights their relationship by quoting a question from her daughter: "Who's rescuing who?"

\*\*\*\*\*

Sasha's future as a therapy dog was hard to imagine when she arrived as a 7-month-old rescue from Arkansas at the home of People Plus Board member Gail Kendrick. Sasha was a bad dog. She bit Gail's hand, attacked her other dog, shredded houseplants, stole Gail's clothes, never slept, and marked her territory by peeing in the house. Gail called up to see if she could return her. She was told there were no foster homes at the moment and was asked to keep her just a bit longer.

At that point, Gail said that knowing she could return her soon caused her to stop correcting or caring about Sasha's behavior. It was then that Sasha's behavior started to improve. New training techniques recommended by the vet helped her become a better pet. Now 9 years old, she is friendly, goes to everyone, can be petted anywhere, and gets excited when she sees the leash she wears to go to Mid Coast Hospital and Mid Coast Senior Health for her therapy rounds.

Just newly certified as a therapy dog in recent weeks, Sasha visits areas of the hospital where waiting can be stressful as well as patient rooms a behavioral health group meeting. "Kids like her and she's a good size for kids," Gail notes. Sasha is part shih tzu, cocker spaniel, toy poodle, beagle, and "13% other," says Gail. "She's an All-American dog," she adds, smiling. At just 11 pounds, she is allowed



**GAIL KENDRICK AND HER DOG, SASHA**, who came as a rescue with lots of behavior issues, are now a newly certified pet therapy team.

to sit on a patient's lap or in their bed.

When Gail started to volunteer at the hospital, she was given

a list of possible postings where she could help. The last item on the list was pet therapy. She signed up right away, then she and Sasha went through certification with an observer who volunteers with the Alliance of Therapy Dogs. Sasha had to demonstrate that she liked people, wasn't stressed out about anything, didn't bark, and had a good relationship with Gail. She checked all the boxes. Gail had to complete some online training about being a therapy team, as well as fulfilling the hospital's extensive requirements to volunteer in their facilities. Sasha had no special training for her role; therapy dogs just get to be themselves.

There is science to back up pet therapy. It has been proven to help with blood pressure, elevate mood, reduce stress, and provide comfort after a bad diagnosis. In other words, a nice animal seems to be a natural, relaxed bridge to good feelings.

Gail has always liked dogs and remembers going down to hang out with her dad's hounds who lived outdoors in the back. Once the president of a humane society in Massachusetts, she's had four other dogs, though none were therapy dogs. Asked about the best part of this experience for her, she says, "The smiles of patients and staff and that Sasha loves it so much."

As I interview Gail, Sasha is patiently in her lap, staring lovingly into Gail's face, cocking her head as if listening – and agreeing with her every word. What a good dog she turned out to be.



**RESIDENTS RESPOND WARMLY** to Yoda, who gently offers a paw.



### Become a volunteer Ambassador at MaineHealth Mid Coast Parkview Health!

Join our team of community members dedicated to making a difference! Immediate opportunities are available and there's something for everyone. You'll make a positive impact on patient experience while forming new friendships, developing new skills and interests, and learning about the high quality of care in our community.

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Assignments include:

- Hospital Ambassadors at Parkview Health Campus and Mid Coast Hospital
- Café Cashiers at Mid Coast Hospital

If you are interested in volunteering, please apply online at [www.mainehealth.org/mid-coast-hospital](http://www.mainehealth.org/mid-coast-hospital) and click on "Support Mid Coast Hospital."

Or for more information contact Sue Lafferty at [susan.lafferty@mainehealth.org](mailto:susan.lafferty@mainehealth.org) or (207) 373-6015.

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Poems & Prose

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

Springtime

Cardinal startles  
Peers through window's sheer curtains  
Muted red, she nods  
– By Deb Noone

Primavera

The flowers of spring  
Welcome us from winter's whiteness  
As does the sunshine  
That kisses my uplifted face  
Earth's shift for the better  
– By Bob Mulligan

Spring is sprung

Spring is sprung  
Flowers blooming colors  
Grass is green and tall  
Birds are singing songs  
The sky is blue  
Children playing outside  
Spring is sprung  
  
Gone is the snow  
Melted is the ice  
The cold has gone away  
And the darkness of early night  
Winter is over  
And spring has sprung  
– By Kathy Gaunt

Season's Changes

Temps rise  
Sun shines  
Forties feel like summer  
Rains come  
Trees sway in gusty winds  
Dead branches fall  
Snow shrinks  
Browned grass exposed  
Raked leaves  
Protecting gardens  
Thaw and swirl  
Birds and squirrels return  
Pecking for bugs  
Scurrying up tree trunks  
Can dandelion shoots be far behind?  
– By Deb Noone

A Fuzzy Thing

I had a nasty experience  
A very long time ago.  
And for some very strange reason,  
It came to mind, you know.  
I was living in Flushing, Long Island,  
When I was about seven years old.  
I had just returned from a doctor visit,  
With a nice grape lollipop to hold.  
We parked in front of our row house,  
And my mom opened the door.  
And as usual I took some time  
To look around and explore.  
I saw him right away,  
On the ground just at my feet.  
I picked him up to look at him closer,  
And thought he was rather neat!  
A very lovely caterpillar,  
With a coat of brown and gold.  
Maybe he'd become a butterfly.  
At least that's what I'd been told.  
With one hand holding this treasure,  
And the other holding my pop,  
I stepped away from the car,  
Holding tight so as not to drop!  
It was then I made a big mistake,  
And forgot which was which.  
The wrong hand went to my mouth,  
And the caterpillar gave a twitch!  
Before I could even take a lick,  
He took a nasty bite!  
I cried out and threw him down,  
And gave my mom a fright!  
Within seconds my lip puffed up  
And it got much too big!  
I wasn't in pain, but I was yelling out loud  
And dancing around in a jig!!  
My mom took a look at my face  
And we both got back in the car.  
We returned to the doctor's office,  
Which wasn't very far.  
The doctor laughed and cleaned my lip.  
He didn't seem very concerned.  
But he hoped this bite would be a reminder,  
And a very good lesson learned!  
I did continue to pick up things,  
To satisfy my curious mind.  
But I never put them near my mouth again.  
I didn't need a remind!  
– By Doris Weinberg

The Most Important Letter

I would have to say that of all the letters  
of the alphabet, the letter 't' is the most  
important. Look; I just used it 15 times in  
the previous sentence. Only the letter 'e'  
comes close to being used as much with  
10 appearances. So many words in our  
language require the letter 't' that without  
it, we might not have a language at all  
As far as determining what is the most  
important word in our language, I think you  
have to give that title to the word 'the.' It is  
used over and over again. So often, in fact,  
that we take it for granted. Without that  
word, you can't talk about the car, the cat,  
the weather, the mortgage, or almost any  
topic. You can't say that you are going to the  
grocery store to do the shopping or mention  
that the bills need to be paid.  
I am forced even now to use the word  
'the' in order to say that this is the end of  
my discourse about 't' and 'the.'  
– By Wayne Mogk



Join us!  
Wednesdays  
at 1 pm

Chocolate

Celebrate with chocolate for  
holidays, celebrations, special  
events and to treat yourself. Have  
you ever heard of anyone who  
does not like chocolate? With  
Easter on the horizon, chocolate  
rabbits, eggs, and candy fill store  
and candy shop shelves making  
me think chocolate! There are  
three main types, dark, milk, and  
white chocolate.  
Chocolate is a food made  
from roasted and ground cacao  
beans. It can be a liquid, paste,  
solid, either on its own or as  
a flavoring in other foods.  
Chocolate is everywhere in our  
culture. Stepping back, the first  
cacao plant was discovered in  
Mesoamerica in 1200 BC and

was always highly revered no  
matter how each culture con-  
sumed it. The Mayans called it  
the drink of the Gods and had  
it with every meal. The Aztecs  
considered it more valuable than  
gold and used cacao beans for  
currency. It is unknown how  
Spain in the 1500s retrieved the  
beans – maybe Columbus or  
Cortes brought them back from  
America.  
The first chocolate bar was  
invented in 1876 by Henri  
Nestle, and chocolate exploded  
– yes, Nestle is still popular!  
More amazing to me is Marich,  
founded in 1983 by Marinus van  
Dam from Holland, who built his  
Holland candy company in 1959.  
He moved to America in 1983  
to build a factory in California.

The Marich factory is a family  
business now run by Marinus'  
sons, Brad & Troy. The Marich  
Confectionery Factory is located  
and rooted in Holliston County,  
California, and products used  
are grown by Central Valley  
growers. They support commu-  
nity fundraisers and food banks.  
They give back to their commu-  
nity. They are not big on adver-  
tising, but it is made in America  
and sold internationally.  
Yum yum – chocolate pudding,  
chocolate cake, chocolate chip  
cookies, chocolate bars, hot choc-  
olate, and a box of chocolates are  
a few notable chocolate favorites.  
– By Betty Bavor  
Note: Many facts cited are from  
Wikipedia.



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## Gone but not forgotten –

**Thomas Edwards**  
Feb. 1, 1941–Feb. 15, 2025

**Pauline Hannaford**  
Dec. 26, 1931–March 2, 2025

**Donald Caton**  
Aug. 18, 1933–March 9, 2025

**Lillian Bates**  
Aug. 11, 1947–March 13, 2025



**NORWAY SAVINGS BANK GAVE A \$1,500 SPONSORSHIP** to People Plus for its “support of healthy and independent lives for older adults and encouraging young people to explore their creativity and engage with fellow teens,” said Dan Walsh (pictured, back center), President and CEO of Norway Savings Bank. “People Plus is known as a ‘The Center that builds Community’ and it lives up to that reputation in so many ways. Their reach and effort are truly inspiring,” he added.

## Concerts for a Cause showcases blues great in benefit for Teen Center

UUCB Concerts for a Cause presents blues great Guy Davis at the Unitarian Universalist Church of Brunswick on Saturday, April 12, at 7:30 pm to raise money for the Brunswick Area Teen Center and Maine Family Planning. Guy Davis is a musician, actor, author, and songwriter whose performances feature a mix of originals and covers. He uses a blend of roots, blues, folk, rock, rap, and world music to comment on social injustice, historical events, and common life struggles. Tickets are \$25 in advance, \$30 at the door,

and \$10 for students/children and will be available at the church office (One Middle Street, Brunswick), Gulf of Maine Books, or online at <https://ticketstripe.com/guydavis>.

## Think summer: Plots available now in Senior Garden

People Plus is now accepting sign-ups for plots in the Senior Garden on Industry Road. The plots average 20 feet by 24 feet (half plots available too). People Plus asks for a contribution of \$10 for the season, which runs from May to the end of October. Gardeners are encouraged to call People Plus to express interest in gardening and they will then be contacted by the coordinator to be assigned a space. The gardens have three water spigots with hoses for use in the gardens, but gardeners are expected to provide their own tools. It is expected that the gardens will be tilled and ready for planting around the first of May, and all gardeners will receive a numbered plot assignment before anything is allowed to be planted. New members are welcome to join this group of knowledgeable and friendly gardeners who are always ready to assist beginners with planting and cultivation techniques. Members of People Plus are given priority in signing up, but there are usually extra plots available for other interested gardeners. Call People Plus at 729-0757 for more information!





## 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.

### Midcoast Senior College Presents Nine New Classes This Spring

Courses are four to six weeks long and are either in-person or online (Zoom). No grades, no exams! Our new offerings include: Growing Up, Brain Repair, Healing, Exercise and Aging, MSC Singers: A Celebration, Humor: Not Just a Laughing Matter, American Religion, The Wyeth Family of Artists, and Introducing West African Textiles. To register and find out more, visit [www.midcoastseniorcollege.org](http://www.midcoastseniorcollege.org) or call us at 207-725-4900. Some scholarships are available.

Visit our website to see all we have to offer!

# midcoastseniorcollege.org

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(207) 725-4900      [info@midcoastseniorcollege.org](mailto:info@midcoastseniorcollege.org)





**THANKS TO JONATHAN EDGERTON**, (Executive Director, Stacy Frizzle-Edgerton's husband) for checking out and tuning up some auction items! Not only does he donate items to the auction, he volunteers behind the scenes as well! Think he knew what he was getting into when he married Stacy??



**LOOK WHO CELEBRATED HIS FIRST BIRTHDAY** at the People Plus Center in March! It's Barbara's grandson, Graham Whidden, along with his father, Evan, who stopped by to have lunch with "Nana". We love seeing sweet family faces at the Center, hearing little baby gurgle and seeing those sweet little chubby cheeks.

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

The “CLYNK” returnable program, sponsored by Hannaford Supermarkets and endorsed by the Center, is one of those “under the radar things we do,” that benefits both the Center and our community. Green “CLYNK” bags, pre-bar-coded with the Center’s unit

numbers, are always available at our reception desk. You need only to fill the bag with your returnables, scan and drop it at the store when you next shop, and the Center receives credit for the accumulated deposits. Thank you for recycling, and thank you for supporting your Center.



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# How many scoops does it take to make a Scoop-a-Thon succeed?

Buy lots of delicious gelato on April 30 to find out (and see if yours puts us over the top!)

Scoop-a-Thon, Scoop-a-Thon, Scoop-a-Thon! I feel like that's something I've had to sprinkle into every conversation I've had for the last month. Renee and I have been rallying the kids to help us advertise around town, so hopefully by now you've already saved the



**LAST MONTH WE USED SOME OLD PAPERS** from People Plus for our birthday pinata paper-mache construction, and it didn't take long for our kids to notice some familiar faces in it (their own)! Soon enough, all of them were halting construction to take a well-deserved break to read "their" Teen Center page in the paper! If you'd like to volunteer at the Teen Center, email [Teens@peopleplusmaine.org](mailto:Teens@peopleplusmaine.org)

3rd  
Tues.  
2 pm





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

**In Persuasion Nation** by *George Saunders* (author of Lincoln in the Bardo.) Short stories by an imaginative writer, focused on our immersion in advertising and buying.

**The Briar Club** by *Kate Quinn*. Set in an all-female boardinghouse in ashington, D.C., in the 1950s, it tells stories of family and survival. Good historical background. The boarders come together, with surprises.

**Three Days in June** by *Anne Tyler*. Short, wry new novel by the famous writer. A woman is passed over for a plum job, grapples with emotions about her daughter's wedding, and faces the unexpected arrival of her ex-husband.

**The Road to Dalton** by *Shannon Bowring*. Detailed novel by a Maine writer is about residents of a small town in Aroostook County in 1990.

**Sisters of the Heart and Snow** by *Margaret Dilloway*. Two sisters grow up in a dysfunctional family that has strained their relationship. Their mother tells them to find the book about a 12th-Century female samurai. Will that tale heal their relationship?

**The Money Lake** by *Rowland Creitz*. In 1889 a weak earthen dam threatens a rural retreat for wealthy people. The main characters work to avoid disaster.

**Learned by Heart** by *Emma Donahue*. Historical novel based on fact follows the story of two girls who fall secretly and dangerously in love with each other at an English boarding school in the early 1800s. One is white, the other biracial.

NONFICTION

**Backyard Bird Chronicles** by *Amy Tan*. The famous author describes seven years of watching birds in her yard. Very interesting and informative.

**The Bookstore** by *Evan Friss*. The history of the development of bookstores in the U.S. Much historic info about books, publishing, etc.

**The Great Displacement** by *Jake Bittle*. Riveting book looks at personal stories of those who have suffered from recent climate-affected disasters in the U.S.

MYSTERIES

**Unnatural Causes** by *P. D. James*. One in the long line of her well-written British police mysteries featuring Inspector Adam Dalgleish. He vacations in Sussex and becomes involved in a seemingly impossible murder.

**Malice** by *Lisa Jackson*. A New Orleans detective thinks his mind is playing tricks when he keeps seeing his dead wife. He goes to LA to investigate her death, but becomes a suspect in a murder.

## Brunswick Teen Center News



Taylor Carter

date. For those that haven't, we'll be having the Scoop-a-Thon on April 30th at Gelato Fiasco on Maine Street in Brunswick from 11 am to 11 pm! Hopefully the extra calendar week means we'll get some slightly warmer weather than last year. To help us meet the soaring demand at the new Teen Center location, we're setting a goal to raise \$20,000 this year on the Teen Center's 20th anniversary. We'll need all the help we can get, so make sure to grab your coffee and a few pints for the road this year to help us meet our goal! And don't forget, we change out the scoopers all day long, so no one will judge you if you want to sneak a few visits in during the day.


In case you missed it through everything else happening this month, our new Teen Center Committee has been voted in! We had a week of elections at the end of March, and we'll have our teens officially starting their new roles this May! That doesn't mean we haven't commandeered our new council to help us out this month though. They've already helped us do some advertising, and if you stop by in the afternoon on April 30th you might even get a chance to meet them at the Scoop-a-Thon!

Believe it or not, we're also starting to outline our Summer Adventure Program already and, knock on wood, we won't have to worry about moving the whole center across town again this year! Since it was such a hit last year, we've decided to expand it! We're still collecting the results of our summer survey, but I think

it's safe to say we won't have any shortage of activities. Renee will be working to build on our outdoor programming that Eli spearheaded last summer – not only continuing the trail days but offering new recurring activities like yoga on the water, educational trail walks, garden-to-table cooking, and much more! We're also excited to say that another Bowdoin Fellow will be joining us. We still have some details to work out, but there's a potential for us to have our own teen improv group and a community volunteer program for the kids this summer. This might also go without saying, but we'll also be spending plenty of quality time at the beach, mini-golfing, making boba (bubble tea) runs, and eating freeze pops all summer long as well!

For now, though, everyone around the Teen Center is just excited to be so close to the Scoop-a-Thon finish line! We'll be spending the rest of the month scrambling to check and recheck that we have everything ready to go for the day and we hope to see you there!

Until next time,  
Taylor and the Teens



*All Saints Parish St. Charles Borromeo Church*

### LENTEN HADDOCK CHOWDER TAKEOUT

**For Lent/Easter 2025 – 5-6 pm for the remaining Fridays in Lent: April 4 and 11.**

A pint of homemade haddock chowder, package of oyster crackers and wrapped dessert. **\$10 each**, exact cash or check (made out to All Saints Parish). \*Served 5-6 pm and available on a first-come, first-served basis.

Profits will be divided equally among: **Brunswick Area Teen Center, Habitat for Humanity-7 Rivers Maine, Mid Coast Hunger Prevention Program, Oasis Free Clinics, Tedford Housing, and The Gathering Place.**

**\*Customers are asked to enter the East parking lot entrance at 132 McKeen Street and will be directed by signs to the pick-up area.**





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**– James Tierney, BHS Class of 1965**

Visit [www.studentaidfund.org](http://www.studentaidfund.org)  
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## NOW HIRING

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Free Yoga, Free Massage!

# Come to Gelato Fiasco Wednesday, April 30, 11am-11pm!

Help us raise \$20,000!

To celebrate 20 years of the Teen Center youth program!  
Gelato Fiasco will donate \$2 per dish, cone, pint or coffee!



## BRUNSWICK AREA TEEN CENTER SCOOP-A-THON



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

Monthly Update

April 2025



April is national Autism Awareness Month, while April 2 is World Autism Awareness Day.

Events throughout this month focus on the acceptance, support, and inclusion of autistic people, and for the advocacy of their rights. Blue in April represents the color of autism spectrum disorder awareness.

Ways to celebrate Autism Awareness Month include:

- Read books about autism | Attend an autism awareness event | Donate to an autism organization
- Be an advocate | Spread kindness



Spectrum Generations' Money Minders program provides trained volunteers to aid in establishing a monthly budget, paying bills, organizing mail, and reviewing monthly statements. These services help people 60 and older maintain their independence and strengthens communities.

For more information or if you are interested in volunteering, call **1-800-639-1553**.

Get Active for April!!

April in Maine offers a wonderful opportunity to embrace physical activity as the weather warms. Engaging in local health and wellness programs can enhance your fitness and overall well-being. Spectrum Generations provides a variety of workshops tailored to different needs and interests.

Get moving and stay motivated with "Active in April!"

Consider the following activities:

- TAI CHI FOR HEALTH AND BALANCE – Improve flexibility and stability with gentle, flowing movements.
- ENHANCEFITNESS\*– A group exercise class designed to boost strength, flexibility, and cardiovascular health.
- A MATTER OF BALANCE – Reduce the fear of falling and increase activity levels.
- LIVING WELL FOR BETTER HEALTH – Learn strategies to manage chronic conditions and lead a healthier lifestyle.
- BINGOCIZE® – A fun mix of bingo and exercise to promote movement and social engagement.

Make April your month to get active! Find a program that fits your lifestyle and stay engaged with Spectrum Generations.

Join the movement—be Active in April!

Call now to schedule or register for a workshop near you!

Spectrum Generations 1-800-639-1553 | [info@spectrumgenerations.org](mailto:info@spectrumgenerations.org)

Or register online at [www.healthylivingforme.org](http://www.healthylivingforme.org)

RECRUITING FOR MEDICARE!

We are looking for you!

If you are looking for an opportunity to volunteer and help people understand Medicare, then Spectrum Generations is the place for you. Our Medicare 101 sessions provide an overview of who qualifies, the different parts of Medicare, what is covered, and when to enroll.

In order to provide this programing, we need volunteers like you! Our Medicare volunteers are passionate about their community. Medicare volunteers are also trained and certified to ensure people who need Medicare have the necessary information.

**The Medicare Program offers other volunteer opportunities as well, if you prefer not to be in the classroom. For more information, contact 1-800-639-1553!**

You don't have to do this alone

ADULT DAY CARE SERVICES EXTENDED HOURS

Thursdays 7:30 a.m. to 6 p.m.  
Saturdays 9 a.m. to 5 p.m.

Both options include a nutritious meal and snacks

Family caregivers need a break to focus on their health and well-being while ensuring that their loved one is in capable and caring hands. We are in this with you.

Call to learn more  
**1-800-876-9212**

Bridges Adult Day Care Services | Connecting Care to Community

# In search of deep sunshine and the great horned owl

I recently spent 10 days vacationing in sunny Arizona with an avid birder who was determined to see the one owl she'd never seen. When my friend heard that owl was sighted along a nearby trail, she became intent on finding it. Birders who follow the report of a sighting are called twitchers, and, boy, did she twitch.

Some twitchers "call in" a particular bird using an app on their phone to mimic its song. But my friend doesn't own a phone. I have the app so I can identify birdsongs in my yard, but I have little patience for birding. Many birds are so tiny, they dart endlessly and disappear just before you click your camera. Actually, they are downright twitchy. I'd rather take in the firmly planted flora and keep walking.

As we searched for the owl, we trekked on dry, soft dirt in brown, lifeless-looking woods, the only green in sight the cottonwoods near the "river," a small, shallow stream about 5 feet wide at most. Everything else appeared parched. In fact, I still have desert dust on my shoes as I write this. One day a 'blowing dust' warning made the skies hazy. Maybe blowing snow isn't so bad after all.

We were stationed in Tubac, a small town in the high Sonoran desert rimmed with the jagged-looking Santa Rita mountains. During our trip we ventured to Madera Canyon at 5,000 feet high. A lodge there puts out an abundance of feeders for the birds, so all the long-lens folks show up to see the show – everything from hummingbirds to wild turkeys.

Back down on the plains, the dusty dirt seeped into my sneakers on a daily basis. I kept thinking the earth needed to take a shower. It finally rained one day, but not the needed downpour. However, road signs everywhere proclaim: Do Not Enter When Flooded. Turns out there are summer monsoons, which they call the 5th season. Even the paved roads have huge dips engineered to channel stormwater and prevent flooding and road damage during that time. We had fun riding the dips as if they were rollercoasters, shouting "Wheeeee!" like I did as a kid when my dad would find a good hill.

People told me they actually get excited when the forecast calls for rain. I know I found myself rooting for a good old-fashioned thunderstorm.

As a certified geography nerd, I love going new places because there's always interesting stuff to see and learn. Some of what I saw: Lots of one-level adobe or stucco architecture with surrounding low walls, border patrol checkpoints using dogs to sniff out drugs, people selling tortillas from their car, fences made of sticks and branches, whimsical metalcraft, guacamole prepared by hand tableside, purple cactus, and the bar where Paul McCartney met his future wife, Linda. The things I didn't see included a javelina, the native wild pig. However, there were painted ceramic ones all over Tubac.

I also learned of the historical influence of Spanish colonialism and early Christian missions on the area, that cacti are largely made up of water-storing tissue and generally have shallow roots to absorb surface rain, and that sprawling Phoenix is the 5th largest city in the country.

One especially impressive thing I noticed was the graphic art along the highway overpasses and ramps, which often showcased historical and cultural aspects of the Southwest. The murals, mosaics and rock art with varied shapes and colors constitute a lovely treat for the eye to break up the otherwise mundane concrete.

On the way back to the Phoenix airport, we visited wonderful Saguaro National Park with its amazing numbers and kinds of cacti. The classic saguaros dominate, some at least 20 feet high, their uplifted arms somehow celebratory (though some have just cute nubs where new arms are beginning to grow). Trail signs alerted us about snakes, the first such warning sign I'd seen, despite keeping a sharp lookout over the past 10 days for rattlers. I idly wondered if seeing one would somehow lessen my fright in an exposure therapy kind of way, but I was glad I didn't have to test out that theory.

Headed home after days of intense sunshine, I was freezing in a biting wind within minutes of stepping foot back in Maine. But I knew there was a wide river nearby, an ocean as well ... and the promise of abundant spring puddles. However, I'll keep the dust on my sneakers a while longer because after 10 days away from my to-do list, I had a refreshed gaze and a leisurely, sun-drenched nervous system.

By the way, we never did see the great horned owl, but we did get to see a road-runner. And guess what it was doing!

## Thinking out loud

Charmaine Daniels

news@peopleplusmaine.org



A TRIP TO ARIZONA'S SAGUARO NATIONAL PARK outside Tucson showcased cacti that can grow 40+ feet high and live to at least 150 years old.

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- Terri M., resident family member



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‘Movie Monday’ Fun!



**EVENINGSTAR CINEMA OWNERS SEAN HOESSLI AND LINDIE KUZMICH** bought the theater in downtown Brunswick in October and subsequently moved to Harpswell from Montreal. They have directed and produced films previously and say they are thrilled to be local residents and running the movie house.

**MOVIE MONDAY MATINEE:** Members are shown here enjoying a People Plus discounted (\$10!) movie at Eveningstar Cinema in the Tontine Mall last month – with free popcorn drizzled with real butter to boot! Don't forget to check your Peek at the Week email or the People Plus lobby two weeks before to get details on the latest film showing.



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☐ Single (\_\_\_New\_\_\_Renew): \$45  
☐ Couple (\_\_\_New\_\_\_Renew): \$85  
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Membership Dues: \$ \_\_\_\_\_  
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(donations above membership dues are tax deductible)

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

**Volunteer Opportunities at People Plus**

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☐ Lunch Crew: ☐ Volunteer driving:  
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cleanup  
☐ Meals on Wheels

☐ Reception: ☐ Teen Center  
check-in/phone

OFFICE USE: ☐ Account ☐ Data ☐ Card Sent

Weekly  
Winners

DUPLICATE BRIDGE

- Mar. 3.** 11 teams.
- N/S**
1. Donna Dillman & Sherry Watson 62.5%  
2. Cathy Cooper & Michael Land
- E/W**
1. Martha Cushing & Jeff Lauder 60.0%  
2. Barbara & Don McHarg 58.3%

- Mar. 10.** 10 teams.
1. Nina & Peter Mendall 61.8%  
2. Martha Cushing & Jeff Lauder 61.1%

- Mar. 17.** 11 teams.
- N/S**
1. Martha Cushing & Jeff Lauder 60.4%  
2. Donna Dillman & Sherry Watson 52.8%
- E/W**
1. Jim Burnett & Chuck Annable 57.5%  
2. Cathy Cooper & Michael Land 53.3%

- Mar. 17.** 9 teams today.
1. Martha Cushing & Jeff Lauder 60.4%  
2. Norm Curthoys & Richard Totten 59.4%

CRIBBAGE

- Mar. 5.** James Cherry= 700  
John Bouchard= 689  
Ashley Richards= 677

- Mar. 12.** Sherrill Morgan= 724  
Janis Parent= 701  
George Hardin= 698

- Mar. 19.** Leo Robichaud= 713  
Jim Cherry = 699  
Anne Bouchard= 695  
George Hardin= 695  
Jerry Donvan= 695

- Mar. 19.** Trena Crabtree= 726  
Sherrill Morgan= 726  
Roland Fortin= 723

\*tie score



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