



FY 2012 Annual Report

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



A Busy Year of New Faces and New Achievements

Enjoying its second year in the town-renovated Union Street School, People Plus embraced the fiscal year 2011-2012 with a new Executive Director, a new Programming Coordinator, a new Teen Center Coordinator, new responsibilities for familiar faces, a new logo and a record high membership participation – totaling almost 900 members by the end of June 2012!

Joining the organization in the fall of 2011, People Plus Executive Director, Stacy V. Frizzle hit the ground running and brought with her a reinvigorated level of energy for the Center. Increased marketing efforts led to a much needed surge in program attendance, membership renewals and new-member registrations. The Center has never before seen this level of participation and excitement and it is contagious!

Filling some very big shoes left by former Executive Directors Sigurd Knudsen, Susan Cole and James Pierce, Frizzle came to People Plus by way of The Coca-Cola Company and the Brunswick Downtown Association where she served as Marketing Director, forging many community relationships which have been valuable to People Plus.

In January, Rebecca Banks joined us as Programming/Outreach Coordinator responsible for classes at the Center, volunteers, and outreach programs. A Texas transplant, Banks has been in Brunswick for over 5 years and embraced her role at the Center by immediately connecting in a warm and personal way with our many dedicated volunteers and tireless instructors.

Inheriting her new role from two valuable interim contractors, Jill Victor and Joanne Rosenthal, Banks revamped the Center’s programming, working with the instructors to keep what works while adding new and exciting offerings. She worked with volunteers Gladys Szabo and Judy Krok to clean up the procedures at the front desk, and along with Szabo’s help manages a team of hard-working, dedicated, happy volunteers who spend their time at the Center working and chatting and “giving back”. Banks’s smiling face and organized touch can be seen in all that the Center offers.

Our long-term staff members, Membership Coordinator Frank Connors and Office Manager Betsy White, continue to be the heart of the Center. From managing the daily operations to producing an amazing newsletter every month, those two are a dynamic duo of Membership, Event and Center organization. With help last year from former staffers Kathy Muench, and Mike Fligel and current staffer Dottie Moody, Connors has seen the membership grow to record levels while Betsy manages to keep us all organized and in check.

Another new face at the Center, Pete Coffin, joined us last year as Teen Center Coordinator. Taking over when Jordan Cardone retired, Pete has proven time and again that he connects with the Teens in a youthful way while shepherding them to better educational achievements, improved behavior and increased attendance numbers. Area native Coffin grew up in Harpswell and graduated from Mt. Ararat High School. Leaving the Brunswick area for college and career, he returned from several years in Thailand with a wife and young son to embrace the Teen Center position with intelligence and empathy.

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We welcomed new Board of Trustee members, Jack Hudson, Bill Gannon, Corie Washow and Don Kniseley, and welcomed back Jim Pierce. We also said goodbye to retiring Board members, Richard Brautigam, Joan Phillips and Greg Shea who together had almost 25 years of service with the organization!

We celebrated our 35th year in the summer of 2012 with over a hundred members, community partners and other area residents for a day of fun, music and burgers on the beautiful grounds of Brunswick Landing, loaned to us for the day by the Midcoast Regional Redevelopment Authority.

Continuing its long tradition of providing social outreach and educational classes to the Brunswick, Harpswell and Topsham areas, People Plus had a very good year in 2011-2012.

With grant awards from MEHAF, the Senter Fund, the John T. Gorman Foundation, the Maine Community Foundation, and the Davis Fund, support from Spectrum Generations, the United Way, and the Towns of Brunswick and Harpswell, reaching our Annual Fund goal of \$50,000, and another successful Music In April fundraiser, the organization finished out the fiscal year with a small surplus.

Yet, despite that surplus and last year's growth, we, along with most other non-profits face an ongoing struggle to "keep the lights on" in the coming year. We will continue to control costs, build income, and strengthen our partnerships with other organizations while developing new programming, increasing membership and growing our volunteer base.

People Plus fills a vital role in the life of the greater Brunswick region. Our many and varied programs which provide community connections include:

Activity Groups

During the year, over 250 people participated in several activity and interest groups at People Plus, including bridge, Civil War book club, crafters, cribbage, course in miracles, ping pong, quilters, photography club, brownbag lunches, social clubs, and writers' group, Computer Tutor and Tutors for Technology with the Curtis Memorial Library. Each of these regularly scheduled group activities has a volunteer host to welcome and assist newcomers.

Community Events and Programs

People Plus presented 42 public, educational programs during the year, reaching almost 1,000 attendees.

Fee-based Classes

Last year, 489 people enrolled in our art, exercise, dance and educational classes, paying a total of \$28,955 in fees.

Good Morning

The Good Morning program is a confidential check in system for residents of Mid Coast Maine who are over 60 or disabled. Participants call a special number each day to say that they are all right. If a call does not come in by 9:30 am, a volunteer first calls the home,

second, calls the participant's listed contact person, and third, calls local law enforcement to request that a wellness check be conducted at the home.

In 2011-2012, 42 participants made calls that were answered by volunteers 365 days a year. Volunteers made calls to participants who did not call in, and made referrals to police for wellness checks.

Health and Wellness

Blood pressure checks: Before each monthly Lunch and Connections meal, a CHANS home health professional offers free blood pressure tests.

File of Life: People Plus distributes free "Files of Life" which are used to record essential health information, including names and telephone numbers of primary care providers, emergency contacts, medical conditions, medications, and advance directives.

Light Body Healing Clinics: a total of 138 people benefited from therapeutic massage sessions donated by ten volunteers from Greater Brunswick Physical Therapy, offered every other month during the last half of the year.

Reiki: Three Reiki practitioners offered free treatments throughout the year in the Center's private healing room.



Executive Director Stacy Frizzle and Trustee Joan Phillips show off a 35th anniversary t-shirt.



Former Governor Angus King came to People Plus for his flu shot.

Meal Programs

Men's Breakfast: On the second Wednesday of each month, Program Coordinator Frank Connors prepared a hearty men's breakfast, feeding a total of 198 people during the year.

Women's Breakfast: Instituted in January, this new program has seen approximately 25 women enjoying breakfast on the fourth Wednesday of the month.

Lunch and Connections: On the third Thursday of each month, we served healthy, well-balanced lunches, partially underwritten by Spectrum Generations. Good food and good company combined with interesting, informative speakers. A busy kitchen crew of about 20 volunteers served almost 700 meals

Lunch Out: An open group of members got together on the second Tuesday of each month, visiting the area's many fine restaurants.

Tax Assistance

AARP tax aides helped almost 200 people prepare their income taxes at People Plus this year.



Frank Connors helped out at the first People Plus Women's Breakfast.

People Plus Media

News and Views: People Plus has its own interview-format public cable television program, "News and Views." A new 30-minute program is recorded each month, and shown several times a week on local public access channels. **People Plus News:** The monthly newsletter, "People Plus News," available in print and electronically, is the major media vehicle used by People Plus to reach current and potential members. The sale of advertising in the paper is also an important source of income for People Plus. In 2011, we printed and distributed 42,000 copies of the newsletter. In addition to those sent to members and friends, copies were made available for free pickup at 64 sites throughout the region. We are now sending the newsletter electronically to over 2,000 email addresses of members and community partners every month.

In January 2012, we created the **Peek of the Week**, a weekly electronic communication sent to our 2,000 email contacts.

The Pulse Page debuted in the *Times Record* in 2011 and runs free of charge the fourth Monday of every month, reaching approximately 10,000 readers in print and online.

The People Plus **Facebook Page** also went live in 2012 and is updated weekly with photos, events, the newsletter and Pulse Page, class information and links to our website.

www.peopleplusmaine.org: Full of information including an online Calendar, photos, news and program schedules, copies of the newsletter and links to videos of the TV show.

Volunteer Transportation Network (VTN)

VTN pairs volunteer drivers with adult residents of Brunswick, Harpswell and Topsham who cannot drive, have no other access to transportation, and need rides within the local community.

During the year, over 20 volunteers provided almost 1,000 free rides for 53 riders. They made multiple pick ups helping people without access to transportation reach vital services to meet their needs. The transportation program's 2011-2012 operations were supported by grants from the United Way and the Maine Health Access Foundation.



Pinochle is a favorite activity for many People Plus members.

Teen Center

The Teen Center offers a central place where young people can meet safely to explore creative outlets, share their talents, participate in inter-generational activities, and develop into well-rounded adults. It is open after school, Monday, Tuesday and Thursday 2:30-5:30 and during summer vacation. Membership is free to area students in grades six-12.

With a grant from the Alfred M. Senter Fund, the Teen Center was able to offer free SAT preparation classes to 21 students in April. The Teen Center saw an average daily attendance of 13 teens. There were 1,872 visits, including many visits by teens with special needs. The program was supported by more than 100 volunteers who donated food, supervised activities, and worked on fundraising events.

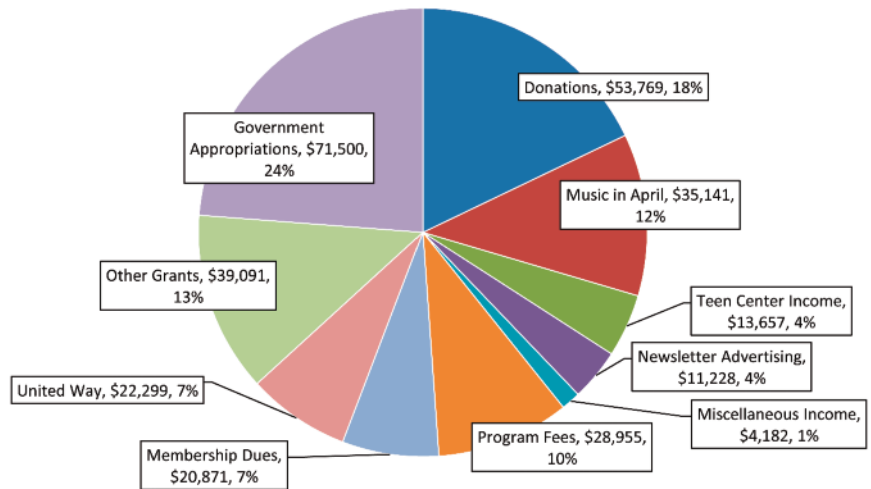
Special thanks go to the Gelato Fiasco whose "Fool's Day Fiasco" raised over \$3,500 for the teens, to The Great State of Maine Air Show for their support of \$750, and to the volunteers who worked at both of these events.



Operating Results

(Results are preliminary and have not been audited.)

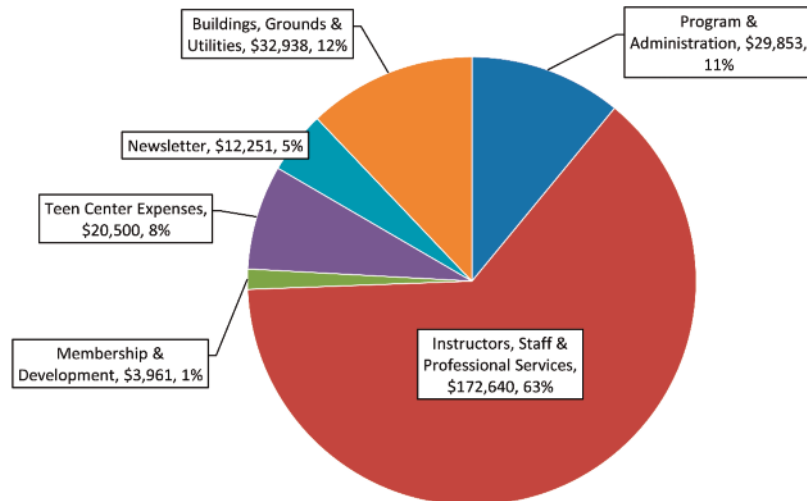
People Plus 2011-2012 Sources of \$300,693 Income



Sources of Teen Center Income:

Town of Brunswick \$5,000; United Way \$3,250; Donations \$2,025; Gelato Fiasco fundraiser \$3,382

People Plus 2011-2012 Allocation of \$272,143 Expenses



NOTE: Net surplus includes \$15,000 in restricted grants for fiscal year ending June 30, 2013, plus equipment purchased with grant funding totaling \$5,476.88 and \$4,712 in a board-restricted endowment fund currently earning interest.

We are Grateful to our Many Supporters.

Government

Town of Brunswick
Town of Harpswell

Organizations (including Partners)

BARK!
Bath YMCA
Bath Area Senior Center
Big Brothers Big Sisters of Bath/Brunswick
Brunswick Lodge 2043, BPOE
Brunswick Police Department
Brunswick Rotary
Brunswick-Topsham Land Trust
Curtis Memorial Library
Nathaniel Davis Fund
John T. Gorman Foundation
Greater Bath Elder Outreach Network
Kennebec Estuary Land Trust
Maine Community Foundation
Maine Health Access Foundation
Merrymeeting Bay Triad
Alfred M. Senter Fund
Spectrum Generations
Topsham Public Library
United Way

Activity Groups

Civil War Book Club
Course in Miracles
People Plus Bridge Group
People Plus Cribbage Group
People Plus Quilters

Businesses

111 Maine Catering*
A & M Counseling Associates PA
Ameriprise Financial Services
Androscoggin Dental Care
Atlantic Regional Federal Credit Union
Back Street Bistro & Lilee's*
Bank of Maine
Bath Savings Institution
Bayview Gallery
Big Top Deli*
Bill Dodge Auto Group
Border Trust
Bowdoin College
Brackett Funeral Home
Brunswick Eye Care Associates
Bymes' Irish Pub*
Captain Mike's*
CHANS Home Health Care
Clementine Restaurant*
Cook's Lobster House*

Curtis A. Obery, D.M.D.
Downeast Energy
Edwards Jones Investments
El Camino and Flipside™
Frontier Cafe*
Gelato Fiasco
G.M. Wild Construction, Inc.
Goodwin's Chevrolet – Mazda
Greater Brunswick Physical Therapy
Hammond Lumber
Hancock Lumber
Hannaford's*
Henry & Marty*
JHR Development of Maine
Kathleen Winn, Dentistry
Kennebec Tavern*
Lambo Law Duet*
Lee Auto Malls
Martin's Point Health Care, Inc.
Mid Coast Hospital
Mid Coast Senior Health Center
Midcoast Regional Redevelopment Authority
Moncure & Barnicle
Morton Real Estate
myopensoftware.org*
Neighbors, Inc.
Norway Savings Bank
Office of Cornelia C. Vieck, CPA
Pedro O'Hara's*
Pre-Cast Concrete Products of Maine, Inc.
Primerica Financial Services
Priority Group, LLC
Providence Service Corporation of Maine
Richard's German American Cuisine*
Riley Insurance Agency
Rousseau Management, Inc.
Ruby Tuesday
Run with Soup*
Scarlet Begonias*
Spectrum Generations
Stetson's Funeral Home
T. Kevin Sullivan, D.M.D., LLC
Supervalu, Inc.
Tavern at Brunswick Station*
The Great Impasta*
The Highlands
Thornton Oaks
Trattoria Athena*
Vail's Tree Service, Inc.
Wicked Joe Coffee*
Wild Oats*

*In-Kind Donors

Individual Donors

Marion and Vincent Abramo
Paul M. Abramson
Claudia Labella Adams
John Andrew
Maureen Anthoine-Orlandini
Elliot Ashley
Wanda and David Barlag
Michelle Beeman
"In honor of Ed Harris' work"
Henry P. Beltrami
Sheila Benner
William F. Berkowitz
Raymond Bernier
Ernest Bevilacqua
Mary and Robert Biette
Carol Bondy
Charles J. Booth
Albert Boothby, Jr.
Mr. and Mrs. Armand D. Bouchard
Jeanne d'Arc Bourque
Lionel E. Bourque
Richard K. Brautigam
Anna M. Breinich
Joan Brewer
Rosemary C. and Gordon L. Brigham
Julia Brown
Donna Bubar
Marlene A. Budd
Marybeth and James Burbank
Lenora H. Burke
Jeanne Burton
Margaret Buthlay



Our talented quilters donated a quilt that was auctioned off at the Music in April fundraiser.

Harold L. Cain
 Doris D. Calloway
 Ruth Caouette
 Jordan Cardone
 Chloe Carmer
 Ann Carter
 Elly and Charles Cary
 Gertrude E. Catlin
 Susan B. Chadima and Michael Steitzer
 Darlene C. Chalmers
 Christine H. and Charles W. Chamberlain
 Theresa A. Champagne
 Winnie and James Chan
 Mary Ann and David Child
 Richard Colburn
 Susan Cole
 Rosaline Collins
 Jane and Frank Connors
 Kateri Costain
 Ethel M. and James L. Crispin
 Christina Cromwell
 Alice N. Cunningham-Spindler
 William Dana
 Carol and Robert Davis
 David Dearborn
 Alberta and Andrew DeBiasio
 Adair DeLamater
 Arestedis Demosthenes
 Glenda B. Derbyshire
 Ursula Desjardins
 Elizabeth Dexter
 Anne Wescott Dodd
 Carol and Donald Doele
 Diane and Daniel Doiron
 Nancy Dout
 Irene Dow
 Robert R. Dow
 Joan and James Drake
 Margery and Richard Dreselly
 Hannah Dring
 Carol B. Dube
 Claire Dubreuil
 Joanna Dumdey
 Yvette A. Dumont
 Nelia G. Dunbar
 Margaret E. Dunlop
 Georgette and Raymond Duval
 Marilyn Dwyer
 Sylvia Dyer
 Carolyn A. Earnest
 R. Cecil Eldredge
 Jacqueline Ellis and Andy Cook
 Margaret Enright
 Deborah J. and John B. Farnham
 Deana and Thomas M. Farrell
 Margaret (Peg) Fearon
 Debra J. Fitts
 Judith (Zottoli) Floyd
 Ruth and Robert Foehring
 Janet R. and Lawrence Foley

Carolyn Foster
 Lois Fournier
 Ann T. Frey
 James M. Friedlander
 Carol and Charles Frizzle
 Stacy V. Frizzle
 Robert A. Frost, Jr.
 Gayla J. Galbraith
 Heidi M. and William S. Gannon
 Nancy Garland
 Adele Gassette
 Virginia Gay
 Beverly and Richard Gelwick
 Caroline Giegold
 Cheryl C. Gifford
 Grayce D. Gill
 Richard A. Giustra
 Claire M. Lambert Gosselin
 Deborah Gould
 Burnita L. Graves
 Helen H. Greene
 Abbie M. and George W. Greenwood
 Yvette M. Griffin
 Lulu and Lee Grodzins
 Everett E. Hanke
 Alison Harris and Bernie Breitbart
 Jane T. and Edward J. Harris
 Mary Ann and Thomas Harty
 Peter Haughwout
 William E. Hayden
 Margery and Robert Healing
 Cynthia A. Hennessey
 Mary J. Herman and Angus S. King, Jr.
 Frank J. Heymann
 Cecilia and Clarence Hilyard
 Nancy Hoffman
 Elise A. Horsfall
 Irma E. Howard
 Judith A. and Jack E. Hudson

Elna Hunter
 Barbara and Harold Hutchinson
 Lois E. Hyde
 Michael J. Jacobouis
 Alice H. Johnson
 Ethelyn Johnson
 Anne C. and D. Lloyd Jones
 Jill Jones
 Judith Kamin
 Sally Jeanne Kappler
 Nancy Karp
 Paul Karwowski
 Sue and Jack Kennedy
 Colleen Kenyon
 Amy I. Kerr
 John L. Ketner, Jr.
 John Kilbourne
 Ernestine E. King
 Margo H. and David C. Knight
 Elizabeth L. and William T. Knowles
 Muriel Knowles
 Claudia and Dennis E. Knox
 Judith Krok
 Barbara F. Laffoley
 Therese E. Lamar and Robert Burgess
 Nancy and Ed Langbein
 Deane R. Lanphear
 Mary Ann and Armand Larochelle
 Judith M. Larrabee
 Carol and Al Layton
 Barbara Lemieux
 Julie and Scott L. Lemieux
 Connie Lewis and Calvin Hooker
 Mitchell A. Lewis
 Virginia and Mike Linkovich
 Patricia Livesay
 Joan T. LlorenteS. Catherine Longley
 Jacqueline Lord
 P. Jeanne Lothrop



Children in a summer math-enrichment program put on a carnival that raised nearly \$700.

Katharine H. Lyon and William T. Glidden

"In honor of Greg Shea"

Linda and Michael Machacek

Norman Marriner

Hope C. Martel

Michelle L. and Andrew T. Mason

Jennifer R. and William R. Mason

Betty and Robert Masse

Jeanne d'Arc and Dana Mayo

Joanne C. McCartan

Laurette McCobb

Nan and John McCurrach

Joanne and Vince McDermott

George McKay

Barbara and Parker McLaren

Angelyn Medary

Robert Mehlhorn

Pamela Meister-Pourreyon and Andre Pourreyon

Joan E. and Roland O. Melcher

Alvina Menard

Judith Michaud

Karen and Barry Mills

Patricia Moody

Nancy A. Mooney

Usher Moren

Dorina C. and J. Roland Morin

Georgette and Doug Morrell

Nancy K. and Robert L. Morrell

Eleanor and Richard Morrell

Sandra Morrell and Charles R. Rooney, Jr.

Arlene Morris and Steve Stern

Sarah D. and John C. Moulton

Jean E. Mulligan

Carol Mulloy

Cynthia D. MurphyDavid E. Nadeau

Rita and Robert Nelson

Ann and Richard Nemrow

Suzanne M. Neveux

Ruth and Larry Nies

Gabriele J. and Jurgen F. Niffka

Elizabeth M. Niven

Andrew A. Norton

Helen A. Norton

Marilyn Nulman

Mary A. O'Connell

Beverly A. Ouellette

Barbara and David Page

Catharine and Dillwyn Paiste, IV

Harriet and Herbert Paris

Polly T. Parnell

William Peabody

James J. Pepper

Elizabeth Pettigrew

Joan C. and Walter H. Phillips

James S. Pierce

Alice P. Ponziani

Paul E. Putnam

Robert Rainville

Arleen Rancourt

Susan H. and David P. Reed

Barbara Reinertsen

Edith Rentz

Brenda and Douglas Rice

Joanne Rogers

Alice W. Rossiter

Christine and Ronald Roy

Barbara and Donald Russell

Fraser Ruwet

Rodney G. Sarle

K Schmidt

Marion SchneiderMargaret C. Schultz

Keri S. and Mark E. Seitz

David D. Selleck

Carolyn Skolfield

Jill H. and Charles G. Small

Gloria S. Smith

Rudi Smith

Susan C. Smith

Clara Sollecito

Harriet E. Soulen

Evangeline M. Sparks

Patricia E. and William T. Spock

Dan Stadden

Brenda R. and Ronald R. Stadden

Judy and Ernie Stallworth

Marjorie E. Stanley

Mr. and Mrs. Richard I. Stark

Philip Steadman

Joan M. Steele

Wilda L. Steinkuhler

Maybelle Sturgeon

Dorothea Sulzer

Nancy Swinbourne

Anne and David Taft

Joan Tarazewich

Denise and Sheldon Tepler

Joe Thiboutot

Pauline B. Thorpe

Maryli Tiemann

Nancy and Ralph Tucker, Jr.

Raymond H. Tufts

Rea Turet

Jacqueline Tuttle

Maria Van H. Woodman

La Verne Vayo

Ruth Vogel

Claire Wallace

Francis Walls

Judith C. Walsh

Edward Ward

Tina Ware

Judith D. and Harry K. Warren

Corie Washow

John Wasileski

Susan and Gary Weaver

Gloria and Henry Welzel

Margaret P. Wetzel

Marilyn and Samuel Whitaker

Elizabeth White

Rupert B. White

Susan and Charles White

Sally and Donald Whitemore

J. Louise Whittier

Lois and David Widmer

Judith Wilbur

Nancy Wilds and Preston Lea

Janet A. and Martin L. Wilk

Preston Wilkins

Margaret A. Wilson and Lloyd M. Van Lunen

Suzan Wilson

Wesley Wood

Frances Woodring

Susan Wygal and J. Gregory Shea

Barbara A. Wyman



The Gelato Fiasco fundraiser for the Teen Center is a community favorite.

Board and Staff

June 30, 2012

Board of Trustees

Officers

J. Gregory Shea, *Chairperson**

Gordon Brigham, *Vice Chairperson*

Charles Frizzle, *Treasurer*

Ann Frey, *Secretary*

Trustees

Claudia Adams

Richard Brautigam*

Lennie Burke

Darlene Chalmers

Robert Davis

Thomas Farrell (*Ex-Officio: Director,
Brunswick Parks & Recreation*)

William Gannon

Alison Harris

Jack Hudson

Don Kniseley

Deane Lanphear

Joan Phillips*

James Pierce

Fraser Ruwet

Dan Stadden

(*Student, Brunswick High School*)

Corie Washow

*J. Gregory Shea, Richard Brautigam, and Joan Phillips retired at year end.

Staff

Stacy Frizzle, *Executive Director*

Rebecca Banks, *Program and
Outreach Coordinator*

Peter Coffin, *Teen Center Coordinator*

Frank Connors, *Member Services
Coordinator*

Elizabeth White, *Office Manager*

Mike Fligel, *Administrative Support*

Dottie Moody, *Administrative
Support*

Kathy Muench, *Administrative
Support*

Tom Bouchard, *Custodian*



Executive Director Stacy Frizzle and Board Chair J. Gregory Shea



Volunteer Hank Welzel made planter boxes that add color to the People Plus entrance.