

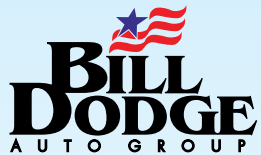
People Plus
P. O. Box 766
Brunswick, ME
04011-0766

Non-Profit Organization
U. S. Postage PAID
Portland, ME 04101
Permit No. 454

**Thank You
2026 Partners!**

people *plus!* SENIOR HEALTH *Expo* 2026

PROUD TO PARTNER WITH *spectrum
generations*



FREE admission and info! • Thursday, October 8, 9am - 1 pm
Brunswick Recreation Center, 220 Neptune Dr, Brunswick Landing



www.peopleplusmaine.org

FITNESS & HEALTH • TECHNOLOGY • MEDICAL SERVICES • INSURANCE • LEGAL SERVICES • COMMUNITY SERVICES • HOUSING & RESPITE CARE • FINANCE & BANKING • NUTRITION

Welcome to the 15th annual SENIOR HEALTH EXPO “Connecting Communities”

Presented by People Plus and Spectrum Generations

OVER 100 EXHIBITORS!

People Plus is honored to present the 15th annual Senior Health Expo, in partnership with Spectrum Generations, at the Brunswick Recreation Center on Thursday, October 8, from 9 am to 1 pm!

For the 15th year in a row, we've created the area's largest Senior Health Expo to date – a fun, informative, and engaging event that's ready to connect you with folks who can help you and your loved ones live a long, enjoyable, and healthy life. With over 50 sponsors and more than 100 businesses, services, and programs related to seniors, the Health Expo offers plenty of activities and endless new connection opportunities.

At this free event, you can enjoy a relaxing massage, choose healthy food at the MCHPP sharing table, visit the technology help desk, check to see if your balance is still good, get a Reiki or Acupuncture treatment, have your blood pressure checked, enter raffles, find volunteer opportunities, and have repairs done on books, small appliances, wooden and electrical items.

You can also get your free

flu shots while enjoying a healthy snack, making new friends, seeing old friends, and connecting with your community!

The first 600 attendees receive a swag bag – ready to be filled with all the great information and fun stuff at all the tables. It's like Halloween for older adults!

So come make new friends while you make a day of it! We look forward to seeing you.

On behalf of the staff and Board of Trustees of People Plus,

Stacy Frizzle-Edgerton,
Executive Director



FREE ACTIVITIES NOT TO MISS!

- **Flu shot** walk-in clinic courtesy of Martin's Point Health Care (while supplies last)
- **Swag bags** for the first 600 attendees!
- **Blood pressure screenings** courtesy of Walmart Pharmacy and Vision Center
- **Technology help desk** – Bring your own device and questions
- **Repair cafe** courtesy of Curtis Memorial Library. Bring your items from home and get help with repairs on books, small appliances, lamps, jewelry, wooden items, and electrical items
- **15-min. massages** and **balance screenings** courtesy of Coastal Orthopedics & Sports Medicine Physical Therapy
- **Reiki treatments** courtesy of Hearts & Hands Reiki
- **Acupuncture treatments** courtesy of Qi Cottage Acupuncture & Well-Being Services
- **Raffle drawing** for Maine State Music Theatre 2027 tickets!
- **Raffle drawing** for two Amtrak Downeaster round-trip tickets!
- **Raffle drawing** for two tickets to the Bowdoin International Music Festival October 2026 “Music at the Mill Series” concert in Brunswick!
- **Sharing Table with fresh produce** courtesy of Mid Coast Hunger Prevention Program
- **Live remote broadcast** from the Expo with Jim Bleikamp and Radio Midcoast WCME!
- **“Expo Special” People Plus membership deal:** \$45 for new members for the first year!
- **Registration** for Good Morning and Volunteer Transportation Network (VTN) programs
- **Books signings, sales & chats** with the People Plus Write On Writers club
- **Tours** of the Brunswick Recreation Department's fitness center
- **Free Wicked Joe Coffee** and healthy refreshment choices, including fruit, granola bars, and more!!

50 Years!
People Plus!
Building Community Since 1976

Games!
Fitness!
Classes!

Presentations!
Clubs!
Meals!



People Plus is a fun, dynamic community center dedicated to improving health and quality of life for Mid Coast Seniors.

PO Box 766/35 Union St, Brunswick, ME 729-0757 www.peopleplusmaine.org



**We are here
for you.**

It all starts with a phone call.

1-800-639-1553

SpectrumGenerations.org



**Everyone needs assistance from time to time,
and at Spectrum Generations, we are here to help.**

Spectrum Generations, the Central Maine Area Agency on Aging and Disability Resource Center, is your “one-stop-shop” to answer questions related to older and disabled adults and their care partners. As a non-profit, most of our services are provided at little or no cost to you.

A sampling of our services include:

- Meals on Wheels
- AniMeals
- Medicare education
- Health support and wellness workshops
- Community Services Specialists
- Community Case Management
- Caregiver Support Program
- Social Dining at our Community Centers



211 Maine

Free, confidential resource that helps people find resources like food pantries, recovery services, and more. Call 211 (or 1-866-811-5695), visit 211maine.org, or text zip code to 898-211 any time of day or night. Answered by live, local people in Maine. Initiative of the United Ways of Maine in collaboration with State of Maine.

50 Elm St., Waterville, ME Dial 211 (or 1-866-811-5695)

www.211maine.org

AAA NNE-Brunswick*

Provides Roadside Assistance, yes, but also provides other benefits to members. AAA provides personalized auto and home insurance, as well as travel assistance to our members. The agents in the AAA Brunswick office are the best at their jobs and are ready to help! Come by and see for yourself!

147 Bath Rd., Ste A130, Brunswick, ME 729-3300

www.aaa.com

AARP Maine

AARP Maine is dedicated to empowering adults 50 and older to choose how they live as they age. We advocate for the health, financial security and overall well-being of Maine residents through community programs, resources and member benefits. We work to protect Social Security, support family caregivers and strengthen communities.

c/o Regus, 400 Congress Street #327, Portland, ME 866-554-5380

www.aarp.org/me

Accel Physical Therapy*

Premier physical therapy in Brunswick and Topsham. Offering individualized treatment plans from expert clinicians, because you deserve more than assembly-line care. Our clinicians use the latest evidence-based approaches in PT. Whether you're recovering from surgery, managing chronic pain, or returning to the sport you love — we'll get you there.

114 Bath Road, Ste 201, Brunswick, ME 844-8923

www.accelptme.com

Aetna Medicare

Aetna provides Medicare Advantage health coverage options for people eligible for Medicare. A pioneer in the field since paying the nation's first Medicare claim in 1966, Aetna now serves more than 10.6 million members across the U.S. Visit us at AetnaMedicare.com.

52 Briarcliff Drive, Windsor Locks, CT 860-951-4860
www.aetnamedicare.com

Alzheimer's Association, Maine Chapter

The leading voluntary health organization in Alzheimer's care, support and research. In Maine alone, 30,000 people have Alzheimer's Disease. The Association addresses this crisis by providing education and support to many who face dementia every day, while advancing critical research toward methods of treatment, prevention & ultimately a cure.

383 US Route 1, Ste 2C, Scarborough, ME 772-0115

www.alz.org/maine

American Red Cross

Prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors. From helping during disasters and ensuring access to lifesaving blood, providing training that saves lives and supporting military communities, the Red Cross is there when help can't wait.

524 Forest Ave., Portland, ME 383-9215

www.redcross.org

*2026 Sponsorship

continued on page 7




Bath Savings
Since 1852

bathsavings.bank

*Proudly serving the community for
more than 170 years*

MEMBER FDIC  EQUAL HOUSING LENDER

Rusty Lantern Markets is pleased to support

As the Proud Sponsor of the Volunteer Transportation Network program, Rusty Lantern Markets shows support of our communities through action.



- Fresh, Made-to-Order Food & Specialty Drinks
- Local & Craft Product Offerings
- Generous Rewards Program
- Online Ordering for Pickup & Delivery

Visit us at our new store in Cumberland!
181 Gray Rd | Cumberland, ME





Tennis
Pickleball
 Silver Sneakers
 Personal Training
Yoga
Aerobics
Spinning
Cardio Room
Weight rooms



www.maineelines.com



120 Harpswell Rd, Brunswick, ME 04011 207 . 729 . 8433

Driving for others!

Can you help a neighbor in need by giving them a ride?

A woman in line at the grocery store recently overheard an older woman telling the cashier that she needed to call for a taxi. Offering assistance, the bystander struck up a conversation with the woman about her need to get rides, and...

This was her story: She was 76 years old and still lived in the home she had shared with her husband and children for over 50 years. Her children now lived out of state and her husband had passed away. Yet she had decided to stay in the house as long as she was able. "It's paid off," she explained, "and I know where everything is. I'm comfortable there. But I haven't driven in years, and with my husband's passing, I feel trapped."

This is a common occurrence as hundreds of older adults enjoy their later years in life, still living in their homes. 'Aging in place' defines the many older adults who live at home, make their own meals, do laundry, manage their finances, and live very well despite their inability to drive.

Fortunately, the People Plus Volunteer Transportation Network (VTN) provides help and rides for people like the woman in the grocery store, and other home-bound community residents.

With nearly 1,000 registered riders, the VTN program is completely free and provides rides, grocery shopping/delivery service, as well as prescription and food pantry pickups in the Brunswick area. The VTN is the most successful and well-managed volunteer transportation program in the state of Maine.

On track to provide more than 40,000 miles this year alone, the VTN has fulfilled over 4,000 free rides this year. VTN is a lifeline for people in their homes with no access to transportation. "I would not be able to get to my doctor's appointments, especially the ones out of town, if not for the VTN. I have severe hardening of my arteries and require stents to allow blood flow in my legs in order to walk. The wonderful drivers get me to all of my appointments so I stay healthy and engaged in my community," says Brenda Bonney.

Registered riders can



call with a few days' notice and ask for a ride to medical appointments, the grocery store, the library, hair salon, food pantry, etc., as well as requesting prescription or grocery pickup and delivery.

"It's those last few miles from their home that proves to be the most challenging for many people," says People Plus Executive Director Stacy Frizzle-Edgerton. "Getting around in town or even getting down to Portland now with the Breeze bus is not tremendously difficult, but how do you get home from the downtown bus stop? That's really the big challenge for many of our homebound elders who can no longer drive for either monetary or medical reasons."

VTN would not be possible without the help of our community. Thanks go to generous sponsors: Rusty Lantern Market, Suzan Wilson & Daniel McLaughlin Family, Maine Community Foundation, United Way of Mid Coast Maine and Spectrum Generations – they all help keep the program growing!

All drivers in the program are volunteers who have clean background/license checks and we are always looking for more drivers. If you are interested in helping your community by becoming a driver, please contact People Plus. FMI call 729-0757.

People 
 Building Community Since 1976 *Plus!*

VOLUNTEER TRANSPORTATION NETWORK

Ancorum Credit Union*

Ancorum Credit Union has been serving members for 70 years, starting with Bath Iron Works employees and growing with communities across Maine. With 16 branches and extended hours, we make banking easy and accessible. We're here with trusted financial services and guidance to help you reach goals and financial well-being.

765 Washington Street, Bath, ME 1-800-750-0959

www.ancorumcu.com

Andwell Health Partners

Andwell Health Partners is an independent, non-profit home and community-based healthcare and care management organization, serving patients from infancy to advanced age in all sixteen Maine counties. A true partner in health, we deliver personalized plans of care to improve quality of life within the comfort of patients' homes and communities.

15 Strawberry Ave, Lewiston, ME 770-0639

www.andwell.org

Area First Responders

Members of our local emergency services will be at the event to answer any questions you may have and will be highlighting programs such as Project Lifesaver and Good Morning Calls.

AudioNova Hearing*

At AudioNova, better hearing means staying connected to the people, experiences, and moments that matter most. Local hearing care experts listen, understand your lifestyle, and create personalized solutions that build confidence. From your first hearing screening through ongoing care, we're here to help you hear more, connect deeply, and live fully.

44 Elm Street, Topsham, ME 449-3809

www.audionova.com

Autonomy PLLC Medical Foot Care*

Registered Nurse providing routine foot care services in the comfort of your own home. Caring for thickened or painful nails, corns, calluses- or if you just can't reach! Certified in Wound Ostomy Continence and Foot Care. Cash Check Credit Card Venmo accepted. Receipt provided for HSA/FSA reimbursement.

381 Centre Road, Wales, ME 592-9652

www.autonomy-nurse.com

Avita of Brunswick and Sunnybrook*

Two Northbridge communities in Brunswick offer area seniors an array of senior living choices. Sunnybrook offers Assisted Living while Avita of Brunswick caters to those living with Alzheimer's disease and dementia. At both communities, our goal is to ensure each resident lives well and loves life, every day!

Avita: 89 Admiral Fitch Ave, Brunswick, ME, 04011. ph:729-6222

Sunnybrook: 340 Bath Rd., Brunswick, ME, 04011. ph:443-9100,

www.northbridgecommunities.com

Bath Area Senior Citizens Activity Center

For people 55 years plus, a place for socialization with old and new friends. Programs include bocce, exercise classes, cribbage, line dancing, knitting, quilting, cards, corn hole, a monthly luncheon and more. Line dancing and games at night. We are busy planning new day trip adventures and more evening events.

45 Floral St., Bath, ME 443-4937

Find us on Facebook

Bath Savings*

Bath Savings has been banking on the coast of Maine since 1852. Since the beginning, Bath Savings has been committed to investing in the communities we serve through economic development and supporting nonprofit organizations. We offer ten convenient branches from Damariscotta to Westbrook. Your neighbor, your bank.

105 Front St., Bath, ME 800-447-4559

www.bathsavings.bank



THE NEXT CHAPTER LOOKS GOOD FROM HERE.

A year after opening our doors, we continue to bring a fresh approach to senior living – one centered on living well, staying connected, and enjoying more of every day.

Welcoming surroundings and a vibrant community create the setting for a fulfilling next chapter – one that builds on a life already well lived.

APARTMENTS ARE
GOING FAST!

CALL 207-910-4211
TO GET STARTED!

★
*Book a
Tour
Today!*
★

Islebrook Village at Wiscasset

An Everbrook Senior Living Community

INDEPENDENT LIVING / ASSISTED LIVING / MEMORY CARE

207-910-4211

IslebrookVillage.com

146 Gardiner Road

Wiscasset, ME 04578



The Vicarage by the Sea

Person-Centered Dementia Care in Maine Perched on the Shores of Casco Bay

Nestled on the shores of Casco Bay, The Vicarage is a warm, 12-resident home offering long-term, residential dementia care. With ocean views, gardens, and wooded trails, it's a place where life continues with dignity and connection.



Founded with Compassion

For nearly 30 years, founders Johanna Wigg, Ph.D., and Cheryl Golek have redefined dementia care with a humane, home-based model that works. Call or visit us to learn more.

Why Families Choose The Vicarage

Truly Home-Based

A cozy, family-run setting with a 1:4 staff ratio or better.

Aging in Place

From early memory loss through end of life—with no disruptive transitions.

Nature All Around

Oceanfront views, garden paths, and the healing rhythm of nature.

Life with Meaning

Home-cooked meals, baking, gardening, music, children, and pets.

Whole-Person Approach

Rooted in the Eden Alternative, we nurture body, mind, and soul.

9 Vicarage Lane, Harpswell, ME 04079 • 207-833-5480 • www.thevicaragebythesea.com



GATEWAY

RETIREMENT SOLUTIONS

**Bringing a New Perspective to
Your Finances**

Wealth Management

Retirement Planning

Medicare

Life & Health Insurance

Property & Casualty Insurance

Call us today!

Call us for a consultation 207-221-6229

dgodfrey@gatewayrs.com | www.gatewayretirementsolutions.com

29 Association Drive, Manchester, ME 04351

- Medicare Advantage
- Medicare Supplements
- Prescription Drug Plans
- Dental/Vision/Hearing
- Life Insurance
- Annuity Products
- Indemnity Plans
- Affordable Care Act Insurance

HEALTH & LIFE INSURANCE

Senior Planning

CENTER

INTEGRITY COMPANY

Call **207-705-3657**
to speak with a licensed agent for a
FREE Health Insurance review.
No obligation to enroll.

730 Center St.
Auburn Plaza, Suite 10A
Auburn, ME 04210
seniorplanningcenter.com

SPC InsuresME
Locations and Agents
All over Maine

Help, when it matters most!

Bath-Brunswick Respite Care

Bath-Brunswick Respite Care, a 501(c)(3) nonprofit, offers adult day services for individuals with Alzheimer’s, dementia, and age-related challenges. We support caregivers with respite care, support groups, education, and resources; helping families keep loved ones at home longer while promoting well-being, reducing stress, and fostering community connection.

9 Park St., Bath, ME 729-8571

www.respite-care.org

Bedard Pharmacy & Medical Supplies *

Bedard Pharmacy & Medical Supplies is a locally owned healthcare company serving Maine communities with pharmacy services, medical equipment, medication management, and healthcare support. Since 1898, Bedard has helped patients, families, healthcare providers, and long-term care communities access the products and services needed to improve health and quality of life.

359 Minot Ave., Auburn, ME 784-3700

www.mybedard.com

Beltone Hearing Center*

At Beltone, we strive to be your trusted hearing care partner—someone who speaks your language and understands your unique needs. Our goal is not to sell you hearing aids; it is to provide hearing care whenever, wherever, and however you need it.

275 Bath Road, Brunswick, ME 615-0336

www.beltonene.com

*2026 Sponsorship

continued on page 13

Brunswick
Topsham
Housing Authority

The mission of the Brunswick Topsham Housing Authority is to provide safe, quality, and affordable housing for eligible persons in need of assistance, regardless of race, color, sex, religion, national or ethnic origin, age, handicap, marital status, sexual orientation, familial status, or disability, and to promote opportunities for the growth and development of residents as well as our community.

12 Stone St. / PO Box A
Brunswick, ME 04011
207-725-8711
brunswickhousing.org

Office Hours
Monday – Thursday
8:00 am to 4:30 pm



MSMT 2027

MAINE STATE MUSIC THEATRE  EST. 1959

My
Fair
Lady

Some
Like It
HOT

HEARTBREAK
HOTEL

phantom

SUBSCRIPTIONS ON SALE NOW
INDIVIDUAL TICKETS ON SALE DEC. 7th

MSMT.ORG | 207.725.8769



Buy a new bag – support People Plus!

People Plus is the Hannaford Community Bag partner for October! Buy this bag at the 35 Elm Street, Brunswick Hannaford and People Plus will receive \$1 for every bag purchased!



bedard
LTC PHARMACY

**Supporting care.
Strengthening communities.**

Our pharmaceutical and medical supply services are here to support the continuum of care within your healthcare community.

Berrie's Hearing and Optical Center*

Locally owned Maine practice with locations in Brunswick and Gardiner. Berrie's provides personalized hearing care, hearing aids, repairs, and ongoing support in both offices, along with quality eyewear and optical services in Brunswick. Their experienced team is committed to exceptional service and helping customers hear and see their very best.

86 Maine St., Brunswick, ME 725-5111

www.berrieshearing.com

Bowdoin College*

Bowdoin College is proud to be an active member of the Greater Brunswick and Midcoast communities, offering cultural and educational opportunities through lectures and performances that are open to the public, the Bowdoin College Museum of Art, the Peary-MacMillan Arctic Museum, and the offerings of the Association of Bowdoin Friends.

3900 College Station, Brunswick, ME 725-3306

www.bowdoin.edu

Bowdoin International Music Festival

Join the Bowdoin International Music Festival for "Music at the Mill" — chamber music and pizza on October 26, February 1, and April 19. Plus, save the dates for the summer season, June 28 – August 6, featuring world-renowned musicians, free student masterclasses, and community concerts. Tickets & Info: bowdoinfestival.org/events or 207-373-1400.

181 Park Row, Brunswick, ME 373-1400

www.bowdoinfestival.org

*2026 Sponsorship

continued on page 17

BRUNSWICK PARKS & RECREATION



Connecting the Brunswick Community through People, Places, & Programs!

Stop by and ask us about our...

- Indoor Track
- Basketball Courts
- Pickleball Courts
- Cardio Equipment
- Weight Room
- Personal Training
- FREE Machines 101 Class
- Silver Sneakers Program
- Pro Membership Benefits
- The MARC

Looking to get outside?

Our department proudly maintains over 60 parks & facilities in town including...

- Hiking Trails
- Bike Paths
- Parks

- Playgrounds
- Boat Launches
- And More!



SCAN THE QR CODE FOR ALL THINGS PARKS & REC!



STOP BY AND JOIN THE FUN!

220 Neptune Drive, Brunswick
brunswickme.gov/parks-recreation
207-725-6656





Balance and Falls Clinics with Dr. Christina Levesque Monroe



ONE-on-ONE Individualized Care!

- Pre & Post-Surgical Care
- Chronic Pain Treatment
- Balance-Related Issues

IN NETWORK WITH MOST MAJOR INSURANCES INCLUDING: Medicare, Martins Point Health Care, AARP, VA and more!

7 CONVENIENT LOCATIONS

Brunswick
(207) 844-8033

Topsham
(207) 725-4498

Freeport
(207) 869-6093

Yarmouth
(207) 846-3300

South Portland
(207) 274-6243

Kennebunk
(207) 204-0679

Elliot
(207) 703-2373

At Reform Physical Therapy, we treat the individual, not just the injury.

WWW.REFORM-PT.COM

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 to bring 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 MCHPP to deliver a total of over 1,200 items, along with \$2,000 in cash donations. These grand totals really are grand!



Collette Trip Talk at People Plus

Tue, Oct. 27, 2 pm. Learn about upcoming trips with Collette Travel and People Plus. Hear about the “America’s Cowboy Country” trip, Sept. 9-16, 2027. Also learn about the “Hawaiian Adventure” trip, Nov. 4-13, 2027. All trips are open to the public. Trip Talk is free and open to the public. Registration appreciated.



America’s Cowboy Country

Sept. 9-16, 2027. Enjoy the stunning views of Yellowstone, Grand Teton National Park, and more. Highlights include Badlands National Park, Custer State Park, Crazy Horse Memorial, Mt. Rushmore, and Jackson Hole. **FMI** <https://gateway.gocollette.com/link/1420122>

Hawaiian Adventure

Nov. 4-13, 2027. 3-island tour of Hawaii featuring 3-night stays each in O’ahu, Big Island (Hawaii) and Maui. Highlights include Pearl Harbor, Polynesian Luau, Iolani Palace, Hawaii Volcanoes National Park, Iao Valley, Kailua Kona, Lei Making Class. **FMI** <https://groups.gocollette.com/en-US/link/1420147>



**BOOK A
VACATION
TODAY!**
with
**People Plus
and
Collette
Travel**

**Is there a place you’ve
always wanted to visit?
Contact Jill at 729-0757
to share ideas!**

**Powering
partners**

We’re proud to support local initiatives that bring people together, spark innovation, and build a brighter future for Maine. Thank you for letting us be a part of the energy behind your success!



DON'T MISS THESE UPCOMING EVENTS AT THE CENTER!

Medicare Open Enrollment Appointments Available

Spectrum Generations will offer Medicare appointments at People Plus on Tuesday, Wednesday, and Thursday mornings during the open enrollment period (Oct. 15 – Dec. 7).

Call (800) 639-1553 to book your appointment!

Balance/ Falls Clinic with Reform PT

Thu, Oct. 19, 1:30 pm. Dr. Christina Levesque, PT, DPT, is back for her famous Balance and Falls Clinic at the Center. She will teach us what balance means, how to prevent a fall, and how to properly handle a fall if one occurs – very important information as we age approach the winter season! Free, open to the public. Registration required, space is limited.



Don't Neglect Your Health, Reform It

Author Chat Write On Writers' Book Talk

Wed, Oct. 21, 2 pm. Join us to launch *Sojourns In Prose and Verse*, the latest book by the People Plus Write On Writers. *Sojourns* features works by 20 People Plus writers and illustrations by a variety of artists including members of the People Plus art class. Enjoy author readings and book signings. Free, open to the public. Registration appreciated.

Sojourns In Prose and Verse is available at the Center (and the Expo!) for \$14.95.

'Aging Well' Lunch & Learn: Impact of Alzheimer's and Dementia in our Community

Mon, Oct. 26, 12 pm. Amy Angelo, Senior Program Manager at the Maine chapter of the Alzheimer's Association, will be presenting an overview on dementia and Alzheimer's, the 10 warning signs, importance of early detection, new advances in treatments, national and Maine statistics, what the Alzheimer's Association does, and how to get involved. Bring your lunch or grab a cup of our free soup. We'll provide drinks, chips and dessert. Free, open to the public. Registration required.

Call 729-0757 to register for activities. FMI peopleplusmaine.org

GENERAL CALENDAR OF EVENTS AT PEOPLE PLUS

	Mon	Tue	Wed	Thu	Fri	Sat
week 1	9:00 Mah-Jongg 9:00 Full Body Fitness 10:00 Fiber Arts Club 10:00 Zumba 11:15 Table Tennis 11:30 Monday Munchies 1:00pm Int/Adv Duplicate Bridge	9:00 Int/Adv. Bridge 9:00 Art Class 9:00 Chair Yoga 10:00 Yoga 11:15 Qigong 12:30pm Table Tennis 1:00pm Game Day 2:30pm Spanish Club 6:30pm Toastmasters	8:45 Cribbage 9:00 Mah-Jongg 9:00 Full Body Fitness 9:00 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write On Writers 7:00pm English Country Dance	8:30 Women's Breakfast 9:00 Table Tennis 9:00 Art Class 9:00 Beg/Int. Bridge 11:00 Yoga 6:00pm Int./Adv. Belly Dancing	9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Full Body Fitness 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis
week 2	9:00 Mah-Jongg 9:00 Full Body Fitness 10:00 Fiber Arts Club 10:00 Zumba 11:15 Table Tennis 11:30 Monday Munchies 1:00pm Int/Adv Duplicate Bridge 7:00pm History Book Club	9:00 Int/Adv. Bridge 9:00 Art Class 9:00 Chair Yoga 10:00 Yoga 11:15 Qigong 11:30 Lunch Out 12:30pm Medicare 101 12:30pm Table Tennis 1:00pm Game Day 2:30pm French Club 2:30pm Ukulele Club 2:30pm German Club	8:45 Cribbage 9:00 Mah-Jongg 9:00 Full Body Fitness 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write On Writers	8:30 Men's Breakfast 9:00 Table Tennis 9:00 Beg/Int Bridge 9:30 Art Class 11:00 Yoga 12:00pm Footcare Services 6:00pm Int/Adv Belly Dancing	9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Full Body Fitness 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis
week 3	9:00 Mah-Jongg 9:00 Full Body Fitness 10:00 Fiber Arts Club 10:00 Zumba 11:15 Table Tennis 11:30 Monday Munchies 1:00pm Int/Adv Duplicate Bridge	9:00 Int/Adv. Bridge 9:00 Art Class 9:00 Chair Yoga 10:00 Yoga 11:15 Qigong 12:30pm Table Tennis 1:00pm Game Day 2:00pm Books a la Carte 6:30pm Toastmasters	8:45 Cribbage 9:00 Mah-Jongg 9:00 Full Body Fitness 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write On Writers 7:00pm English Country Dance	9:00 Beg./Int. Bridge 9:30 Art Class 12:00pm Lunch & Connections 6:00pm Int./Adv. Belly Dancing	9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Full Body Fitness 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis
week 4	9:00 Mah-Jongg 9:00 Full Body Fitness 10:00 Fiber Arts Club 10:00 Zumba 11:15 Table Tennis 11:30 Monday Munchies 1:00pm Int/Adv Duplicate Bridge	9:00 Int/Adv. Bridge 9:00 Art Class 9:00 Chair Yoga 10:00 Yoga 11:15 Qigong 12:30pm Table Tennis 1:00pm Game Day 2:30pm French Club	8:45 Cribbage 9:00 Mah-Jongg 9:00 Full Body Fitness 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write On Writers	9:00 Table Tennis 9:00 Beg/Int Bridge 9:30 Art Class 11:00 Yoga 12:00pm Footcare Services 6:00pm Int/Adv Belly Dancing	9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Full Body Fitness 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis

Visit peopleplusmaine.org for current calendar



Bowdoin

Bowdoin College is pleased
to support
the work of People Plus.

Brackett Funeral Home*

Only locally owned and operated funeral home serving your community for over 150 years. Professional offerings include cremation services, green burials, funerals, home gatherings, and life celebrations. Our promise: “to provide the highest quality of service, to serve needs in a compassionate, courteous, dignified and meaningful manner, within the means of all.”

29 Federal St, Brunswick, ME 725-5511
www.brackettffh.com

Brancato's Heating & Cooling*

Brancato's Heating & Cooling keeps Brunswick, Maine homes comfortable year-round with expert HVAC installation, repair, and maintenance. From furnaces and heat pumps to cooling systems our experienced team delivers reliable service and honest work. Call (207) 751-7003 or visit brancatosheatingandcooling.com to schedule your service today.

214 Casco Rd., Brunswick, ME 751-7003
www.brancatosheatingandcooling.com

Bridges Home & Community Services

Bridges Home & Community Services provides individualized support that empowers independence and gives families peace of mind. Professional, trained staff offer assistance, meaningful engagement, and respite for caregivers. Services include Adult Day and Personal Support Services, with a range of funding sources and flexible payment options to help make support accessible.

One Weston Ct, Augusta, ME 1 (800) 876-9212
www.bridgesservices.org

Brock Health*

At Brock Health, we empower seniors to live independently with dignity and confidence. Across 16 assisted living facilities, we provide personalized care, meaningful support, and enriching services. We're committed to enhancing quality of life, celebrating independence, and ensuring every resident feels valued, supported, and truly at home.

51 Mechanic St, Camden, ME 594-4990
www.brockhealth.com

Brunswick Landing YMCA

We're dedicated to supporting healthy aging for all. Join a pickleball match, relax in a yoga class, or enjoy the pool! From classes for specific health concerns to community lunches, you'll find something to bring more wellness into your life. We're here for all and look forward to welcoming you.

24 Venture Ave, Brunswick, ME 844-2801
www.bathymca.org

Brunswick Link, Bath City Bus & BlueLine

Western Maine Transportation Services offers Monday-Friday public bus service on the Brunswick Link and Bath CityBus, and on the BlueLine commuter between L-A and Bath, with stops in Lisbon, at Topsham Fair Mall, and in Brunswick. Please check our website at wmatsbus.org for more information on these and other routes!

16 Station Ave, Brunswick, ME 721-9600
www.wmatsbus.org/brunswicklink.org

*2026 Sponsorship

continued on page 19

All in on Maine.

AND WE'RE ALL IN ON PEOPLE PLUS!

Maine Community Bank is proud to support community initiatives all over Maine.



Learn more at maine.bank.

MEMBER
FDIC

BRUNSWICK, MAINE • FAMILY OWNED SINCE 2007

We take care of your home the way we'd take care of *our mother's*.

Joe Brancato was raised by a single mother who taught him that the way you treat people matters. It became the standard for every boiler, furnace, heat pump and water heater we install, repair and maintain: straight answers, clear pricing, and work done right.

HONESTY • DEPENDABILITY • QUALITY WORKMANSHIP • TRANSPARENCY



(207) 751-7003

brancatosheatingandcooling.com

FREE ESTIMATES ALL BRANDS SERVICED VIESSMANN PRO DEALER

CLYNK

Did you know that you can save your returnable bottles and cans to benefit People Plus? 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, coded with the Center’s tag, are always available at our front 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 – over \$2,000! And we have returned over 200,000 items in total! Thank you for recycling, and for supporting your Center. Grab a CLYNK bag at the People Plus table at the Expo or at the Center.

In your home
Certified Foot Care Nurse

Diabetic Foot Care
High Risk Conditions
Thickened Nails
Painful Nails
Calluses
Corns



Maine Dementia Partners, LLC

Call me before it becomes a crisis.

I'm dementia specialist Marjorie Hunt, NP, and I wish more families knew they could call me before something becomes a crisis. Don't wait for a fall, or a panicked call from a care facility, or until everyone in the family is exhausted. Sometimes the first sign is simply that the current plan is getting harder to manage, or your loved one needs more supervision than a few months ago. That is enough reason to talk it through.

If your family is starting to wonder what comes next, stop by my table and let's talk through it together.



Marjorie Hunt, NP
Adult-Gerontological
Nurse Practitioner

207.531.5331
mainedementia.com



See me today, or scan to book a free consultation for another time.

Brunswick Parks & Recreation Department*

Maintains and manages 66 parks and facilities including walking/bike paths, athletic fields, boat launches and natural areas. The department administers approx. 100 recreation programs and events for all ages. The Recreation Center offers an indoor track, 2 basketball courts, 4 pickleball courts, weight room, cardio space, and a Welcome Center.
220 Neptune Drive, Brunswick, ME 725-6656
www.brunswickme.org/parks-recreation

Brunswick and Topsham Housing Authority*

The Brunswick & Topsham Housing Authorities develop, own and manage housing programs and properties for low and moderate income households in the surrounding area. Our senior and disabled housing provides 24 hour maintenance and resident services on the Brunswick Link bus route in safe and secured buildings. Learn more at: www.brunswickhousing.org
12 Stone St., Box A, Brunswick, ME 725-8711
www.brunswickhousing.org

Brunswick Veterinary Clinic*

Since 1949, the Brunswick Veterinary Clinic has offered quality pet care services in Mid Coast Maine. We offer wellness and sickness exams, vaccinations, soft tissue surgeries, dental procedures, radiographs, ultrasounds, end of life care, rehab/PT, and acupuncture all by knowledgeable and caring staff.
85 Baribeau Dr, Brunswick, ME 729-3412
www.thebrunswickvetclinic.com

CaptionCall

CaptionCall is one of the largest call captioning providers in the U.S. By providing real-time captions at no cost to people with hearing loss who need them to understand phone calls, CaptionCall empowers independence, connection, and confident communication.
4192 Riverboat Road, Salt Lake City, UT
www.captioncall.com

Carpe Diem Tech Support

Help with MAC, PC, Chromebook, iPhone, Android, audio-visual equipment, Internet, email, most software issues, hardware/software/home network installation and troubleshooting. Rescue data from a computer. Website updates. Tutoring services. Meet in your home, office, my home office, at People Plus and/or by phone. Assistance with selecting and installing new computers or other hardware.
104 Merrymeeting Rd., Brunswick, ME 522-1238
www.carpediem-me.net

Catholic Charities SEARCH - Greater Bath Program

SEARCH is a Program of Catholic Charities Maine. Our mission is to enable vulnerable seniors to remain independent and create a long-term support system to meet their needs. We provide FREE volunteer support services to older adults living in Sagadahoc, parts of Lincoln County, Brunswick & Harpswell. FMI call 837-8810.
St Mary's Parish, 144 Lincoln St., Bath, ME 837-8810
www.ccmaine.org

Central Maine Power*

For more than 125 years Central Maine Power has delivered safe and reliable electricity to Mainers and visitors to Vacationland. Please bring your questions and concerns to our subject matter experts in Billing, Operations, Customer Service and more to this year's People Plus Senior Health Expo.
280 Bath Road, Brunswick, ME 319-9585
www.cmpco.com

*2026 Sponsorship

continued on page 22



Dr. Cindy Asbjornsen, DO, FAVLS, RPhS, DABVLM



At the Vein Healthcare Center in South Portland, Dr. Cindy Asbjornsen and her team offer minimally invasive treatments for varicose veins, spider veins, leg ulcers, and other vein issues.

35 Foden Road, South Portland, ME
207-221-7799 • info@veinhealthcare.com

AM I TOO OLD FOR VEIN TREATMENT? ASK DR. CINDY!

Seniors have sometimes been told that aching, heavy legs are due to aging and that they should "just deal with it." But varicose veins are not an inevitable part of aging. At VHC, we believe that helping people feel better is worth the effort at any age.

WHAT EXACTLY ARE VARICOSE VEINS?

Varicose veins are the result of venous insufficiency, which is when blood pools in the vein because of a faulty valve. Untreated, varicose veins can lead to increased symptoms.

HOW CAN I TELL IF I HAVE A PROBLEM WITH MY VEINS?

If you can see varicose veins on your legs—visible veins in the leg that may bulge on the surface of the skin—you likely have some form of venous disease. However, faulty veins are not always visible, and sometimes symptoms can feel like heavy or achy legs.

CAN VEIN PROBLEMS BE TREATED?

Yes! There are a variety of approaches to treatment that are minimally invasive and overwhelmingly successful over the long term when performed by an experienced phlebologist (vein doctor).

HOW DO I KNOW IF VEIN TREATMENT IS RIGHT FOR ME?

An evaluation and ultrasound will best show if someone is a good candidate for treatment. At VHC, we listen closely to our patients to understand their health history and their goals for health and quality of life.

Follow us!   @veinhealthcarecenter • www.veinhealthcare.com

Est. 1853

Riley

INSURANCE

Insuring Coastal Maine for over 165 years!

AUTO • HOME • BUSINESS
BOATS • RV'S • ARTWORK
CLASSIC CARS • MOTORCYCLES

139 Maine Street, Brunswick, ME 04011
207.729.3321 | rileyinsurance.com

N

E

S

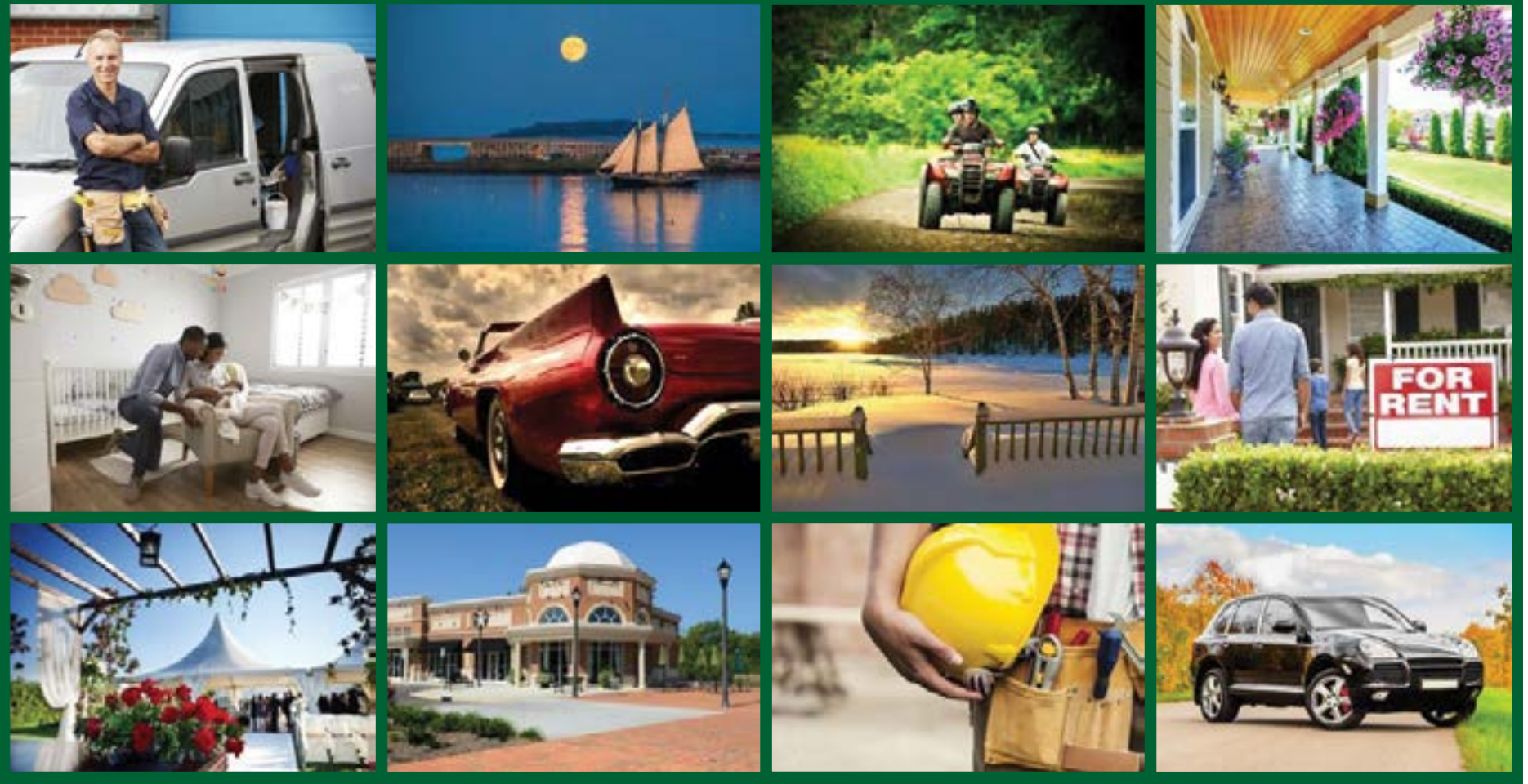
W

BUSINESS • AUTO • HOME • MARINE

RILEY
INSURANCE
AGENCY

INDEPENDENT INSURANCE AGENCY SINCE 1853

Rely on Riley



Did you know we loan out medical equipment for home use?



We all need help from time to time, and sometimes that means a wheelchair, crutches, a walker, or shower and toileting devices. The People Plus Center maintains a “lending inventory” and it’s ready when you are.

“It started almost by accident,” explains Frank Connors, the retired Center staffer who usually hauled the surplus equipment up and down the stairs to a basement storage area when the program started. “We had members who’d used this equipment and no longer needed it, they offered it to us, we saw the need and the opportunity, and away it went!”

Now, on a regular basis, folks needing equipment to keep them safe and secure at home have a new way to get it.

“Everyone wins,” said Office Coordinator Sarah Deck, who took over management of the program. “We ask people to bring it in clean and in working condition,” she added, “we take care of the rest.”

If you have a specific need, or equipment to loan to the program, call or come by the Center. Your body parts will thank you! And remember, you do not need to be a member to borrow (or donate) equipment.



Mainers approaching the end of life deserve medical care that maximizes their comfort, respects their values, and addresses their concerns while continually seeking to optimize meaningful quality of life. Goals, preferences, and priorities surrounding care at the end of life are unique and vary from person to person.

Maine Death with Dignity is a 501(c)(3) non-profit providing services, fact-based education, and end-of-life advocacy to people who wish to actively explore the meaning of life through embracing the certainty of death.

A primary program of Maine Death with Dignity is connecting people to the information they need to make fully informed decisions regarding all their end-of-life care options, and to support patients and providers through the entire process as needed.

get **Real**

Real People Make a *Real* Difference.

We treat our customers like people, not numbers.

You're a *real* person that deserves *real* customer service. With us, your financial life will always be more than a transaction.



Kennebec Savings Bank

Jay McStowe
Portland Branch
Relationship Manager

Member FDIC



www.kennebecsavings.bank

Citizens Climate Education, CCE

Learn about how you can reduce your energy bills over the long term by harvesting Efficiency Maine rebates on the purchase of heat pumps, water heaters, kitchen appliances, insulation, electric vehicles, and other upgrades made less expensive especially for low and moderate income Mainers.
1330 Orange Ave. #309, Coronado, CA
619-437-7142
www.citizensclimate.org

**Coastal Orthopedics & Sports Medicine
Physical Therapy “Coastal Ortho”**

Coastal Orthopedics & Sports Medicine is a comprehensive musculoskeletal practice in Brunswick, ME, providing expert orthopedic care, sports medicine, physical therapy, regenerative orthopedics, and performance services. Our experienced team delivers personalized, evidence-informed treatment to help patients relieve pain, restore function, recover from injury, and return to the activities they love.
14 Thomas Point Rd., Brunswick, ME 442-0325
www.coastalortho.com

Comfort Keepers

Comfort Keepers is the leading provider of personalized, quality in-home care services in Damariscotta, Rockland, Brunswick, Ellsworth and the surrounding communities in Maine. Our senior home care services usually include a personalized combination of personal care, light housekeeping assistance, meal preparation, incidental transportation, friendly companionship, and more.
661 Main St, Ste 2, Damariscotta, ME 563-2273
www.bestcareme.com

Comfortably Home

Comfortably Home provides safety checks, accessibility modifications, and minor home repairs at no cost to homeowners who are 55+ or have a disability, live in Sagadahoc County or Brunswick and meet income guidelines. No application necessary! Visit www.comfortablyhome.org for more information or call Kristen at 295-3317 to get started.
Bath Housing, 520 Centre Street, Bath, ME 295-3317
www.comfortablyhome.org

Compass Concierge and Companions

Offers exceptional, personalized homecare for older adults who value comfort, independence, and peace of mind. Our highly compassionate caregivers provide discreet, dependable support - from companionship and personal care to dementia support, errands, transportation, and respite. Every service is thoughtfully tailored to create a seamless, personalized experience at home.
102 Tandberg Trail, Windham, ME 415-8990
www.compass-caregivers.com

Curtis Memorial Library - Repair Café

The Curtis Memorial Library strives to be a vibrant community hub offering a diverse collection of books, digital resources, and engaging programs. One of our favorites offered today is our Repair Cafe! The goal is to reduce waste and educate people on how to repair the items that break everyday rather than throw them away. Experts are able to repair electronics, lamps, books, small appliances, and mend clothing, sharpen tools and repair jewelry.
23 Pleasant Street, Brunswick, ME 432-1824
www.curtislibrary.com

*2026 Sponsorship

continued on page 23



Walmart

Pharmacy

Walmart Pharmacy & Vision Center makes healthcare convenient with prescriptions, vaccines, and affordable eyewear. Get expert guidance from trusted pharmacists, plus convenient same-day prescription delivery – all in one place.

www.walmart.com

Dead River Company*

Dead River Company is a full-service heating provider keeping homes warm and businesses fueled since 1909. We offer propane, heating oil and kerosene delivery, equipment maintenance & installation, and 24/7 emergency service to homes and businesses. Our people don't just show up to work – we show up for you.

2 Industrial Parkway, Brunswick, ME 729-6688
www.deadriverr.com

Disability Rights Maine

Maine's Protection and Advocacy agency for people with disabilities. Serves individuals experiencing rights violations or disability-based discrimination. Oversees Telecommunications Equipment Program (TEP) and Maine Relay Services, providing specialized telephone equipment and connecting individuals who are deaf, hard of hearing or have speech disabilities with individuals who use standard telephones.

160 Capital Street, Ste 4, Augusta, ME 626-2774
www.drme.org

Elders Angels LLC

Elders Angels LLC creates enjoyable, daytime Maine small group excursions for ambulatory independent older adults through retirement communities and organized groups throughout the community. Thoughtfully paced outings encourage exploration, social connection, learning, and pleasure, with a warm relaxed, friendly driver-host supporting independence, active living, and family peace of mind.

PO Box 194, Brunswick, ME 576-4069
www.eldersangels.com (coming soon)

FCP Live-In

FCP Live-In provides affordable, cost-effective live-in caregivers for your mom, dad, or loved one, and has for over 25 years! Contact FCP Live-In at (866) 559-9492 or visit www.liveinhomework.com for more info!

2573 Main Street, Stratford, CT 1-866-559-9492
www.liveinhomework.com

Five Star Bath Solutions

Five Star Bath Solutions of Southern NH specializes in high-quality tub-to-shower conversions and remodels for safe, comfortable bathing. With premium mold and waterproof products, we deliver beautiful, low-maintenance bathrooms, often completed in just 24 hours! Contact us today to transform your space.

86 Walden Pond Dr., Nashua, NH 910-581-6991
<https://fivestarbathsolutions.com/southern-new-hampshire-nh/>

Food Addicts in Recovery Anonymous

Food Addicts in Recovery Anonymous (FA) is a support program for those who struggle with food addiction and isolation. You are not alone. FA offers connection, hope, and healing. With multiple online meetings each week, many members have achieved long-term freedom from food addiction and maintain health and well being.

PO Box 281, Westbrook, ME 775-2132
www.foodaddicts.org

Gateway Retirement Solutions*

Gateway Retirement Solutions is committed to helping our clients navigate successfully into and throughout their retirement years. Your financial picture deserves unbiased and qualified advice. As a full-service insurance and financial solutions provider, we tackle your most complex concerns by simplifying them for both you and your loved ones.

29 Association Drive, Manchester, ME 504-7915
www.gatewayretirementsolutions.com

Good Morning Program

A program of People Plus and the Brunswick Police Department. Providing a simple, FREE, and confidential daily telephone call-in system; ensuring the safety and well-being of older or disabled adults. For residents of Brunswick, Harpswell, Freeport. Visit peopleplusmaine.org for application or call 729-0757.

35 Union St, Brunswick, ME 729-0757
www.peopleplusmaine.org

*2026 Sponsorship

continued on page 26



The Brunswick Veterinary Clinic is the largest independent veterinary practice in the mid-coast, serving the community for over 75 years!

85 Baribeau Drive, Brunswick 207-729-3412 thebrunswickvetclinic.com

Habitat for Humanity 7 Rivers

Habitat for Humanity/7 Rivers Maine is a Bath-based non-profit organization. We help create successful homeownership opportunities for families with limited incomes by building sustainable housing, and repairing, weatherizing, and modifying existing homes. Our service area includes Lincoln and Sagadahoc counties and the towns of Brunswick and Harpswell.

11 Elsinore Ave, Bath, ME 504-9332

www.habitat7rivers.org

Happy at Home Seniors

Compassionate Care. Trusted Guidance. Personalized Aging in Place, Wellness, and Care Management to help you navigate the journey of caring for older adults - with piece of mind.

Cumberland, ME 558-1234

www.happyathomeseniors.com

Harpswell Aging at Home

Grassroots community organization created, supported, and led by volunteers from Harpswell. Provide free or nominal cost initiatives that help older adults thrive while aging in their homes. Goal is connecting those that could use a hand with the various services that are available through HAH or by other community-based organizations.

PO Box 25, Harpswell, ME 522-8841

www.hah.community

Hearts & Hands Reiki

Sign up for a free Reiki session at the Senior Expo! Experience a calm, centered relaxation, even in the middle of a busy Expo! Reiki encourages lower blood pressure and relief from anxiety and depression. Reiki is one of the top three complementary therapies presently offered in U.S. hospitals.

4 Magean Street, Brunswick, ME 751-5339

www.hearts-n-hands.com

Insurance and Retirement Solutions*

We help Seniors navigate the complexities of Medicare. As Independent Health Insurance Brokers, we represent many different plans and Insurance Companies, so you can be sure that we will fit a plan to the beneficiary's needs and help them navigate and use all their benefits throughout each plan year.

14 Maine Street, Suite 104, Brunswick, ME

522-7778

www.iandrsolutions.com

Islebrook Village at Wiscasset*

Brand-new senior living community in Wiscasset offering 105 spacious studio, one- and two-bedroom apartments where residents can live independently or in the assisted living or memory support neighborhoods. Robust calendar of programming and events planned by Certified Montessori Dementia Care Professionals, including daily fitness programs run by in-house Exercise Physiologist.

146 Gardiner Rd, Wiscasset, ME 910-4211

www.everbrookseniorliving.com/communities/islebrook-village

Kennebec Savings Bank*

As a community bank rooted in Maine since 1870, Kennebec Savings Bank is a mutual organization. That means we do not have individual stockholders. Instead, we give that money back to more than 365 local nonprofit organizations that improve the vitality of our community through our Community Dividends program.

181 Lower Main Street, Freeport, ME 865-1550

www.kennebecsavings.bank

*2026 Sponsorship

continued on page 27



THE HIGHLANDS
GRACE MGMT COMMUNITY

It's not like home.
It *is* home.™

Your Best Chapter Begins *Here*

Live and age gracefully in the heart of MidCoast Maine, where comfort, connection, and peace of mind come together. Enjoy every day surrounded by friendship, joy, and the spirit of home in a vibrant community that honors your independence at every stage of life.



Come see why The Highlands feels like home!

CALL (207) 725-2650 OR STOP BY TO LEARN MORE.

30 Governors Way
Topsham, ME 04086
(207) 725-2650
HighlandsRC.com



**CALL OR SCAN
THE QR CODE TO
SCHEDULE YOUR
VISIT TODAY!**



Kind Senior Care Maine

We proudly serve those living in Cumberland County and York County, Maine with in-home senior care. We offer non-medical home care services that are compassionate, dependable, and incorporate modern practices. Our home care agency collaborates with you to create a personalized plan and connect you with the most suitable Caregiver.

40 Lafayette St., Ste 2, Yarmouth, ME 517-2233

www.kindseniorcare.com/Maine

KMB Insurance Advisors

Turning 65 or need help with Medicare? I am a local, licensed health care broker offering free, personal guidance for individuals navigating Medicare coverage. I can help answer your questions and guide you through Medicare with clarity and confidence.

42 Eastern Shore Rd, Brunswick, ME 607-2854

www.kmbinsuranceadvisors.com

LeafFilter Gutter Protection*

With hundreds of thousands of satisfied customers, LeafFilter is the largest gutter protection company in the nation. From coast to coast, we provide the most effective debris-blocking professionally installed gutter protection system on the market, paired with an exceptional customer experience from beginning to end.

1595 Georgetown Rd., Hudson, OH 800-290-6106

www.leafilter.com/locations/maine/portland/

*2026 Sponsorship

continued on page 30

AudioNova

Your Hearing Experts

Hear the Difference

Personalized Hearing Care

Can Make

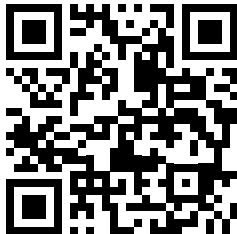
PERSONALIZED SOLUTIONS

RISK-FREE TRIALS

LATEST HEARING TECHNOLOGY

At AudioNova, better hearing is always our focus. Kadyn Shoults, Au.D., CCC-A is committed to providing each patient with an exceptional level of care and attention. He's been one of the leaders in hearing technology for years. Whether you're experiencing hearing loss for the first time or exploring new technology, we're here to help.

Call or Scan Today to Schedule Your Free Hearing Screening (\$250 Value)





AudioNova Topsham, ME

Kadyn Shoults, Au.D., CCC-A

(207) 449-3809

44 Elm Street



★★★★★



ACCELeRATE

Your Recovery!

2 CONVENIENT LOCATIONS

BRUNSWICK, ME TOPSHAM, ME

INSIDE MARTINS POINT INSIDE THE

HEALTH CARE BOWDOIN MILL

207-844-8923 207-820-7638

 accelptme.com 



Brunswick Location
86 Maine Street, Brunswick



Gardiner Location
312 Water Street, Gardiner

Take the First Steps Towards Better Living Today!

Audiology & Hearing Aids: assessments of hearing disorders, advanced digital hearing aid solutions, custom earplugs, repair, service, and programming, and hearing aid batteries, parts, and accessories.

Optical & Eyewear: latest lens technology, prescription eyeglasses, contact lenses, sunglasses (prescription and over-the-counter), optical consultations, and eyewear accessories.



Serving the
Midcoast Region
Since 1936

86 Maine Street • Brunswick, ME • 207-725-5111

Email us at info@berrieshearing.com

312 Water Street • Gardiner, ME • 207-481-9900

www.berrieshearing.com



THE
**BILL
DODGE**
DIFFERENCE



IT'S ALL RIGHT HERE, RIGHT NOW!



GMC



PRE-OWNED
SUPER CENTER

WHOLESALE
DIRECT

Proudly Maine Family-Owned & Operated Since 1970!

Expert Service for All Makes & Models!

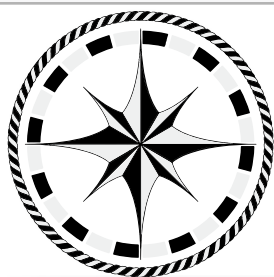
Earn More with the Exclusive Bill Dodge Rewards Program!

118 PLEASANT ST
— BRUNSWICK —
(207) 721-8300

852 PORTLAND RD
— SACO —
(207) 283-3999

1-7 SAUNDERS WAY
— WESTBROOK —
(207) 854-3200

FIND US ONLINE
WWW.BILLDODGEAUTOGROUP.COM



COASTAL LANDING

RETIREMENT COMMUNITY



When you are contemplating a move...

to a Retirement Community, please visit us at **Coastal Landing**.
(Assisted Living available on the same campus.)

Included in your monthly rent:

- * Choice of two meals daily
- * Activities and Social Events
- * Light Housekeeping
- * Private Bathroom and Kitchenette
- * Cable TV
- * Scheduled Local Transportation
- * Heat and Electricity
- * Maintenance Service
- * Free Laundry Room

Other services available for a reasonable fee.

EXERCISE ROOM



DINING HALL



MOVIE THEATER



CHAPEL



www.coastallanding.com

142 Neptune Drive, Brunswick, ME, 837-6560

Lewy Body Dementia Association

The Lewy Body Dementia Association (LBDA) provides education, support, and resources for people living with Lewy body dementia, care partners, families, and professionals. LBDA helps individuals navigate diagnosis, care, and daily life while advancing awareness and understanding of Lewy body dementia.

912 Killian Hill Rd S.W., Lilburn, GA 404-935-6444

www.lbda.org

LifeBook Memoirs

Your story deserves to be told, and we help you tell it! LifeBook Memoirs, with an established presence in Maine, is the world's leading private memoir service. Each LifeBook is a unique piece of family history, a custom-made treasure handcrafted to standards that ensure its longevity for generations to come.

Brunswick, ME 841-8571

www.lifebookmemoirs.com

Maine Association of Retirees

Maine Association of Retirees (MAR) advocates with the State Legislature on policies that benefit Maine Public Service Retirees. MAR participates with statewide organizations that focus on the income, health, and housing needs of Retirees. Our Retirees are a valuable resource and MAR is committed to ensuring their voices are heard.

157 Capital St, Ste 4, Augusta, ME 582-1960

www.maineretirees.org

Maine Community Bank*

As a local community bank, we're committed to being a vital part of the communities we serve. Our personal and business banking products are designed to make banking easier, no matter what corner of the world you're in. Member FDIC.

27 Gurnet Road, Brunswick, ME 786-5701

www.maineecb.com

Maine Death with Dignity*

A 501(c)(3) donor-funded non-profit providing services, education, and end-of-life advocacy to people who wish to actively explore the meaning of life through embracing the certainty of death. A primary program is connecting people to the information they need to make fully informed decisions regarding all their end-of-life care options.

PO Box 801, Wiscasset, ME

www.mainedeathwithdignity.org

Maine Dementia Partners, LLC*

Helps families navigate the hard decisions dementia brings. As a nurse practitioner with deep clinical experience, I offer expert guidance on care options, safety, capacity, and next steps - so families feel informed and supported rather than overwhelmed. Personalized consulting for anyone facing a dementia diagnosis in the family.

531-5331

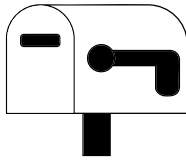
www.mainedementia.com

Maine Maritime Museum

Founded in 1962, Maine Maritime Museum is located on the grounds of the historic Percy & Small Shipyard, overlooking the Kennebec River. Open year round in Bath, the museum offers immersive exhibits, guided tours, lighthouse & nature cruises, an extensive watercraft collection, and more.

243 Washington St., Bath, ME 443-1316

www.mainemaritimemuseum.org



Look for your letter!

Feed our teens!

The Brunswick Area Teen Center’s annual fundraising campaign is under way, and we need your help!

The Teen Center has over 450 registered members who ate more than 12,000 free meals last year! We use our annual Back to School fundraiser to help keep our programming and food free for every teen all year long! And we gave the kids over 2,500 FREE rides last year! We need lots of help to serve our youth, so we hope you consider donating.

And for all our long-standing supporters, keep checking the mailbox for your letter!



Trusted Care. Right at Home.

Compassionate, personalized in-home support that helps seniors live safely and independently at home.

Personal Care • Companionship • Everyday Support
Alzheimer’s & Dementia Support
Hospice & End-of-Life Care

Flexible
Scheduling

24/7
Availability

One
Flat Rate

Call us today:

207-200-3011

tailoredcareme.com



ANCORUM
CREDIT UNION

Local banking. *Lifelong* relationships.

Helping Mainers build
secure financial futures
since 1956.



ancorumcu.com | 800.750.0959
Federally Insured by NCUA



For the life you choose.

Life happens between the milestones—in a series of small, often unforeseen moments that create the story. At Norway Savings Bank, we're here to help you make that story yours.

We're focused on being there for all of the moments where you need us—for the milestones, and for everything that happens in between. To listen, support, and guide you every step of the way—as more than a customer, as an individual.

1.888.725.2207

norwaysavings.bank

MEMBER FDIC



For the **life** you choose.

Maine Pines Racquet & Fitness*

A welcoming full-service tennis, pickleball, and fitness facility providing programs for all ages and abilities. Over 50+ group fitness classes including Aerobics, Tone & Sculpt, Pilates, Pound, Zumba, SilverSneakers®, Spinning® and an array of yoga classes including Slow Flow, Yin Yoga and Qigong. Try a class for FREE today!

120 Harpswell Road, Brunswick, ME 729-8433

www.maineprines.com

Maine SafeResponse*

Maine SafeResponse provides reliable medical alert systems for use at home and on the go. We offer personalized, local service to help seniors remain safe, confident and independent. From choosing the right system to installation and ongoing support, we're here when you need us.

191 Casco Road, Brunswick, ME 844-0601

mainesafesponse.com

Maine State Music Theatre*

Maine State Music Theatre (MSMT), founded in 1959, is a non-profit organization dedicated to enriching lives through musical theatre. Performing at the historic Pickard Theater, MSMT's 2027 season features captivating productions like My Fair Lady, Some Like It Hot, Heartbreak Hotel, and Phantom, showcasing world-class talent in the heart of Maine.

22 Elm St., Brunswick, ME 725-8769

www.msmt.org

Maine Veterans' Homes*

Maine Veterans' Homes (MVH) is an independent, nonprofit, award-winning healthcare provider serving Maine Veterans, spouses, and Gold Star parents. With six locations—Augusta, Bangor, Caribou, Machias, Scarborough, and South Paris—MVH offers compassionate long-term care, skilled nursing and rehabilitation, memory care, residential care, and respite care.

460 Civic Center Drive, Augusta, ME 1-800-278-9494

www.mainevets.org

MaineHealth CHANS Home Health & Hospice

MaineHealth CHANS Home Health & Hospice is a full service, non-profit, Joint Commission Accredited agency providing nursing, rehabilitation, palliative, and hospice in the Midcoast Area.

45-60 Baribeau Drive, Brunswick, ME 729-6782

www.chanshomehealth.com

MaineHealth Mid Coast Hospital*

MaineHealth Mid Coast Hospital is a full service, 93-bed hospital that is part of MaineHealth, a not-for-profit, integrated health system, offering services in more than 30 primary and specialty care areas, as well as community outreach and lifestyle medicine programs to help community members live healthier lives.

123 Medical Center Drive, Brunswick, ME 373-6000

www.midcoasthealth.com

MaineHealth Mid Coast Senior Health

MaineHealth Mid Coast Senior Health provides high-quality health care and residential services for older adults, including assisted living, memory care, long-term care, skilled nursing and rehabilitation.

58 Baribeau Drive, Brunswick, ME 373-3646

<https://www.midcoastseniorhealth.com>

MaineHealth Specialty and Home Delivery Pharmacy

Our facility (opened January 2023 in Westbrook), offers free home delivery of medications to patients in ME, MA, NH, and FL (with some restrictions). Mission is to ensure patients receive medications efficiently and accurately. Also operate four retail locations, providing patients option to pick up prescriptions and visit a MaineHealth pharmacy.

340 County Rd, Westbrook, ME 662-1800

www.mainehealth.org

*2026 Sponsorship

continued on page 35

BRACKETT FUNERAL HOME

A Ladner Family Service



Peter W. Ladner, President, circa 1980



29 Federal Street, Brunswick, ME
(207) 725-5511 www.BrackettFH.com

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

Proud supporter of People Plus!



TABITHA THE MEDICARE MERMAID

Independent Medicare Broker

- OFFERS FREE CONSULTS
- MEDICARE HELP
- INFORMS YOU OF CHANGES WITH YOUR PLAN

124 Maine Street , Brunswick Maine 04011 Suite 20

shell phone; (207) 841-2723

email; medicaremermaid@yahoo.com

Maynard Law*

Maynard Law specializes in estate planning and elder law, including long-term care planning and MaineCare applications. We provide clients with peace of mind by creating plans tailored to meet their individual needs. Take the first step towards protecting your autonomy and preserving your assets by contacting Maynard Law today.

4 Union Park Road #16, Topsham,
ME 406-2541

www.maynardelderlaw.com

Medicare Mermaid*

The Medicare Mermaid is here to assist Medicare beneficiaries in sorting through all the information surrounding their healthcare needs and to choose a plan that works best for them for that year. Our goal is always to get the most benefits for the least out-of-pocket costs.

124 Maine St, Suite 20, Brunswick,
ME 208-9727

facebook.com/medicaremermaid

Medvocate

Medvocate is an independent Medicare Insurance agency helping individuals understand their medicare options with confidence. We provide personalized, unbiased guidance through Medicare Advantage, Medicare Supplement, and prescription drug plans, helping clients choose coverage that fits their healthcare needs, budget, and lifestyle. We also provide ongoing support throughout the year.

1 Brunswick Ave, Gardiner, ME
466-6789

www.medvocatehealth.com

Merrymeeting Bay Triad

An organization dedicated to the promotion of programs, education and materials that enhance the well-being of Merrymeeting Bay's citizens. This is accomplished through an all-volunteer organization that merges cooperative efforts between seniors, police, and senior service agencies.

443-5563 x2215

Mid Coast Hunger Prevention Program - Sharing Table

Stop by to grab some free produce! Merrymeeting Gleaners volunteers partner with local farms and farmers markets to harvest or pick up excess crops. Gleaned produce is used in MCHPP's programs and is also distributed to over 30 partner organizations in the region including libraries, community centers, and more.

725-2716

www.mchpp.org

Mid Coast Hunger Prevention Program (MCHPP)

Mid Coast Hunger Prevention Program has a mission to provide community with food today while advancing lasting solutions to food insecurity through education, collaboration, and advocacy. We offer free lunch meals through our Soup Kitchen, an in-person shopping experience through our Food Pantry, and a variety of delivery and off-site programming.

179 Neptune Dr., Brunswick, ME
725-2716

www.mchpp.org

Mid-Coast Veterans Council

The Mid-Coast Veterans Resource Center is a multi-agency hub that is dedicated to serving Veterans and their families. We offer private space to meet with outside providers, assist with paperwork, and refer to appropriate Veteran services. Our volunteer staff is here to help M-F 9am-4pm. FMI call us at 207-406-4103.

62 Pegasus St., Brunswick, ME
406-4103

www.mid-coastveteranscouncil.org

Midcoast Athletic & Recreation Complex (MARC)

The Midcoast Athletic & Recreation Complex (MARC) is an expansion of the Brunswick Recreation Center and free to all. Enjoy completed pickleball courts, skatepark, playground, and walking path, with basketball courts opening Fall 2026. Future additions include tennis courts, turf field, an aquatics facility, ice rink, and more!

220 Neptune Drive, Brunswick, ME
725-6656

www.marcproject.org

Health and happiness at the Center!

We all know sitting too much isn't good for your health, so at People Plus, we are here to help you move and have fun doing it. The classes/clubs at the Center are designed specifically for senior adults. Someone a little older may not be as loose and limber or trim and fit as they used to be, and likely may not have the same range of motion or strength at this stage of their lives. But none of those are reasons to sit still – they are actually why everyone should move.

With a full list of class and club options to choose from

every week, you can stay active during the upcoming fall and winter months – and beyond. Choose from Chair Yoga,

Full Body Fitness, Growing Stronger, Qigong, Table Tennis, Tai Chi, Wednesday Walkers, Yoga, or Zumba – and you can try any class or club once for free! See pg 24 for class/club descriptions.

All of these options are fun and accessible to all fitness levels with the goal of improving your health and happiness! Come on down to People Plus and give it a go – your body will thank you!

**Warmth you can count on.**

We show up when it matters most—for the neighbors we serve and the communities we call home. From fuel delivery to equipment installs and emergency service, we're on call for every call—because New England weather doesn't quit, and neither do we.

DR Dead River
Company

Propane | Heating Oil | Service

Brunswick 207-729-6688

DeadRiver.com

Providing high-quality medical alert systems that keep you safe no matter where you are.

At home or on the go, our reliable devices and exceptional customer service are available around the clock.



Our services include:

- Easy-to-use, wearable medical alert systems
- 24/7 emergency response coverage
- Fast, compassionate customer support
- Available fall detection on all of our products



Take the first step towards feeling safe and secure.
Contact us today to learn more about our medical alert systems!



Jon Murray
207-844-0601



mainesaferesponse.com

Midcoast Senior College

Discover, connect, and thrive with Midcoast Senior College! MSC offers engaging lifelong learning for adults 50+, featuring expert-led courses, compelling lectures, clubs, and special events. Learn online, in person, or hybrid while exploring new ideas, building friendships, and staying intellectually active in a welcoming community of lifelong learners.

14 Middle St., Brunswick, ME 725-4900

www.midcoastseniorcollege.org

New England Rehabilitation Hospital of Portland

New England Rehabilitation Hospital of Portland, a joint venture of MaineHealth and Encompass Health, is a freestanding acute rehabilitation hospital. It is a state-licensed, TJC-accredited facility specializing in rehabilitation for stroke, orthopedic, brain injury, amputee, spinal cord injury, and general rehabilitation in both inpatient and outpatient settings.

335 Brighton Ave., Ste 201, Portland, ME 662-8082

www.nerhp.org

Northern New England Poison Center

The Northern New England Poison Center serves ME, NH, VT and is staffed 24/7 with nurses and pharmacists who can help with general poison prevention questions, pill identifications, medication errors, drug interactions, food poisonings and more. Contact at 1-800-222-1222, chat at www.nnepc.org or text POISON to 85511. Calls are free and confidential.

22 Bramhall St., Portland, ME 1-800-222-1222

www.nnepc.org

*2026 Sponsorship

continued on page 37

Northbridge Senior Living - Assisted Living & Memory Care



Avita[®] of Brunswick
— A Northbridge Memory Care Community —

Avita of Brunswick - Memory Care

89 Admiral Fitch Ave | 207.729.6222 | AvitaofBrunswick.com

Ask about the Adult Day Program at Avita of Brunswick

Benefits include:

- A gradual transition into life as a full time Avita resident.
- Enjoy a full calendar of engaging programs.
- Time for you, the caregiver, to take a much needed break, rest & relax.

Sunnybrook
A Northbridge Senior Living Community

Sunnybrook - Assisted Living

340 Bath Road | 207.443.9100 | Sunnybrookvillage.com



Norway Savings Bank*

Norway Savings Bank helps you live the life you choose! Although we're just a small part of your life, we're here to help make it great. With three branches in the Midcoast area, you're never far away from banking that's as unique as you are.

83 Maine Street, Brunswick, ME 888-725-2207

www.norwaysavingsbank.com

Penquis Foster Grandparent Program

Penquis Foster Grandparent Program is for income-eligible volunteers, aged 55 and over, who volunteer an average of 15 hours a week with children at schools and Head Start centers. Benefits include a stipend, paid holidays, earned time, and assistance with transportation. FMI call 1-800-215-4942.

262 Harlow St, Bangor, ME 973-3611

www.penquis.org

People Plus

People Plus, located in Brunswick, supports an engaged, healthy, and independent life for older adults and youth, while joining others to build community for all ages. We offer numerous choices for fitness and wellness services, recreation and learning opportunities, education and outreach.

35 Union St, Brunswick, ME 729-0757

www.peopleplasmaine.org

*2026 Sponsorship

continued on page 38



A not-for-profit
health care
organization.

- ✧ Medicare Advantage Plans
- ✧ Military Health Insurance
- ✧ Primary and Specialty Care

✧ **Martin's Point** martinspoint.org

MAYNARD LAW
Elder Law & Estate Planning



Do you need help navigating long-term care for a family member?
Are you concerned that long-term care will deplete your savings?
Do you need to update your estate planning documents?

Maynard Law can help you plan for the future and give you peace of mind.

We specialize in these areas:

- Nursing Home and Assisted Living MaineCare Applications
- Long-Term Care Planning to Protect Assets
- Drafting of Wills, Trusts, and Powers of Attorney
- Probate of Estates
- Guardianship and Conservatorship Petitions

Please contact us at:

(207)406-2541
P.O. Box 65
1 Bowdoin Mill Island, Suite 302
Topsham, Maine 04086
www.maynardelderlaw.com



*Redefining Care,
Empowering
Independence*



*Discover the personalized care &
support your loved one deserves -
connect with us today!*

207-594-4990

www.brockhealth.com

EXHIBITORS

EXPO GUIDE OCTOBER 2026

Project Lifesaver Program

Public safety program designed to protect and locate missing persons due to wandering. Uses state of the art technology in assisting those who care for victims of Alzheimer's, dementia, Autism, Down syndrome and other cognitive conditions. Brunswick PD, Freeport PD, Bath PD, Topsham PD, Richmond PD and Sagadahoc County Sheriff's Office. Contact participating police department,

www.projectlifesaver.org

Qi Cottage Acupuncture & Well-Being Services

Did you know acupuncture treats more than pain? Or that not all anxiety, sadness, overwhelm is in the mind alone? Qi Cottage Acupuncture helps people with anxiety, depression, grief, insomnia, hypertension, auto-immune disorders, digestive problems, life transitions...just to name a few! Treatments restore ease, balance, and release blocks.

98 Maine St, Suite 11B, Brunswick, ME 303-931-9479

www.qicottagelc.com

Reform Physical Therapy*

Reform PT is a woman-owned, independently owned outpatient clinic and four-time Best of the 207 Gold winner. We provide one-on-one care that treats each person, not just the injury. Using evidence-based treatments and hands-on techniques, our therapists help patients build independence, improve mobility, and return to the lives they love.

190 Pleasant Street, Brunswick, ME 844-8053

www.reform-pt.com

Renewal by Andersen

Renewal by Andersen, LLC., includes a long-standing commitment to leadership in environmental stewardship and manufacturing energy efficient products. This commitment is exemplified in the design, craftsmanship, durability, and quality of our windows. We have also achieved the highest SCS Global Services-certified recycled content values for windows!

66 Industrial Park Road, Saco, ME 608-1646

Rousseau Management*

Rousseau Management has provided affordable, high-quality healthcare services in Midcoast Maine for nearly 50 years. Our continuum of care includes assisted living, independent living, rehabilitation, long-term nursing care, and in-home services. Family-owned and operated, we are committed to compassionate, individualized care that helps residents thrive.

142 Neptune Drive, Brunswick, ME 837-6560

www.coastallanding.com

Senior Planning Center*

Has long served as a trusted resource for Seniors throughout Maine. Founded in 2012, we believed building relationships was the key to our success. Served over 26,000 clients. Helping seniors select the right Medicare plan, connecting them to needed resources and show them the options and benefits available to them.

730 Center St, Unit 10-A, Auburn, ME 705-3657

www.seniorplanningcenter.com

Spectrum Generations - Aging and Disability Resource Center*

As an Aging and Disability Resource Center (ADRC), Spectrum Generations promotes the well-being and independence of older and disabled adults, with support of their care partners, to live in their community of choice. We provide resources, information, referrals, case management, Medicare counseling, social dining, wellness/enrichment programs, community centers and more! <https://www.spectrumgenerations.org/>

One Weston Ct, Augusta, ME 1-800-639-1553

www.spectrumgenerations.org

Spectrum Generations - Meals on Wheels

"We Sustain Maine," Meals on Wheels program prepares and delivers delicious, nutritionally balanced meals for homebound older adults and disabled persons. Meals are delivered by volunteers who also provide a wellness check with each meal recipient. Spectrum Generations serves residents of Brunswick, Harpswell, Sagadahoc/Lincoln counties and central Maine. <https://www.spectrumgenerations.org/nutrition>

One Weston Ct, Augusta, ME 1-800-639-1553

www.spectrumgenerations.org

50 Years!

People Plus

Building Community Since 1976

YELLOW BRICK ROAD SOCIETY

Planned giving: Spotlight on wills

Your will, your way!

People Plus is celebrating 50 years – five great decades! To realize a long and healthy financial future, we need to increase our legacy giving with long-term growth to last another 50 years!

For the 50th Anniversary, our Yellow Brick Road “Legacy Giving” program provides the golden opportunity for you to pave the road to longevity with “financial bricks.” How can you help?

- Bequeath a gift to People Plus in your will
- Choose a flat amount or a percentage of assets
- Take care of family first and People Plus “family” second
- Set your intention, who benefit, and the use
- Possibly reduce your estate taxes

Let’s face it, when you pay taxes, you don’t always know where your money goes. However, when you name People

Plus in your will, you will!

Please add People Plus to your will and become an honored member of the Yellow Brick Road Society! It’s a golden chance to support our mission and guarantee that we can offer the joy of health, well-being, and connection for years to come!

We are very grateful for your gift and want to recognize you for donating, so let us know if you are adding People Plus to your will. Note: If you want to learn more about legacy giving through our Yellow Brick Road initiative, you can speak confidentially with Stacy Frizzle-Edgerton, Executive Director of People Plus, at: director@peopleplusmaine.org.

We urge you to seek legal and/or financial counsel to determine which might be best for you and your family.

David and Margo Knight say this about their decision to add People Plus to their will:

“When we carefully developed our estate plan, we wanted to honor those organizations that we have witnessed contributing the most to our community’s quality of life.”



Northern
New England

207-729-3300



MAINE
VETERANS’
HOMES

caring for those who served

MVH provides top quality care, compassionate support, and peace of mind for Veterans and their families.

Comprehensive Care Options:



RESIDENTIAL CARE

independence with support when needed



MEMORY CARE

specialized dementia and Alzheimer’s support



RESPIRE CARE

temporary relief for caregivers



LONG-TERM CARE

24/7 supportive, loving care



SKILLED NURSING CARE / REHAB & THERAPY

recovery support after hospitalization or illness

Did You Know?

There is NO requirement to have served in combat, served during wartime, or have a service-connected disability to be eligible for admission.

AUGUSTA 35 Heroes Way Augusta, ME 04330 (207) 622-2454	CARIBOU 163 Van Buren Road Caribou, ME 04736 (207) 498-6074	SCARBOROUGH 290 US Route 1 Scarborough, ME 04074 (207) 883-7184
BANGOR 44 Hogan Road Bangor, ME 04401 (207) 942-2333	MACHIAS 32 Veterans Way Machias, ME 04654 (207) 255-0162	SOUTH PARIS 477 High Street South Paris, ME 04281 (207) 743-6300

 1-800-278-9494

 info@mainevets.org

MaineVets.org





When it comes to COMMERCIAL REAL ESTATE,
we know what we're talking about.

PRIORITY REAL ESTATE GROUP

Commercial Real Estate Investors
& Developers since 1998



Build To Suit

**Property
Leasing**

**Construction
Management**

(207) 837-6198

www.priorityrealestategroup.com



Proud to sponsor People Plus for over 20 years!

Tailored Care, LLC*

Tailored Care provides compassionate, non-medical in-home care for seniors and adults throughout Midcoast Maine. We assist with companionship, personal care, dementia support, transportation, meal preparation, respite, housekeeping, and end-of-life support - helping clients live safely, comfortably, and independently at home.

31 Bath Rd., Ste 1, Brunswick, ME 502-3224

www.tailoredcareme.com

Technology Help Desk

Bring your device and your questions. We can help with computers, smartphones, tablets, flip phones (Apple or Android). Meet with John Fisher from Carpe Diem Tech Support, Bill Perry from Above the Grass Publishing and Apple IT Support, and Evan Leighton from Brunswick IT Services.

www.carpediem-me.net, www.abovethegrasspublishing.com

The Gathering Place

The mission of The Gathering Place is: "Welcome." A safe space for neighbors in need - whatever the need. We welcome an average of 65 guests each day. Volunteers, who are the backbone of all we do and give generously of their time, share an interest and commitment to helping others.

5 Tenney Way, Brunswick, ME 729-0288

www.brunswickgatheringplace.org

*2026 Sponsorship

continued on page 42

Call Us
for a
Medicare
Plan
Review



Navigating the
complex world
of Medicare can
be difficult.
We're here to
make it easy
and be a
resource you
can depend on
year after year.

207-522-7778

www.iandrsolutions.com

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options

LET THE PROS
HANDLE IT™

SCHEDULE YOUR
FREE
INSPECTION

800-290-6106

*Promotional offer includes 20% off plus an additional 10% off for qualified veterans and/or seniors. One coupon per household. No obligation estimate valid for 1 year.

LeafFilter®
GUTTER
PROTECTION

Full Service
Gutter Protection

20%
OFF
Your Entire Purchase*

+ 10%
OFF
Seniors + Military

LIFETIME
WARRANTY
TRANSFERABLE

www.leaffilter.com/locations/maine/portland/

A+
Rating

ACCREDITED
BUSINESS

TOPSHAM DENTAL

Arts

NOW

WELCOMING

New Patients!



FROM IMPLANTS TO DENTURES TO

SAME DAY CROWNS,

we're here to help you get your best smile!



IMPLANTS



DENTURES



SAME DAY CROWNS



Your smile.
Your comfort.
Our priority.

At Topsham Dental Arts, we provide personalized, compassionate dental care designed to keep you smiling confidently at every age.

www.topshamdentalarts.com

37 Foreside Rd, Topsham Maine 04086 • 207-798-6700

The Highlands*

If you're looking for a retirement community that understands and honors you as a unique individual, you've come to the right place. In choosing The Highlands, you can rest easy knowing that your lifestyle and your interests will be catered to and your expectations exceeded.

30 Governors Way, Topsham, ME 725-2650

www.highlandsrc.com

The Park Danforth

The Park Danforth is a nonprofit senior living community in Portland, Maine, offering independent living, assisted living, and subsidized housing options. Residents enjoy a welcoming, supportive environment focused on wellness, independence, social engagement, and personalized care, all within a vibrant campus conveniently located near local services and amenities.

777 Stevens Ave., Portland, ME 797-7710

www.parkdanforth.com

The Vicarage by the Sea*

Celebrating nearly 30 Years of Compassionate Dementia Care. Since 1998, we have offered long-term, person-centered dementia care in warm, home-like setting overlooking Casco Bay. With 1:4 staff-to-resident ratio, we provide consistent, holistic support from early memory loss through end of life. Here, residents experience dignity, connection, and opportunity to grow - at every stage.

9 Vicarage Lane, Harpswell, ME 833-5480

www.thevicaragebythesea.com

*2026 Sponsorship

continued on page 45

Wicked
ORGANIC COFFEES
Joe®



Midcoast NOW

Everything you need to know about the Midcoast, including sports, events and history, curated by Times Record reporter Katie Langley.



pressherald.com/midcoastnow

Part of the Maine Trust for Local News



People
Plus!

BOARD OF TRUSTEES



Jim Burbine, Chair
Retired - NY Times
(Harpwell resident)



Nancy Weingarten, Vice Chair
Retired - Medicare Spec.
(Topsham resident)



Sonia St. Pierre, Treasurer
Retired - AARP/SG
(Brunswick resident)



Christine Corriveau, Sec.
Retired - CHANS
(Orr's Island res.)



Michelle Borodinsky
Retired - RN
(Brunswick res.)



Rob Burgess
Retired - Lawyer
(Brunswick res.)



Chris Caldwell
Retired - Computer
(Harpwell res.)



Thomas Farrell
Town of Brunswick
(Brunswick res.)



Charlie Gordon
Retired - Educator
(Brunswick res.)



Carol Israel, PhD
Psychologist
(Harpwell res.)



Tom Mahoney
Retired - Exec Dir.
(Harpwell res.)



David Millar
Riley Insurance
(Freeport resident)



Joseph Neuhof
Retired - NY Times
(Harpwell res.)



Suzanne Neveux
Fitness Inst.
(Brunswick res.)



Cindy Sullivan
Thornton Oaks
(Brunswick res.)



Sara Smith
Bowdoin College
(Harpwell res.)



Scott Stewart
Brunswick PD
(Topsham res.)



Sande Updegraph
Ret. - Management
(Brunswick res.)

STAFF



Stacy Frizzle-Edgerton
Executive Director



Jill Ellis
Programming
Director



Sarah Deck
Office
Coordinator



Kathe Mickunas
Transportation/
Membership



Mark Seitz
Office
Manager



Deirdre Locascio
Development
Coordinator



Beth Brogan
Content Developer



Jennifer Felkay
Communications
Manager



Taylor Carter
Teen Center
Director



Renée Foster
BATC Nutrition
Coordinator

Topsham Dental Arts*

Our cheerful staff will be happy to make an appointment that fits your schedule. You may also want to stop by for an office tour. Whatever your dental needs are - from routine care to emergencies to sleep apnea oral devices or dental implants - we look forward to meeting you!

37 Foreside Road, Topsham, ME 798-6700

www.topshamdentalarts.com

Topsham Public Library

The Topsham Public Library connects people with resources, programs, and each other to stimulate personal growth, enrich minds, and support community. Our vision is to sustain an informed, dynamic, and engaged community by being an equitable access point for lifelong learning, intellectual freedom, and public good.

25 Foreside Road, Topsham, ME 725-1727

www.topshamlibrary.org

Trainriders Northeast

For 37 years Trainriders Northeast (TRNE) has been advocating for passenger rail. In 2001 we brought back service to Portland. In 2012 we returned service to Brunswick. We have not finished. We continue to advocate for frequent and expanded service. We hope you will join us in our efforts.

PO Box 4869, Portland, ME 879-7245

www.trainridersne.org

United Way of Mid Coast Maine

United Way of Mid Coast Maine mobilizes the caring power of communities in the towns of Brunswick and Harpswell and the counties of Knox, Lincoln, and Sagadahoc. We support community programs to give kids the best start, build financial stability, and help everyone live healthy and connected lives.

34 Wing Farm Parkway, Ste 201, Bath, ME 443-9752

www.uwmcm.org

Volunteer Transportation Network (VTN)

A program of People Plus. Providing FREE rides for medical appointments and grocery shopping, as well as personal needs such as trips to the bank, post office, and hair salon. Expanded services include grocery and prescription pick-up/delivery. Visit peopleplusmaine.org for application or call 729-0757.

35 Union St, Brunswick, ME 729-0757

www.peopleplusmaine.org

Walmart Pharmacy and Vision Center*

Walmart Pharmacy and Vision Center make healthcare convenient with prescription refills, vaccines, health screenings, affordable eyewear and more. Get what you need fast with convenient same-day prescription delivery, plus trusted care from our healthcare professionals - all in one place.

15 Tibbetts Drive, Brunswick, ME 725-1176

www.walmart.com

Winship Green Center for Health & Rehabilitation

A 72-bed skilled nursing, rehab and long term care facility in Bath, ME. We provide multiple amenities for all who live here and daily recreational activities to promote physical, mental & psychosocial well-being of each resident.

51 Winship St., Bath, ME 443-9772

www.winshipgreencenterrehab.com

Write On Writers

The Write On Writers club meets every Wednesday at People Plus to read and share their works of poetry and prose, and to improve their writing skills. They have published 12 books and recorded one CD. New members welcome. Experience not necessary. Celebrating over 30 years!

35 Union St, Brunswick, ME 729-0757

www.peopleplusmaine.org

*2026 Sponsorship

PROTECT MORE THAN YOUR HEARING WITH



Hearing loss has been called the #1 risk factor for developing Dementia. Regular hearing aid use can reduce cognitive decline by up to 50%

Visit your local Beltone office to find out
where you stand!

- **FREE Comprehensive Hearing Evaluation**
- **FREE Video Otoscope Exam**
- **FREE In-Office Technology Test Drive**
- **FREE Insurance Benefits Check**

**SCAN HERE TO MAKE
YOUR APPOINTMENT**



Or call your local office direct!

**Brunswick, ME**

275 Bath Road
(207) 844-6198

Lewiston, ME

1761 Lisbon St, Unit 2
(207) 520-2879

Diane Charpentier

Hearing Instrument Specialist
License #384

PROMOCODE: PPM-2026

www.beltonene.com

“

**What if
everybody on
earth felt trusted,
respected, valued,
and heard.**

—Kevin Hancock

”

THEBUSINESSOFSHAREDLEADERSHIP.COM



www.HancockLumber.com

Thank You 2026 Senior Health Expo Sponsors!



BILL DODGE
AUTO GROUP



Bowdoin



B
BRACKETT
FUNERAL HOME




GATEWAY
RETIREMENT SOLUTIONS




MaineHealth



PRIORITY
REAL ESTATE
GROUP



Riley
INSURANCE




Rusty Lantern
MARKET




Berrie's
Hearing & Optical Center



Brunswick
Topsham
Housing Authority



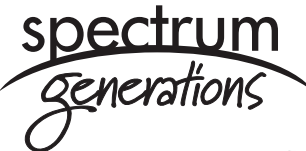

HANCOCK
LUMBER™



MSMT




Medicare
MERMAID
Tabitha Aguiari
(207) 208-9727



spectrum
generations



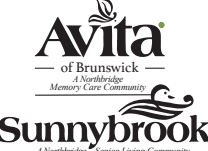
The Vicarage by the Sea
Opening Doors for Those Living with Dementia




The Times Record



AudioNova
Your Hearing Experts



Avita
of Brunswick
A Northbridge Memory Care Community



Bath Savings
Since 1852



bedard
MEDICAL SUPPLIES



BROCK HEALTH
Assisted Living



Brunswick
maine
VETERINARY




Central Maine
Power




Dead River
Company




Beltone
Hearing Aid Centers



Islebrook Village
at Wiscasset




MAINE PINES
RACQUET & FITNESS




Kennebec
Savings Bank



Leafy Filter




MAINE
COMMUNITY BANK




Maine Dementia Partners
LLC




Vein Healthcare
Center




MAINE VETERANS' HOMES



MAYNARD LAW
Elder Law & Estate Planning




ROUSSEAU
MANAGEMENT




THE HIGHLANDS
GRACE MGMT COMMUNITY



TOPSHAM DENTAL
Arts



Walmart
Pharmacy




Northern New England




ANCORUM
CREDIT UNION




BRANCATO'S
HEATING & COOLING



MAINE
DEATH WITH
DIGNITY




Martin's Point



REFORM
PHYSICAL THERAPY
Don't Neglect Your Health, Reform It




Accel
PHYSICAL THERAPY




AUTONOMY
Medical Foot Care




Insurance & Retirement Solutions




Maine SafeResponse
SAFETY 24/7




Norway Savings Bank



Senior Planning CENTER
Guidance for every stage of life




TAILORED CARE, LLC
Quality Care is Our Commitment



Wicked Joe
ORGANIC COFFEES



**“With everything taken care of,
we can just relax and enjoy life.”**

MaineHealth Mid Coast Senior Health’s Assisted Living at Thornton Hall

offers a home environment with caring services that encourage each resident to live life to the fullest. We offer an opportunity to live as independently and comfortably as possible in a carefree and peaceful home, with a breadth of healthcare services and social activities readily available.

For more information on services and amenities, call **(207) 373-3646** or visit **www.midcoastseniorhealth.com**.

