



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

35 Union Street • PO Box 766, Brunswick, ME 04011 • (207) 729-0757 • www.peopleplusmaine.org June 2025 • Volume 25, No. 6

You're Invited!

Teen Center Marks
20th Year with
Open House



The Center that
builds community one
child at a time

The Brunswick Area Teen Center has served as a beacon and safe haven for 20 years, and we will celebrate its anniversary at an open house on Thursday, June 12, from 4:30- 6 pm. Please join us as we honor this vital program created from hard work, generous donors and foundation grants to meet a community need.

We'll be playing games, cutting a birthday cake and serving other treats as we honor this program where teens can go after school, during holiday breaks, and during the summer. We will take a tour of the inside of the Center and view the new outside gardens that the teens have planted. The Teen Center is located at 22 Barrows Street in the Coffin School Building.

One way to honor what the Teen Center has done for 20 years is to hear from folks who helped to create it, kept it going strong over the years, and still do. Can you find the quotes from other key supporters of the Teen Center throughout this newspaper (like the one below)? Search the paper for these quotes about why these folks think it is so important in our community.

HAPPY BIRTHDAY TEEN CENTER!

"At the Teen Center, kids don't have to worry about paying for things or having the right clothes or having the latest console, they can just show up and have the same access to everything as their peers. That sort of environment is empowering, and we see the teens mature and explore new interests. We support them as they figure out who they are."

— Taylor Carter,
Director of Teen Center



EVER TRIED YOUR HAND AT DRAWING? Convinced you've got no talent? Well, the People Plus art instructor Ed Higgins and our Tuesday/Thursday art class are likely to prove you wrong! At least half the group said they didn't have any artistic talent or ability when they first joined and now they are all amazing artists! "Instructor Ed" creates fun and engaging projects, including drawing and painting with colored pencils, watercolors, acrylic, pastels and more for the students to use their skills while he interacts one-on-one with each attendee, every class. Come on down and try it out this summer!

"Trip Talk" with Collette Travel

Thu, June 12, 1:30 pm. Learn about upcoming trip: *"Shades of Ireland"* – April 2–11, 2026. Talk is free and open to the public. Registration appreciated. Check out additional trips on page 4.



Shades of Ireland

April 2–11, 2026. **Deposits due Sept. 14.** Highlights include: Dublin, Irish Evening, Kilkenny, Waterford, Blarney Castle, Killarney, Jaunting Car Ride, Ring of Kerry, Limerick, Cliffs of Moher, Sheepdog Demonstration, Galway, Castle Stay. **FMI** <https://gateway.gocollette.com/link/1249053>



FYI! Curtain's Up

MSMT Singers will wow us

Wed., June 11, 2 pm. Join us for our fabulous annual event with the Maine State Music Theatre! The MSMT Singers will perform

Broadway songs and MSMT artistic director Curt Dale Clark will tell you all about the summer shows. Free and open to the public. Light refreshments will be served. Registration is required – this will fill up fast!



Senior Health Expo – October 9, 2025!

Exhibitor & Sponsor Registration is Open!

Registration is open to become an exhibitor or sponsor. Table registration deadline: September 5. "Be on the Bag" Sponsor deadline: August 22.

Visit peopleplusmaine.org for more information on the event, exhibitor (table)

registration, sponsorship opportunities and registration forms to download.

It's not too late to join these wonderful Lead Sponsors! **Don't miss this fantastic opportunity to showcase your business or organization!**

Thank You 2025 Lead Sponsors!





People Plus!

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

ADVERTISE WITH US!

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

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Can't believe it's been 20 years!

The 20th anniversary of the Brunswick Area Teen Center takes place this month in June and it's caused me to feel nostalgic. When I joined the organization, the Teen Center had only been around for about six years, and it was very much still finding its footing as a fledgling program. We had maybe half a dozen kids from the neighborhood stopping by who needed a safe place to go after school, a hot meal to ensure nutrition, and a place to socialize safely with adult guidance.

It's been 14 years since then and the Teen Center is turning 20! It's no longer a teen... It's amazing to think that all the kids that were here when I first started are now 30 years old. Many of them are married and have children! If I have the chance to run into them, they will always thank the Teen Center program for providing them the safe space they needed at a transitional time in their lives. They will tell me that Jordan Cardone saved them, fed them, mothered them, and was their rock during the stormy teenage years.

There was also a time early on that the program was struggling financially and there was talk about closing the program. We started a new fundraising campaign, the Board got really engaged and we things turned around. And, boy, are we glad it did. The program started to grow and went from those original half a dozen boys in the afternoon to being a place where we would see 15-20 boys and girls hanging out and having fun.



After 18 years of running things, Jordan retired a couple years ago and our new Teen Center director, Taylor Carter, came on board. We knew there was no replacing Jordan as all the teens' "mom," and the kids definitely still miss her – however, they love Taylor and his super casual "I'm not your mom" style. Taylor has worked really hard to develop really fun programming, and was instrumental in helping us move into the new space over at the Coffin School building. We couldn't have done that of course without the help of Phil Potenziano, the school Superintendent, and the support of the entire school board for Brunswick. They definitely supported our goal of expanding the program, reaching as many Brunswick youth as we could, and providing additional outdoor space.

So as we celebrate the 20th Anniversary of the Teen Center program, we are also celebrating nearly a year in the new space. And what a year it's been! We have seen our attendance increase by 200% since we opened the doors on September 3rd, and that's just the start!

With newly expanded hours, we now see the program staying open for vacation breaks and all summer, five days a week! We have seen thousands of teen visits, and it really feels like we're just hitting our stride! The kids create the food menu every month, they are planting gardens to grow fruit and veggies, they help cook the food every day, and they actually eat what they cook!

There's a crochet club, a Jedi master training group (which is really a fancy title for the meditation club), chess club, music groups, Tuesday tournaments that involve basketball, cornhole, billiards, and most other games you can think of.

And best of all, the new kids keep coming. With the location adjacent to Brunswick Junior High School, the kids can just walk straight over after school or after their club

From the Executive Director

Stacy Frizzle-Edgerton



gets out. Lots of the students have sport practices and when practice is over, the Teen Center is flooded with hungry athletes who can't wait to hook up with their friends who aren't on the team.

And as we launch into our summer vacation at the Teen Center, we invite you to help us keep these kids fed and happy! If you want to bake a batch of cookies or some brownies, they'll always take it. A pan of lasagna would go a long way or, better yet, come in and cook with the kids. I think they'd like that best of all...

So as I'm writing this, I can't help but wonder where these kids will be when we are celebrating the 30th anniversary for the Teen Center program. Many of them will be adults and their lives will be launched. And I would bet \$20 that they would credit the Teen Center for supporting them while they navigated their teen years.



So happy 20th birthday to our wonderful Brunswick Area Teen Center! We thank Jordan Cardone and other community volunteers for helping to create and grow this program, and we thank Taylor Carter and the entire staff of People Plus, along with our Board of Trustees, and all of our donors, sponsors, and contributors who enable us to run this amazing program for our area youth! With the help of this incredible community, our program and our all teens are growing up... And there I go, getting nostalgic again...

How about a Father's Day favorite?

I was thinking about Father's Day and thought it would be fun to make our father's or grandfather's favorite meal. Then I started to chuckle because two of my father's foods came to mind. They were creamed cod fish and canned spinach. These dishes are not on my list of foods that I would like to make! That being said, my father started to do more cooking after he retired, and his macaroni and cheese and Parker House rolls are legendary! My father made these for all the birthday celebrations as my girls grew up. He was famous for saying the word "tradition!" These favorites would be wonderful to have on Father's Day, along with some vegetables and a healthy dessert.

From Anita's Plate

Anita Nugent
(207) 504-6439



info@nutritionforeveryday.com

My father loved his desserts. One of my suggestions to my clients is to find food that we like just as much but are better for us. This month's recipe is for a healthier dessert that tastes great!! Happy Father's Day!

Baklava Phyllo Cups

Ingredients:

- 1 box of frozen mini-phyllo cups
- 1 tsp. sugar
- 2/3 cup chopped walnuts
- 1/4 cup honey
- 1 tsp. water

Directions:

1. Preheat oven to 350 degrees.
2. Place the shells on a baking sheet.
3. Mix the sugar and walnuts and fill the shells.
4. Bake for 8 minutes or until the shells are lightly browned.
5. Mix the honey with the water in a small bowl and drizzle over the phyllo cups.

Honoring Loss.

BRACKETT FUNERAL HOME

A Ladner Family Service

Celebrating Life.

Peter W. Ladner, President, circa 1980

BRACKETT FUNERAL HOME

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!



RAISE YOUR HAND IF YOUR NAME IS BARBARA! You could never get enough Barbaras! At the People Plus Center, that is. Last month we had four of them at the luncheon! And guess how many had the middle name Ann?? (I bet you a nickel you're all singing the song "Barbara Ann" in your head right now!)

Summer Flower Fun

Volunteers needed to make bouquets!

Beginning on June 24, Growing to Give is looking for volunteers to help them make bouquets at People Plus. The nonprofit farm will deliver a carload of flowers each Tuesday at 10 am to People Plus, so if you enjoy arranging flowers, please help them make bouquets between 10 am and noon (or for part of the

morning). No expertise required! The bouquets will go to local home assistance organizations, where direct care workers will deliver them on their rounds to their clients. The program runs through mid-September. If you are interested or have questions, email Dodie Kaloust at Dodie950@gmail.com or you may call or text her at 207-557-4967. If you choose to call and she can't pick up, please leave a message and she will call you back.

HAPPY BIRTHDAY TEEN CENTER! *"I am very proud to have been part of the first vote of the People Plus Board of Trustees to establish the Teen Center. In my view, the Center is about acceptance, caring, teaching, sharing, feeding, community, and belonging."*
—**Jeanne d'Arc Mayo, Honorary Trustee**



Board welcomes new trustee

We're happy to welcome Rob Burgess of Brunswick to the People Plus Board.

Rob says People Plus is a remarkable community resource that could be the envy of many towns. "We've all read about loneliness as people age and lose friends and spouses. Having a place like this is so important," he notes.

Rob has been involved with People Plus as a member of the World Affairs Conversation Group and as an annual donor of the "Tour of the Night Sky" auction item during our biggest fundraiser in April. A passionate amateur astronomer, Rob started sponsoring an astronomy club in his basement when he was 10. He now advocates for dark skies affected by light pollution, in part because bright light from human developments threatens animal behavior and habitat.

A retired lawyer whose long-term career has been in bank financing and debt



restructuring, Rob has also worked in the Attorney General's office consumer fraud area, in the Legislature on drafting bills, and as part of the Public Interest Research Group founded by Ralph Nader. Originally from Pennsylvania, he came to Maine to attend Colby College and later graduated from the University of Maine Law School. He has a son and daughter who live in the Boston area.

Rob has served on the Board of Pine Tree Legal Assistance, CEI Capital Management, and the Maine Space Grant Consortium, a NASA-funded organization. He brings with him administrative skills from the legal field as well as his experience with how boards operate and the importance of committees in helping to manage organizations. He looks forward to meeting other members of the Board and helping People Plus, which he praises for offering so much service and community all in one place.

Retiring Board members offer their parting words



Allison Crosscup

"I have really enjoyed my time on the Board of People Plus. The energy of the organization and the enthusiasm for its mission – from the members, staff, board, and partners – is palpable. It's truly community in action and wonderful to see."



Cindy Sullivan

"My time on the board has been very fulfilling. I am invested in the mission of People Plus and will always be involved at some level. With that being said, I will stay on the Governance Committee, and you will still see me at events and fundraisers."

Classic Movies!

Family Movies!

Special Events!

Anniversary Event Friday, June 13th!!!

Celebrating The Eveningstar Cinema's 45th & Walter's Cafe's 1st Year!

Heaven Can Wait @ 4:15pm

After Movie Reception 6-7:30pm @ Walter's

Tickets Available Now!

People Plus Movie Monday, June 16th

Movie Tickets & Info at: eveningstarcinema.com

Sign up for our Weekly Newsletter

Gift Cards Available

Serving Beer & Wine

Movie Line: (207) 729-5486

149 Maine St, Brunswick ME



HOW MANY VOLUNTEER CHEFS DOES IT TAKE TO REPLACE MOE ST. PIERRE?? Well, we all know he's irreplaceable, however all of us were really excited to have Frank Connors, far right, Chuck Annable, Richard Gnauck, Rick Hendsbee, and David Bertocci cook up a delicious men's breakfast last month while Moe was on vacation! You never know who's going to be in the kitchen or what's on the menu for breakfast at the Center, so we invite you to come for Women's Breakfast on the first Thursday of every month, and Men's Breakfast on the second Thursday! One thing you can be sure of is that it's always delicious and fun!

Program Notes for June

- Center closed on Thursday, June 19
- Lunch/Connections is on 4th Thursday this month, June 26
- No haircuts in June
- No Yoga on Thursday, June 19 or June 26
- No Bridge on Thursday, June 26

Frank's Fabulous Chicken!

Join us Thursday, Jun. 26 (note this is the 4th Thursday), for Frank's lemon butter chicken on the grill with corn on the cob, cheesy potatoes, fresh broccoli, a delicious green salad and a fresh baked biscuits for lunch! Make sure you save room for a strawberry-rhubarb crisp with a dollop of vanilla ice cream on top!

These monthly Lunch & Connections meals are underwritten by Spectrum Generations and are intended to focus on nutrition, useful information, variety, socialization and fun. ~~The dining room opens at 11:15 am, and we'll start serving our buffet meal at noon. Come claim your favorite seat, chat with your friends, make new ones, and pick up your 50/50 raffle ticket.~~ The cost for this members-only meal is just \$7. It is important that you pre-register by calling 729-0757. Sign-up starts Jun. 1.

Lunch & Connections Punch Cards!
\$35 for 5 lunches, \$70 for 11 lunches (that's one lunch FREE!) FMI call 729-0757 or stop by the Center to purchase your card!

Bowdoin Intl. Music Festival Community Concert

SAVE THE DATE!
Tues., July 29, 2 pm.

TECH TIPS

Did you know **AnnualCreditReport.com** is the only safe, legitimate website to get your free annual credit reports? It's the only website authorized by the federal government to issue reports from the three major credit bureaus: Equifax, Experian, and TransUnion. Those bureaus are mandated by law to provide a free annual credit report and they use security measures to protect your personal information. Be cautious about websites that mimic the official site because they could be scams trying to steal your data. To ensure your safety, it's best to access the website by typing the address directly into your browser: **www.annualcreditreport.com** (You don't have to capitalize in the web address).

WEDNESDAY WALKERS

Wednesday Walkers

Please note meeting time each week. Call 729-0757 to let staff know if you will need or can give a ride. ****Walks begin once carpool arrives.** Meet at the Bruns. Recreation Center at **9:30 am** if inclement weather. FMI visit peopleplusmaine.org/wednesday-walkers-monthly-schedule

Jun. 4. Planning meeting and a walk. Meet @ PP at 9:30 am to share your ideas and help plan the walks for July! Then we'll walk at Thorn Head Trail in Bath.

Jun. 11. Wolfe's Neck. Carpool: meet @PP by 9 am or at site by 9:30.

Jun. 18. Ormsby Preserve, Brunswick. Carpool: meet @PP by 9 am or at site by 9:30.

Jun. 25. Chase Reserve, Brunswick (near Freeport). Carpool: meet @PP by 9 am or at site by 9:30.

Movie Monday!

Mon, May 19, 1:30 pm. The Eveningstar Cinema in Brunswick now offers a matinee movie on the third Monday of every month with a special rate for People Plus members of \$10, plus free popcorn (that's \$2 off the regular senior ticket price)! The movie is open to the public at the regular cinema rate. Check your weekly 'Peek at the Week' email or the People Plus lobby for details on the film for June (published about two weeks prior to the show date). FMI contact People Plus at 729-0757.

Women's Breakfast

Men's Breakfast

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

Thu, Jun. 12, 8:30 am. Enjoy breakfast while socializing with the gents. Members only, call to register. \$5 suggested donation.

Monday Munchies

Mondays, 11:30-12:30 pm. Join us for free lunch on Mondays donated by Mid Coast Hunger Prevention Program—usually a delicious soup! Soups will be listed in our weekly email.

Book a vacation with People Plus and Collette Travel! Trips are open to the public - bring a friend!

European Christmas Markets

December 13–21, 2025. **Deposits due June 7.** Highlights include: Prague's Christmas Markets, Prague Castle, Choice on Tour: Vltava Boat Tour or Jewish Heritage Tour, Dresden's Christmas Markets, Český Krumlov, Vienna's Christmas Markets, Viennese Candy Workshop, Train Ride to Bratislava, Budapest's Christmas Markets, Matthias Church, Fisherman's Bastion. FMI <https://gateway.gocollette.com/link/1249049>.

Magical Rhine and Moselle Rivers Cruise

September 13–21, 2026. **Deposits due Oct. 27.** Highlights include 7-night river cruise, Rhine and Moselle Rivers, Cologne, Cochem, Lorelie Passage, Mannheim, Speyer, Strasbourg, Breisach, Freiburg. FMI <https://gateway.gocollette.com/link/1289576>. Cabins are first come, first served - Book Today!

Ready for a new perspective?

These free classes take a refreshed look at life's challenges. Instructor Laura Lee Perkins, BME, MS, has authored 17 books, including "Chicken Soup for the Soul, Hope & Miracles." Laura teaches 50+ classes each year to over 5,000 people and is an active member of the Write On Writers group at People Plus. FMI visit www.facebook.com/laura.perkins.5494/.

Classes are free and open to the public, registration is required. \$10 optional workbook. See class descriptions to the right.

Thursday, June 5, 1-3 pm: *Moving Beyond Fear – Don't Allow Fear to Become Too Familiar*

Most of us struggle with some kind of fear that is inhibiting. We have three choices: Do nothing, mask our fear with medications, or learn how to move beyond it. This class will offer tools to move from viewing fear as an obstacle to observing fear as an opportunity for growth. Fear steals peace and contentment, but we can learn to transform fear.

Thursday, June 12, 1-3 pm: *Waiting – The Sacred Quivering of the Soul*

Life is about soul-making, which requires creativity in how we respond to challenges. No one has an easy walk through life; we are all tested and challenged. Some crises are multilayered and involve many people. Should we act or should we wait? Some problems linger, testing us or months or years. We yearn to respond, but we don't know what to do.

2025 MARC SIGNATURE EVENTS

5k and FUN MILE

SATURDAY, JUNE 28, 2025

220 NEPTUNE DRIVE, BRUNSWICK, ME

8:30am 5k Kicks Off

9:15am Fun Mile Run/Walk

10:00am Awards and New Playground Ribbon Cutting Ceremony

TO REGISTER, PLEASE VISIT:

WWW.RUNSIGNUP.COM/RACE/ME/BRUNSWICK/THEMARC5K1MILEFUNRUN

\$25 FOR THE 5K FUN MILE IS FREE!

For more information please visit: www.marcproject.org
Call (207) 725-6656 or email abest@brunswickme.gov

ADDITIONAL MARC SIGNATURE EVENTS:

PICKLEBALL SCRAMBLE, AUG. 16 AND SKATEJAM, TBD.

Spectrum Generations Presents Cooking with Summer Herbs

Monday, June 30, 1:30 pm. Discover how fresh, Maine-grown herbs can bring flavor and health benefits to your meals with Kirsten Solomon, MS, RDN, LD, from Spectrum Generations! Skip the salt and sauces and explore some of Maine's most common herbs in everyday cooking. Explore their culinary uses and health benefits. This class includes an interactive cooking demo and tasting of an herb-packed noodle salad and chimichurri sauce. Class is open to the public. Registration is required - class size limited to 15. Suggested donation \$5-\$10, but not required.

Medicare 101

Tue, Jun. 10, 12:30 pm. Spectrum Generations provides information regarding Medicare, drug coverage, and Advantage plans, Free, open to the public (\$15 suggested donation appreciated). Registration required.

Foot care services

Terri Burgess, RN, offers foot care at People Plus on the 2nd and 4th Thursday of each month, beginning at 12:30 pm on **June 12** and **June 26**. Clients will complete a release waiver and registration form, remove their shoes and socks, soak their feet in the provided foot bath station, then meet with Terri for a consultation and service that could include toenail filing, foot moisturizing, and mini foot massage. Time limit of 60 minutes per appointment. Serious toe and foot issues will be referred to a doctor. Registration is required, \$15 donation. Members only. Call 729-0757.

HAPPY BIRTHDAY TEEN CENTER!

"I like how supportive everyone is; I like how inclusive everyone is; the staff makes everyone feel seen; I think the shy kids open their shell more; kids that don't do a lot of stuff get to do more; I like how everyone gets food; it's my favorite place to be."

—Teen Center Teens (from a free-flowing talk with three 7th graders at the Center)

| Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|--|----------------------------------|
| 2 | 3 | 4 | 5 | 6 | 7 |
| 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Bridge | 9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Game Day 1:00pm Qigong 2:30pm Spanish Club 6:30pm Toastmasters | 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 7:00pm English Country Dance | 8:30 Women's Breakfast 9:00 Table Tennis 9:00 Beg/Int. Bridge 9:30 Art Class 11:00 Yoga 1:00pm Class: Moving Beyond Fear | 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick | 9:00 Zumba 10:15 Table Tennis |
| 9 | 10 | 11 | 12 | 13 | 14 |
| 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Bridge 6:00pm Djembe Drumming | 9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 11:30 LUNCH OUT 12:30pm Medicare 101 1:00pm Game Day 1:00pm Qigong 2:30pm Ukulele Club 2:30pm German Club | 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Foot Care 1:00pm Write on Writers 2:00pm FYI! Curtains Up with MSMT! | 8:30 Men's Breakfast 9:00 Table Tennis 9:00 Beg/Int. Bridge 9:30 Art Class 11:00 Yoga 1:00pm Class: Waiting – The Sacred Quivering of the Soul 1:30pm Collette Trip Talk 4:30pm Teen Center Open House | 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Spinning Club 11:45 Chair Yoga 6:30pm Folk Dance Brunswick | 9:00 Zumba 10:15 Table Tennis |
| 16 | 17 | 18 | 19 | 20 | 21 |
| 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Bridge 1:30pm Movie Monday 6:00pm Djembe Drumming 7:00pm History Book Club | 9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Game Day 1:00pm Qigong 2:00pm Books a la Carte | 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 12:00pm Growing Stronger 1:00pm Write on Writers 7:00pm English Country Dance | <div><div>JUNE TEENTH FREEDOM DAY</div><div>Center Closed</div></div> | 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick | 9:00 Zumba 10:15 Table Tennis |
| 23 | 24 | 25 | 26 | 27 | 28 |
| 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Bridge 6:00pm Djembe Drumming | 9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Flower Project 10:00 Yoga 11:15 Table Tennis 1:00pm Game Day 1:00pm Qigong 2:30pm French Club | 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Foot Care 1:00pm Write on Writers | 9:00 Beg/Int. Bridge 9:30 Art Class 12:00pm Lunch and Connections | 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick | 9:00 Zumba 10:15 Table Tennis |
| 30 | | | | | |
| 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis | 11:30 Monday Munchies 1:00pm Bridge 1:30pm Cooking with Summer Herbs 6:00pm Djembe Drumming | Calendar page sponsored by | | | |

CENTER CLUBS

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

Books a la Carte

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

Fiber Arts

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

Fiber Spinners

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

History Book Club

Mon, Jun. 12, 7 pm. Meet to discuss and debate historical books pertaining to Revolutionary War though WW II eras.

Table Tennis

Mon & Tue, 11 am; Thu, 9 am; Sat, 10:15.*Times subject to change; check calendar.

Ukulele Club

Tue, Jun. 10, 2:30 pm. Come jam with us! All abilities welcome (must be able to play basic cords). Bring your own ukulele.

Write On Writers

Wednesdays, 1 pm. Meet to share writings.

Wednesday Walkers

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

GAMES

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

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

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

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

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

LANGUAGE CLUBS

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

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

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

ONE-ON-ONE, INDIVIDUALIZED CARE!

ROUTE 196,
TOPSHAM
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Lighthouses and Liberty Ships

Pick a warm summer day, pack a picnic lunch, and head to Bug Light Park in South Portland. This little jewel at the southern entrance to Portland’s inner harbor is a jump-off point for viewing two lighthouses, a historical monument and museum, a couple of pre-Civil War forts, and a walkable college campus. Don’t think you can do this in a couple hours.

Portland Breakwater Light (all the locals call it “Bug Light”) is the first landmark you see when you park free at water’s edge. This cast iron, 26-foot tower of “classic Greek” ornamentation was erected in 1873, replacing the wooden structure that was originally commissioned in 1855. The light tops a ledge at the last lefthand turn before navigators steam straight ahead for downtown Portland. “Cute” comes to mind, as you are looking at this fancy little lighthouse. “Look,” I heard a lady say, “It’s small enough to fit into a selfie!” The site is indeed worthy of several pictures; lobster boats and Casco Bay ferries pass regularly, and if you’re lucky you might see an oil tanker or a masted sailing ship running before the wind. There is a direct look into old Fort Gorges, mid-harbor, and if you know where to look, you’ll spot quite a few of Casco Bay’s Calendar Islands. Picnic tables and a field large enough to run a dog or fly a frisbee are adjacent to the lighthouse, so do wear a hat or bring sunscreen as there is precious little shade to be enjoyed.

The Liberty Ship Memorial is to the right of Bug Light. You’ll notice the large, navy-gray hull prototype poking out of a pine grove. Static displays and photographs mounted on signs tell you a unique bit of Maine’s World War II trivia. In the early days of that war, a shipyard was opened and operated on this site, and before America entered the war, ships were constructed here for the



THE PORTLAND BREAKWATER LIGHTHOUSE, known as “Bug Light,” sits at the point of land where the Fore River empties into Casco Bay, with views out to the harbor, islands, and across to the Portland skyline. It’s a popular place for walking, picnicking, kite flying and enjoying a sea breeze.

British Navy. During its busiest times, 13 ships could be under construction at the same time. Between 1941 and 1945, there were 266 war-service vessels constructed in the South Portland shipyard, and 236 of these vessels were Liberty Ships. I can tell you with a great deal of personal pride that before my father was drafted, he and my mother both worked as common welders in this yard.

You might notice a large two-story brick building on your right as you leave Bug Light Park. This building is home



THE LIBERTY SHIP MEMORIAL honors these 236 World War II vessels built between 1941 and 1945 at the South Portland shipyard near what is now Bug Light park. The ships transported vital supplies across the Atlantic to Allied forces.

to the South Portland Historical Society. Your tour there will be free, and it’s well worth the stop. You’ll find static displays telling more shipping stories and local historical facts, and the museum has a great little gift shop. I liked the life-sized, mannequin of the Civil War vet. I kind of decided he looked like me; Jane says no!

Leaving Bug Light the way you came in (via Madison to Pickett streets), dead ahead of you will be the visitor’s center to Southern Maine Community College. Reliable sources tell me it’s a nice place to stop, find a warm, clean rest room, and to pick up a trail map to the walk connecting Willard Beach, old Fort Preble, and the last goal for our trip, Spring Point Ledge Lighthouse.

Spring Point Ledge Light is a “spark-plug styled” lighthouse, (you’ll understand when you see it) sitting at the end of a granite breakwater. Don’t let the stunning views from every angle keep you from paying attention to where you are putting your feet; the breakwater is a 900-foot trip hazard, but every inch of the walk is worth the effort. Bring your stick. Plant your feet. My lighthouse book says this light was erected in 1897, “after several steamship companies stated that their vessels were running aground” on the treacherous sub-surface ledge. The addition of the breakwater in 1951 finally fixed that problem, and the breakwater lighthouse became an immediate attraction. There are a limited number of tours of this light during the summer months.

Before you leave South Portland, it’s never a bad idea to have some soft-serve ice cream at Red’s Dairy Freeze. It’s a local landmark, and the servers are friendly.

MAINE

& me

by Frank Connors



SPRING POINT LEDGE LIGHTHOUSE sits next to Southern Maine Community College at the end of a long granite breakwater with stunning views out to Casco Bay.

If You Go: Bug Light Park is 30 miles from Brunswick. Take 295 to Portland, get off Forest Avenue Exit 6A, bear right and go through Deering Oaks Park, which leads up the hill on State Street; continue straight ahead on State Street through Portland to the Casco Bay Bridge, where you cross the harbor to South Portland. After you cross the bridge and dead-end at Broadway, turn left; then it’s a straight shot down Broadway to its end at Pickett Street; turn left, then a right on Madison Street.

FRANK’S FACT

More than 2,700 Liberty ships were built in America in 1941-45, and nearly 10% of these came from South Portland. At 450 feet, the single-engine, prefabricated vessels were not built for speed or good looks. “If you’ve seen one, you’ve seen them all,” old sailors said. Their cavernous, below-deck holds carried everything from farm animals to munitions to Sherman tanks, trucks, jeeps, provisions, replacement fighter planes and parts, and, often, mail for the troops. (I read Ernest Imhoff’s *Good Shipmates* to keep my Liberty Ship facts straight.)



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Center says goodbye
to Judie Lemons

JUDIE LEMONS, who passed away on May 5, was a beloved member who enjoyed coming to People Plus for breakfast, lunches and programs. For many years, she was deeply involved at Maine State Music Theatre as one of their “Angels.” Eventually she was put in charge of matching other Angels with the summer season interns. She took great pride in that, and always went above and beyond with her own intern. She loved going to Bowdoin women’s basketball, watching football games with her son, going to a rustic cabin in Bar Harbor with friends and cooking all the meals, and happily greeting any animal that came across her path. She also kept active volunteering at her church and loved to travel. In fact, she had been to every U.S. state except North Dakota.

Her dear friend Judy Plimpton, who is also a People Plus member and an Angel at MSMT, says, “I miss her terribly. She was a wonderful person who was always smiling and had a knack for making friends.”



THERE’S NOTHING BETTER THAN BEING THE FIRST CAR in the Memorial Day parade in Brunswick! Tabitha Aguigui, pictured far right, was the winning bidder at the Music in April live auction and won a ride in the cruiser with Brunswick Chief of Police, Scott Stewart! Thank you, Tabitha, for supporting the organization and thanks to the Chief for donating the fun ride in the parade! Looked like a beautiful day!

HAPPY BIRTHDAY TEEN CENTER! “It has been an amazing adventure to be part of the Teen Center for so many years, through changes, growing pains, moving, and more. The part I miss most are the hundreds of teens and pre-teens and all that I learned from them!”
—Jordan Cardone-Ruwet, Former Director of The Teen Center and Program Co-Founder

Senior Farm Share Program

The Maine Senior Farm Share Program offers low-income adults who are 60 or older, a \$50 share annually toward fresh, local produce direct from Maine farmers. Several vendors in local farmers markets in the Brunswick-Bath area participate in the program. For more information contact: (207)3491 or email seniorfarmshare.agr@maine.gov.

Gone but not forgotten –

Eileen Peabody

May 15, 1944 –
March 27, 2025

Doreen Wakely

July 27, 1925 –
April 14, 2025

Susan Boothby

June 30, 1939 –
April 18, 2025

Pat Livesay

Aug 21, 1923 –
May 1, 2025

James Henderson

June 27, 1941 –
May 18, 2025

Gil Marco

Jan. 1, 1942 –
April 7, 2025

Marjorie Stanley

July 28, 1934 –
April 15, 2025

Diane Jewell

July 11, 1938 –
May 1, 2025

Judith Lemons

Jan. 15, 1942 –
May 5, 2025

Mary-Jo Maguire

Feb. 2, 1938 – May
20, 2025



Hear from our Families

“ I don’t have the words to express the gratitude I have for the care that Avita of Brunswick has provided for my loved one! The associates and community are nothing less than amazing! ”

- Terri M., resident family member



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THE MAY LUNCHEON JUST HAPPENED TO FALL ON EXECUTIVE DIRECTOR STACY FRIZZLE-EDGERTON'S BIRTHDAY! She was thrilled that all the members sang happy birthday to her and her husband Jonathan even came for lunch! Of course, nothing could be better than the delicious meal prepared by the volunteer culinary team! Members enjoyed pulled pork and mashed potatoes, and a delicious chocolate mousse for dessert! Join us on June 26 (note this is one week later than usual) for Frank's famous lemon butter chicken!

HAPPY BIRTHDAY TEEN CENTER!
"It's such a pleasure to spend time with such happy, enthusiastic, and polite young people."
—Marge Himmer, Weekly Volunteer and Cookie Baker Extraordinaire

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CARL “STUMP” MERRILL HIT A HOME RUN with his FYI presentation last month. Here he is pictured with a packed audience to hear his stories about baseball and his time with the Yankees! Guests enjoyed treats including Cracker Jack Caramel Popcorn (with prizes!) and Little Debbie Oatmeal Creme Pies after the presentation!

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

Did you know that your returnable bottles and cans can benefit the Center? The “CLYNK” returnable program, sponsored by Hannaford Supermarkets and endorsed by People Plus, is one of those “under the

radar” things we do, that benefits both the Center and our community. Green “CLYNK” bags, pre-barcoded with the Center’s unit numbers, are always available at the 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! Thank you for recycling, and thank you for supporting your Center.

HAPPY BIRTHDAY TEEN CENTER!

“Helping to create our Teen Center is one of my happiest memories Our community is so much richer for having our Teen Center 20 years on! Congratulations!”

–*Jackie Sartoris, Cumberland County District Attorney and Teen Center Co-Founder*

3rd Tues. 2 pm

Books a la Carte

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

FICTION

The Mighty Red by Louise Erdrich. A love story and tragedy involving sugar beet farming, alcoholism, environmental issues, complicated relationships, and more.

Haven by Emma Donoghue. Historical fiction set in 7th-century Ireland centering on a priest and two monks who journey to a remote island to start a monastery.

The Paris Express by Emma Donoghue. Historical fiction based on an actual train disaster in France in 1895.

NONFICTION

When Books Went to War by Molly Gupitll Manning. During World War II, the U.S. government printed

1,200,000 paperbacks to be distributed free to GIs. This book tells how and why.

The Road Headed West: A Cycling Adventure Through North America by Leon McCarron. A memoir of the author’s five-month, 6,000-mile odyssey on a bike.

Flapper by Joshua Zeitz. The story of the Roaring Twenties, with an emphasis on the Jazz Age, fashion, and consumerism.

Trailed by Kathryn Miles. True story of one woman’s quest to solve the

murders of eight female hikers that occurred in Shenandoah National Park in 1996-97.

Narcotopia by Patrick Winn. Untold story of an indigenous people who ran the world’s mightiest narco-state in Asia.

Life and Art by Richard Russo. New book by the bestselling author contains well-written essays about his life and work.

MYSTERIES

Homecoming by Kate Morton. In

1959, a mother and children are found dead in Australia with no apparent cause. A fictional story of a journalist who uncovers a family secret connected to the unsolved real cold case. It asks what we would do for love and how we protect our lies.

The Black Cat by Martha Grimes. Weird story featuring Superintendent Richard Jury, who keeps encountering three black cats and a dog as he tries to solve the murders of women involved in London escort services.

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People Plus authors celebrate publishing their books about ...



A cat named Shadow

Tammy Vermette’s cat named Shadow hissed at her and hid under the bed after she adopted him from the shelter at age 6 months. He did that for a long time. Then one day he stopped. After that, he became a nice, playful cat, and she believes Shadow just decided, “I surrender.”

Tammy endured a massive stroke at age 37. She had been an executive at a mutual fund firm and an artist. After the stroke, she couldn’t talk for a very long time and faced many years of rehabilitation before she could get back to doing artwork. Five years after the stroke, she began to draw

again. She was paralyzed on the right side and had to switch to her unaccustomed left hand. As a result, her artwork became looser.

On a whim, she began to imagine what adventures (or misadventures!) Shadow had been up to before she rescued him from the animal shelter. She didn’t know his history, so she began to envision a book with each chapter introducing a new feline escapade that she invented about her beloved cat’s first 6 months without her. Her new 76-page book, *Fraidy Cat*, draws on that imagined time, but also on the good and sweet cat she has come to know since then. She authored all of the text, which she calls “the most fun part.” The

most challenging part? The drawings. “I didn’t like a lot of my drawings. I had to find the ones that felt right,” she says. A member of Ed Higgins’ art class at People Plus, Tammy says Ed encouraged her. “He is a really wonderful teacher. He’s a mentor to me.”

Tammy lives in Brunswick but skis in the winter and lives part-time in Bethel. As she says, “Shadow and I both lucked out. He lived in a shadow and now he’s perfectly happy.” And Tammy is clearly inspired by Shadow and is already planning the next book about him.

Tammy’s book is available on Amazon.



A dog named Toby

Longtime member, voluneer, and multitalented artist, Kathy Gaunt of Bath has published four children’s books in a series named *A Walk with Toby*. In each book, a dog named Toby goes on a walk and discovers other animals in either the forest, the farm, the zoo or the aquarium. Aimed at 3-5-year-olds, Kathy says that age group is “where kids are really learning stuff and then they can read the book themselves once they learn to read.”

A member of the Write On Writers group at People Plus, Kathy says when she would share writings with the group, people would tell her, “That would make a good children’s story.”

Though her books don’t feature those particular writings, the group’s response triggered the confidence to go forward with planning a series of books. She says two members of the group, Bill Perry and Bonnie Wheeler, were constant in their encouragement.

Kathy has two grandchildren with autism who love animals. They were an inspiration for creating the books, which are colorful, interactive, and all involve animals.

Kathy, who loved reading to her own kids, says the most fun part was thinking of which animals to use for each location and how to engage the reader and child with guiding questions in the text. “I wanted it to be educational,” she says. That means that Toby, who is a very cute dog, goes on

a journey and the reader is asked questions as he tours each location.

Kathy designed the book herself using two apps with a storehouse of images. Toby came from that graphic collection, though it was Kathy who named him. She says coming up with the book’s text was the challenging part because she wanted a mix of phrasing varied enough to keep the story inviting and interesting.

Looking back, Kathy chuckles as she admits to having a new saying: “I’m not just an old retired person, I’m a published author.”

Kathy’s books are available at Mockingbird Bookstore in Bath or on Amazon.

Poems & Prose

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

The Rhythm of the Rain

The rhythm of the rain,
like a dancer’s feet,
clatters on the roof,
tapping out a beat.
Thunder joins the solo,
like two kettle drums,
rumbles in the background
beating distant hums.
Wind accompanies the melody,
like voices in a choir,
whistles through the trees,
singing with desire.
Bolts of lightning arc,
blinding with a flash,
like cymbals in a band,
ringing as they clash.
Playing its sweet rhapsody
that doesn’t have a name,
like an orchestra without musicians,
that’s the rhythm of the rain.

By P.K. Allen

Stormy Night

We never know what a day will bring
Tonight it’s wind and rain
Howling up the bay it comes
With a rhythm that seems insane.
First the fog came creeping in
As daylight faded fast.
Then gentle rain began to fall
The calm was not to last.
The wind bore down fast and hard
Racing up the shore
The boats tugging at their lines
As waves grew more and more.
Pelting rain fell on the roof
As water dripped from eaves
Spring flowers all curled up
As did trees’ tender spring leaves.
I love to hear the rain drumming
Outside the cabin door
Inspiring my imagination
As a ghost crosses the floor.

By Laura Lee Perkins

Have you ever taken a moment
to look in the mirror at your
reflection? Can you think of the
things that may have caused you
to have the wrinkles on your
forehead? Can you smile when
you see the smile lines next to
your mouth?
What about the things we have
around us? Do we reflect on
them? For instance, all of us have
knickknacks, but have you ever
looked at them and remembered
why you were attracted to them?
Or why you bought them? Or

what was behind the gift that
someone gave you? These are all
things that we should reflect on.
Why? Because when we got these
things, they brought us joy, they
brought us happiness, they had
meaning. Do they still have that
that special ring of happiness or
do you remember the meaning?
We all have so many posses-
sions. But how did we get them?
With the times that we’re living
in now, with all the great changes
that are happening, maybe we all
need to take a moment and reflect

Reflections

on those things that made us
happy, on those things that meant
so much to us. On the memories
that we made with our family and
our friends. Things seem bleak
at times, but there are still things
to bring us joy. Appreciate the
things that you have. Appreciate
the family you have. Appreciate
all your friends that have stood by
you through thick and thin. But
most of all, learn to appreciate
yourself. For remember, you were
created in God’s image.

By Kathy Gaunt

Rhyme

To make a poem rhyme
Doesn’t take very much time
And, worth the effort
With a rhyme in each measure
You will be sure to treasure
Each and every line.

By Robert Mulligan

Haiku

Sunny summer June
Beautiful weather is here
Work is a problem

By Nonie Moody



Join us! Wednesdays at 1 pm

Friendship Matters

In my life I have been privileged to have many wonderful friends. In truth, friendship is my most favored type of relationship. Family members can be friends in a sense, but there is a distinct difference between friends and family.

Friendship is the only type of relationship that is based exclusively on mutual affection. You truly cannot be friends with someone you do not like. At the same time, there is no requirement to like everything about your friend. You must find some common ground that brings you and your friend together. Crossing political, cultural, and religious boundaries is common in friendship, and is one of its greatest gifts. Another key component is that friendship is without obligation. Remember, it is based on mutual affection. Most friends help each other, but friendship diminishes quickly when obligation is assumed.

Friends share emotions and truly listen to each other, sharing joys and sorrows. A great gift of friendship is common history made together with those outside of our inner circle of family, and which unites us with a broader humanity. I believe that friendship should be treasured. There is time for friendship for everyone, and friendship is a great gift we give to ourselves and each other.

By Alene Staley

Remembering and Giving Back

Treasured photo Christmas cards are never discarded by me. I keep them for years. When the collection becomes overwhelming, I sort them and mail them back to my family and friends with a note of gratitude for sharing events and the annual year’s news.

It is a pleasure to receive a phone call or message with thanks and news that they shared these cards with children. They remembered where and when the pictures were taken and names of people in the pictures were mentioned, as some are no longer living. Grandchildren may never had seen or met them. This inspires ancestry conversation and research.

I have returned photo cards a number of times through the years. This year’s tradition of returning cards dates from 2015-2023, when I became a Mainer. As I prepared this mailing, I thought about families who have lost homes in fires, floods, and catastrophic storms and hoped their friends send treasures and photos to them documenting cherished events and times together – a priceless, thoughtful gift.

The joy of collecting cards begins once again with those from 2024.

by Betty Bavor

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LIONS AND RHINOS AND....THE PEOPLE PLUS NEWS! (oh, my!) Members Barbara Nadeau and Karen Madsen pose with our monthly paper while on a Collette safari in Africa last month. The group went on safari each day at dawn and dusk and saw lots of amazing animals while staying at several game reserves. Check out other trips we are offering with Collette Tours or let Jill at People Plus know what your bucket list trip is and we can plan a trip around you!

Membership Benefits

Businesses offering discounts for PP members:

Ashley Richards, Certified Aging in Place Specialist free home walk-through with tips to help you age in place
712-3042 , ashleyr151@gmail.com

Augat Chiropractic, Free consult & cursory exam free consultation & cursory exam (mention People Plus benefit when booking appointment), 9 Pleasant St, Bruns., 725-7177

Autometrics, 10% off labor
121 Bath Road, Bruns., 729-0842

Berrie's Hearing & Optical Center, 10% off complete eye-wear, up to \$500 off hearing aids
86 Maine St, Bruns., 725-5111
www.berriesopticians.com

Big Top Deli, 10% off, anytime
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www.bigtopdeli.com

Bill Dodge Auto Group, 10% off parts/service
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www.billdodgeautogroup.com

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thomaspointbeach.com

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Wilbur's of Maine, 10% off, anytime
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**Benefits subject to change*

PEOPLE PLUS MEMBERSHIP APPLICATION

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Birthdate _____ ☐ Female ☐ Male Email _____

Emergency Contact _____
(name) (phone) (relationship)

Name (2) _____ Phone _____

Birthdate _____ ☐ Female ☐ Male Email _____

Emergency Contact _____
(name) (phone) (relationship)

Mailing Address _____

City _____ State _____ ZIP _____

729-0757 www.peopleplusmaine.org

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☐ Couple (__ New __ Renew): \$85

☐ Lifetime Member (70 or over): \$425

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Additional Donation: \$ _____
(donations above membership dues are tax deductible)

Total: \$ _____

Date _____

Volunteer Opportunities at People Plus

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cook/setup/
cleanup

☐ Volunteer driving:
rides to appts/shopping

☐ Reception:
check-in/phone

☐ Meals on Wheels

☐ Teen Center

OFFICE USE: ☐ Account ☐ Data ☐ Card Sent

Midcoast Senior College is a non-profit educational organization for adults 50 and older who enjoy intellectually stimulating programs in a relaxing environment. No tests, no grades – just dynamic lectures, readings, and lively discussions.

Spring and Fall terms, Winter and Summer offerings, Winter & Summer Wisdom Lecture Series, excursions, special events, and volunteering opportunities.

Visit our website to see all we have to offer!

midcoastseniorcollege.org

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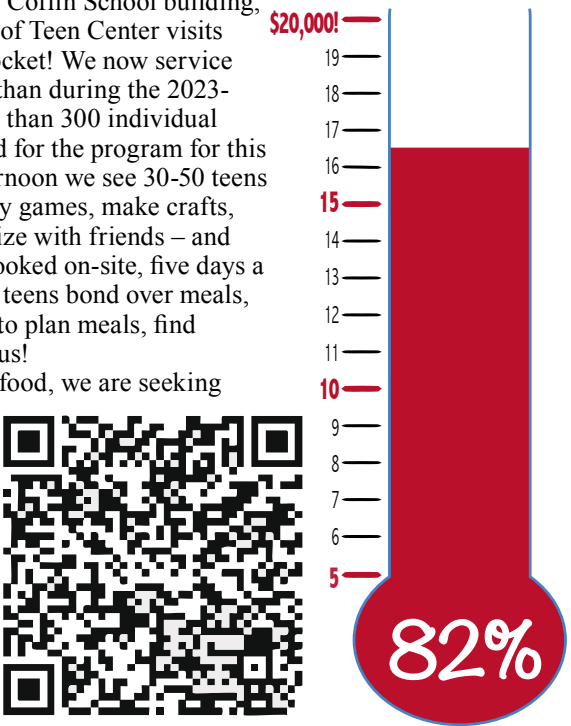
(207) 725-4900 info@midcoastseniorcollege.org

Help us feed the teens!

We need \$3,449 to reach our goal.

Since our move to the Coffin School building, we've seen the number of Teen Center visits and meals served skyrocket! We now service over 200% more teens than during the 2023-2024 school year. More than 300 individual students have registered for the program for this school year. Every afternoon we see 30-50 teens drop in to hang out, play games, make crafts, exercise outside, socialize with friends – and get a fresh, hot meal, cooked on-site, five days a week, every week. The teens bond over meals, especially as they help to plan meals, find recipes, and cook with us!

With the high cost of food, we are seeking donations to help pay the grocery bill. So far we have raised \$16,551 toward our goal of \$20,000 in honor of the 20th Anniversary. Can you help us raise another \$3,449 to put us over the finish line and send us to the grocery store?



HAPPY BIRTHDAY TEEN CENTER! *It's personal for me. When I was a kid in Waterville, I spent every day at the Boys Club because my mother worked and my father was not in the house. I got to meet new friends, learned to cook, and learned how to be a good sport. It became an important influence, so I know the impact the Teen Center has on kids.*
–Jim Howard, Community Partner

Biking, painting, gardening, field trips, theater: Adventures galore

Another summer is right around the corner, and from what we can gather, some of our teens are doing just about everything from camping to horse-back riding to traveling across the country during their break. The majority of them have only a vague idea of when they'll be pulled away for their various adventures, so I'm sure we'll have plenty of kids disappearing abruptly all summer long. But no matter when they decide to stop by, we'll have plenty to keep them occupied because we have adventures planned all summer long.

Since our teens had such an incredible time visiting parks, gardening, golfing, and exploring Brunswick last year, we're going to do it all again! We'll also be adding a variety of other activities. Our new Bowdoin Fellow, Grace, will be helping to lead our trail days, summer Olympics, and the trial run of our improv group and mini theater program. We'll also be adding to our field trip repertoire this year based on feedback from our teens. At the top of our list of new requests this year is the planetarium, the Brunswick Farmers Market, the Coastal Maine Botanical Gardens in Boothbay, and the Maine Wildlife Park.

In addition to fun trips, we'll be doing everything we can to make the best use of our outdoor space this summer. A big thanks goes out to Marge Himmer and her husband, Ron, for organizing the construction and delivery of the garden beds and to the Unitarian Universalist church for barrel planters and a dump truck of soil to fill them. We hope to get our teens outside in the garden, helping

Brunswick Teen Center News

Taylor Carter



with our new mural project, joining our new biking club, getting involved in some scientific experiments and so much more. We'll also cook up a storm in our kitchen all summer long, we'll make sure to have plenty of ice cream parties, and we'll keep the A/C going for any of the teens who just want to drop in for a break from the heat.

If you've got any gently used gardening hand tools or maybe some outdoor recreational gear that you think our teens might be able to use this summer, let us know! Now that we have some space, we're hoping to fill it with stuff for the teens to use, and we even have a brand-new shed to store it all for the summer.

I think all of us here at the Center will be counting down the days til the end of the school year and the start of our summer adventures!

Happy June and until next time,
Taylor and the Teens



GOTTA LOVE IT WHEN THE KIDS GET INVOLVED in not only a woodworking project to build garden beds, but also to fill them with soil, plant them with seeds, water the dirt, and watch them grow! The teens are excited about planting flowers, vegetables, and perennials to grow all year! And they usually eat what they grow so we might even get them to eat more veggies!

BRUNSWICK AREA TEEN CENTER 20TH ANNIVERSARY OPEN HOUSE!

June 12, 4:30–6 pm

- Tour the Teen Center
- Meet the staff!
- Fun!
- Food!
- Friends!

20 Barrows St, Brunswick (formerly Coffin School)

FMI call 207-419-1073 or email teens@peopleplusmaine.org

This event is not sponsored by the Brunswick School Department.

"Brunswick Area Student Aid Fund, along with a lot of hard work, allowed me to go to the University of Maine which then led to a legal career, ten years as Maine Attorney General and a position now as a teacher at both Columbia and Harvard Law Schools. BASAF changed my life and it will change the life of others."

– James Tierney, BHS Class of 1965

Visit www.studentaidfund.org

Donations may be sent to:

P.O. Box 867, Brunswick, ME 04011

Meet Grace Tetreault



Grace Tetreault, a rising sophomore at Bowdoin College, will join the Teen Center staff over the summer and work part-time at People Plus in a role sponsored through Bowdoin’s Maine Community Fellowship program.

Grace says she’s excited to spend the summer with us. “I volunteered at the gala in April, and I noticed how proud everyone was to be a part of the organization,” she states. She adds that she herself benefited from free teen programs in her hometown of Bath through YMCA and library programming, as well as at the skate park. Now, she wants to give back.

Academically at Bowdoin, she’s leaning toward majoring in anthropology with a minor in Arabic. Outside the classroom, her interests lean toward the arts, especially theater. She did improv on campus this spring and wants to try that at the Teen Center. She also plays the guitar and has her eye on giving guitar lessons at the Teen Center. At the senior center part of People Plus, she hopes to lead tech workshops on using Apple products.

Working with teens is not new for Grace. In high school she helped to start Maine Discovery for Youth, a program to encourage time away from screens by spending time in the outdoors. She was also a camp counselor at Sea Spray Kayaking Camp. At Bowdoin she has volunteered to mentor a 3rd grader, facilitate conversation with New Mainers, helped with peer education on health and wellness and written for Bowdoin’s satirical magazine called The Harpoon. She also is part of the competitive rowing club at Bowdoin, having learned to row on the Androscoggin River starting in 8th grade.

Whatever she does this summer, she will surely bring her trademark energy and enthusiasm. In the rowing crew, she sits in the stroke seat, the one that sets the pace for the whole crew. That sounds about right.

A decade ago ...



HERE’S A THROWBACK PHOTO TO OUR 10TH ANNIVERSARY of the Teen Center Program held on Union Street - outside! The kids were piled up on trucks, on the stairs, on the granite bench and the yard. (You could see why we needed to change location to give them more outdoor space!) Although they do look pretty darn happy in this photo! We can hardly believe it’s been 10 years since we took this picture. All the kids that you see here are now grown-ups! We hope you’ll join us on June 12, 4:30-6 pm, at the Coffin School building for the 20th Anniversary celebration!

Teen Center benefit concert to feature charismatic Susan Werner

Award-winning singer-songwriter, guitarist, pianist, and charismatic performer Susan Werner will perform at the Concerts for a Cause series on Saturday, June 14, at 7:30 pm. All proceeds from the concert will be donated to the Brunswick Area Teen Center and Maine Family Planning. The Unitarian Universalist Church of Brunswick sponsors the concert series.

With a graduate degree in voice performance and a reputation as one of the country’s most compelling performers, Susan has been playing to sold-out audiences across the country for 27 years. She has produced 18 albums that effortlessly slide between folk/rock, jazz, Tin Pan Alley to gospel, country, and pop – all delivered with sassy wit and classic Midwestern charm.

Tickets: \$25 in advance, \$30 at the door, \$10 Students/Children. Available at the church office, Gulf of Maine Books, or online at <https://ticketstripe.com/swerner>

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Weekly Winners

DUPLICATE BRIDGE

- May 5. 10 teams.**
1. Sherry Watson & Kathy Kenyon 66.0%
 2. Norm Curthoys & Richard Totten 63.9%

- May 12. 12 teams. N/S**
1. Cathy Cooper & Michael Land 63.9%
 2. Gail & Cy Kendrick 55.0%

- E/W**
1. Cotheal Linnell & Keith Rattue 60.6%
 2. Bobbi Robertson & Jim Burnett 57.8%

- May 19. 12 teams. N/S**
1. Donna Dillman & Linda Earle 57.2%
 2. Bobbie Wheeler & Judy Johanson 55.0%

- E/W**
1. Martha Cushing & Jeff Lauder 67.8%
 2. Gail & Cy Kendrick 58.3%

- May 26. 9 teams.**
1. Martha Cushing & Jeff Lauder 65.6%
 2. Linda McIntosh & Sherry Watson 60.4%

CRIBBAGE

- May 7.** George Hardin= 714
Sherrill Morgan= 713
Jerry Donovan= 705

- May 14.** Ellie Eramo= 710
Ash Richards= 700
Jim Cherry = 698

- May 21.** Jen Haskins= 722
George Hardin= 696*
John Bouchard= 696*

- May 28.** Lois Fournier= 713
Trenna Crabtree= 712
John Bouchard= 710

*tie score



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www.spectrumgenerations.org

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

Monthly Update

All Spectrum Generations locations will be closed June 19, 2025, in observance of Juneteenth.

June 2025

Juneteenth, also known as Freedom Day, is a federal holiday celebrated annually on June 19 to commemorate the ending of slavery in the United States.



JUNE 15

WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

Research indicates that one in ten older people living in the community experience some form of abuse in the United States. Recent studies have suggested that elder abuse increased in severity during the pandemic.

Examples of elder abuse include:

- Physical Abuse
 - Sexual Abuse
 - Emotional /Psychological Abuse
- Neglect
 - Financial
 - Self-Neglect
 - Abandonment

Report known or suspected abuse as soon as possible: Programs such as Adult Protective Services and the Long-Term Care Ombudsmen are here to help.

Contact the Eldercare Locator at **1-800-677-1116**, or visit www.eldercare.acl.gov. In cases of urgent danger, call **911** or the local police or sheriff.



Staff and volunteers at the Muskie Community Center in Waterville show their support for World Elder Abuse Awareness Day.

In May of last year, Maine Governor Janet Mills proclaimed June 15 as World Elder Abuse Awareness Day. This proclamation promotes a better understanding of abuse and neglect of older adults and recognizes the significance of elder abuse as a public health and human rights issue. Governor

Mills and the 131st Legislature also adopted a recommendation to require training at least once every four years for all mandated reports of abuse, neglect, and exploitation of incapacitated or dependent adults. For more information on the mandated reporter law, scan QR code above.

NO EXCUSE FOR ELDER ABUSE

“...I encourage us to stand together to prevent elder abuse by raising awareness, promoting education and valuing the contributions of older adults to the success and vitality of our State,” Maine Governor Janet Mills.



MEDICARE 101

1-800-639-1553

Medicare 101 Classes!

Medicare can be difficult to navigate, but Spectrum Generations can help! Sign up for our Medicare 101 class, taught by Medicare certified volunteers. Medicare 101 clarifies the difference between Medicare Part A and B, Medicare Advantage, and Supplement Plans. The class covers eligibility and ways to avoid lifetime penalties, along with Medicare Savings Programs. If you are interested in attending or want more information, please call **1-800-639-1553** to sign up for a class near you!

VOLUNTEER WITH US!

If you or someone you know may be interested in becoming a Meals on Wheels driver, please reach out to us, at **207-620-1684** or email volunteer@spectrumgenerations.org.

www.spectrumgenerations.org





MONEY MINDERS

Spectrum Generations looking For Money Minders Volunteers!

Money Minders is looking for volunteers in the Brunswick area. As a Money Minders volunteer, you will help adults 60 years or older, remain financially independent, by helping them create a monthly budget, balance their checkbook, and help sort through bills. You will also get to lend a hand in helping your community. Please consider becoming a Money Minders volunteer and contact **1-800-639-1553** for more information.



PRIDE MONTH

During the month of June, we celebrate several awareness events including Pride Month, a vibrant and inclusive celebration that honors the LGBTQ+ community, their history, achievements, and ongoing struggle for equality.

Join LGBTQ+ older adults in the Augusta area for lunch at the Cohen Community Center, 22 Town Farm Road, Hallowell. This luncheon is hosted and run by other LGBTQ+ older adults and occurs monthly on the second Thursday of each month. Folks meet at 10:30 a.m. and lunch is served at 11 a.m. The meal is free to those 60 and older; there is a \$7.50 charge for all others. For more information, contact (207) 626-7777.

You don't have to do this alone

ADULT DAY CARE SERVICES EXTENDED HOURS

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

Both options include a nutritious meal and snacks

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

Call to learn more
1-800-876-9212



Equipment loan helps everyone!

Do you have need of a little support? A wheelchair, crutches, a walker, shower and toileting devices? The People Plus Center maintains a “lending inventory” and it’s ready when you are. “It started almost by accident,” explained Frank Connors, the retired Center staffer who in the past usually hauled the surplus equipment up and down the stairs to a basement storage area. “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, community members needing equipment to keep them safe and secure at home have a new source of access. “Everyone wins,” Connors said. “We ask people to bring it in clean and in working condition,” he noted. “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. You do not need to be a member to borrow equipment.

It’s impossible to look at a penguin and feel angry

Some people collect coins, while others look for sea glass or vintage toys or anything free by the side of the road. I collect bumper sticker sayings (including the one in the headline of this column), and I’d like to share them with you. Some are clever, some are thoughtful, and some are downright silly. A People Plus member encouraged me to open this column with some background on the bumper sticker, so in the style of a homework report on the subject, here is a bit of history: The first bumper stickers came about in 1946. Forest Gill, a silkscreener from Kansas City, Missouri, invented them when he found a surplus of self-adhesive paper from the war and combined it with fluorescent paint. In the post-war years, it became more and more common to make bumper stickers out of durable vinyl. The early ones often advertised tourist attractions (anybody remember seeing the Wall Drug or South of the Border bumper stickers decades ago?). The first documented presidential election using them

was the 1952 election between Dwight D. Eisenhower and Adlai Stevenson. In any case, here is a collection of some of my favorite sayings. While most are from bumper stickers, some are taken from T-shirts I’ve seen, or the occasional poster. I may have made one up, too. I’ll let you guess which one.

Dogs come when called, cats take a message.
No matter the question, chocolate is the answer.
I’m in shape. Round is a shape.
I may be old, but I got to see all the cool bands.
Help me be the person my dog thinks I am.

An unknown error has occurred.
Age-appropriate is a made-up thing.
Cariboudhist (seen only in Maine).
Don’t believe everything you think.
Wag more, bark less.

Normalizing hitting the curb.
Let women run stuff.
Dogs have masters, cats have staff.
You had me at bacon.
I am silently correcting your grammar.

Hold on, let me overthink this.
May the forest be with you.
Free weeds! Pick your own.
Maine is for (p)lovers.
Want to see God? Keep texting and driving.

Never let a good crisis go to waste.
You had me at the proper use of ‘you’re.’
Build ramps, not bombs.
For all intensive porpoises.
Honk if you love peace and quiet.

It’s impossible to look at a penguin and feel angry.
Check your ego at the door.
Reading is sexy.
Saltwater can fix that.
Kindness is not partisan.

Thinking out loud

Charmaine Daniels



news@peopleplusmaine.org

Life is a verb.
Start worrying, details to follow.
Just when I think I can make ends meet, someone moves the ends.
Don’t just do something! Sit there.
I came, I saw, I forgot why I came. I left.

Shine bright like Betty White.
Enjoy every sandwich.
Life without music would Bflat.
I dream of a world where chickens can cross the road without having their motives questioned.
Bad decisions make good stories.

Things get better with age. I’m approaching magnificent.
I can’t believe we let it get to this.
Give bees a chance.
Plant trees.
Honk if you love a good Gregorian chant.

Shenanigans enthusiast.
Heaven is filled with horses.
What if the hokey pokey is what it’s really all about?
Your best teacher is your last mistake.
Nature bats last.

And finally:
I’m retired, go around me.

Do you know about the National Elder Fraud Hotline?

News accounts of older adults who have lost their life savings because of fraud have become more commonplace. If you or someone you know has been a victim of elder fraud, help is standing by at the National Elder Fraud Hotline. Call 833-FRAUD-11 or 833-372-8311, Monday-Friday, 10 am-6 pm.

HAPPY BIRTHDAY TEEN CENTER!



“Countless teens have benefited from this program that provides a fun and safe after-school space and provides mentorship in the areas of communication, leadership skills and well-being. It helps adolescents as they navigate a complex landscape of cultural influences in society today.”

—Tom Farrell, Director of Brunswick Parks & Recreation, 20-year Chair of the Teen Center Advisory Committee



Meals on Wheels Drivers Needed in Brunswick, ME

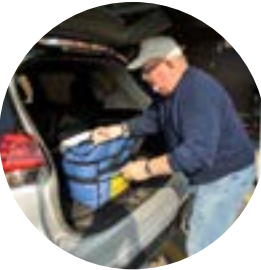
Weekly on Wednesdays at 9 a.m.

If you or someone you know may be interested in becoming a Meals on Wheels driver, please reach out to us!

207-620-1684

volunteer@spectrumgenerations.org
www.spectrumgenerations.org

- Must be 18+, complete a volunteer application, and pass a background check
- Must have a reliable vehicle
- Must provide up-to-date driver documents (license, insurance, registration)
- Meet at 35 Union St, Brunswick, ME at 9 a.m. weekly on Wednesdays.



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The former Mid Coast Center for Community Health & Wellness is now **MaineHealth Lifestyle Medicine Brunswick**.

We offer evidence-based programs, education and interventions to treat and prevent chronic disease. We are your community partner to help you make sustainable lifestyle changes that will improve your health and well-being.

MaineHealth Parkview Campus
329 Maine Street, Brunswick

Learn more:



Thanks for winning!



WE'RE SO GRATEFUL TO EVERYONE THAT BID in the live and online auctions during the whole month of April! Seen here far left is Pam Perry and her husband receiving their breakfast basket from the Gentleman Farmer in Maine, as well as Linda Cronkite, the longtime donor and proud winner of the antique dollhouse, and Chris Ladner, the owner of Brackett Funeral Home and longtime sponsor, volunteer and donor to People Plus! It certainly takes a village to keep this place running and these generous folks are so excited to get a little something back for their donation!



Pay attention to the ticks!

While ticks shouldn't keep us from going outside, there are some helpful tips we'd like to share:

- Daily tick checks are vital, especially in tick endemic areas. Ticks are everywhere and you do not need deer nearby to have Lyme disease. Mice and other rodents are the original hosts of the bacteria which causes Lyme disease. Getting into the habit of daily tick checks is a great way to ensure that you are reducing your risk of these diseases, no matter your setting.
- Wear bug repellent daily.
- Treat your clothing, or purchase clothing treated, in permethrin (an insecticide).
- Avoid areas of high grass, bush, and trees. If this is not possible, wear protective clothing.

- Protective clothing means: long sleeves and long pants with socks over the pant cuffs, lightly colored clothing to be able to see bugs crawling more easily.
- Once you get home, strip off all of your clothing and inspect all of your gear. Putting clothes in the dryer on high for at least 15 minutes will kill any ticks that may have hitched a ride.
- Shower right away and do your tick check at that time. Also repeat the tick check before going to bed.
- If you find a tick attached, remove it properly and save it with the date found, or send it off immediately to be tested for disease.
- Do not forget daily tick checks for your pets, too.



ARTIST DANA BATEMAN (left) and her friend Elizabeth Sokoloff take a break while hanging Dana's show at the Café Gallery. Dana's lovely watercolor and pastels will show through June. She is donating 10 percent of all sales to People Plus.



Lunch Out!

June 10th, 11:30 am.



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