



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 May 2025 • Volume 25, No. 5

Scoop-a-Thon celebrates 20th year of Teen Center!



THANKS TO DR. ALYSSA GOODWIN OF STELLAR PEDIATRICS AND CHRIS GOODWIN OF GOODWIN MOTOR GROUP (above) for sponsoring the Teen Center Scoop-a-Thon! And, of course, Jim Howard of Priority Real Estate Group (right, middle), for his 20th year of Teen Center partnership and sponsorship! We couldn't do it without you, Jim!



As we celebrate the 20th anniversary of the Brunswick Area Teen Center program this summer, we have set a goal to raise \$20,000 to mark this terrific milestone. To really get things rolling, we recently hosted the annual Gelato Fiasco Scoop-a-Thon fundraiser featuring celebrity scoopers, sponsors, entertainers, volunteers, and gelato-enjoying community members. All that combined in late April to create a festive and flavorful fundraiser.

To complement the delicious mix of flavors at Gelato Fiasco (about 40 of them!) for this year's Scoop-a-Thon, we had a fabulous mix of community-minded scoopers, including Brunswick town and school officials; the president of Bowdoin College; and a local hospital executive.

We annually see an average of 1,200 supporters turn out for the fun event to support a good cause while enjoying a creamy treat. So all day (and night!), scoopers were busy as entertainers performed curbside. The sights and sounds

included local student singers and musicians, a cappella choirs from Bowdoin College, Woodside One Wheelers & Jugglers, Pat Cannon & Friends, and People Plus member Claude Bonang on his famous spoons and other instruments. The lineup was full of talent!

We want to thank all the devoted scoopers, including President Safa Zaki of Bowdoin College, Chief Medical Officer Dr. Maureen Perdue of MaineHealth Mid Coast Hospital, Town Manager Julia Henze, Town Councilor Sande Updegraph, husband and wife duo Chris Goodwin of Goodwin Motor Group and Dr. Alyssa Goodwin of Stellar Pediatrics, Bowdoin sports teams, and Kharna Amos of the Unitarian Universalist Church. The list of scoopers is too long to include all the names, but we sincerely hope all of you were able to sample some gelato after your scooping shift.

Of course, none of this wonderful day would have been possible without our generous sponsors: Bill Dodge Auto Group, Bowdoin

College, Riley Insurance Agency, MaineHealth Mid Coast Hospital, Priority Real Estate Group, Rusty Lantern Market, Bar Harbor Bank & Trust, Brunswick Police Benefit Association, Goodwin Motor Group, Midcoast Federal Credit Union, Stellar Pediatrics, Moore Painting, Coastal Landing Retirement Community, Darling's Brunswick Ford, Dead River Company, Edward Jones Investments, Topsham, Maine Pines Racquet & Fitness, Norway Savings Bank, The Highlands, Rotary Club of Brunswick, Fraser Ruwet Contracting, Reform Physical Therapy, and Wally J. Staples Builders.

We thank you all and we send a special shout-out to Gelato Fiasco for donating \$2 of every sale to a growing Teen Center that helps so many students every day.

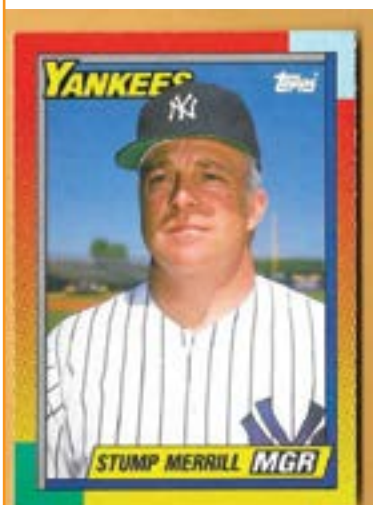
Now get ready to sing "Happy Birthday!" in June!

See pages 12 and 13 for more photos.



See p. 8 / 9 for a Music in April update and photos from the gala!

FYI! 'Play Ball!'



Join us for a fascinating talk on Thursday, May 8, at 1:30 pm with Brunswick native Carl "Stump" Merrill! Stump will speak about his nearly 40 years with the New York Yankees (including as manager!), baseball today, and his thoughts on how technology has changed the game.

Merrill, who currently lives in Harpswell, graduated from Brunswick High School in 1962, where he starred in football, basketball, and baseball for the Dragons. After high school, Merrill attended the University of Maine in Orono, where he played football and baseball. After graduating with a degree in physical education, he signed a minor league baseball contract. After a leg injury, he returned to the University of Maine to coach as an assistant before beginning his journey with the New York Yankees, which included serving as manager of the team in 1990 and 1991.

Free, open to the public. Registration required. Call 729-0757.



Get your tickets now! MSMT

MSMT ticket deal is here!

Maine State Music Theatre is once again offering People Plus a block of tickets to sell at a discounted rate. Tickets that normally sell for more than \$80 will be available on a first-come, first-served basis for only \$40 to People Plus members! We have tickets for the first Sunday night performance of the four Mainstage shows and two opening night Thursday shows. All shows begin at 7:30 pm.

- Anastasia opening night, Thursday, June 5
- Anastasia, Sunday, June 8
- Tootsie opening night, Thursday, June 26
- Tootsie, Sunday, June 29
- Footloose, Sunday, July 20
- West Side Story, Sunday Aug 10

Purchases are for members only, are not refundable, may not be exchanged for other shows, and all payments should be made at People Plus. A portion of each ticket is donated back to the Center by the theatre. See Jill or Barbara at the Center.

FYI! Curtain's Up with MSMT

Wed, June 11, 2 pm. Join us for our fabulous annual event with the Maine State Music Theatre! The 'MSMT Singers' will perform songs for you in a concert at the Center. Free and open to the public. Light refreshments will be served. Registration is required – this will fill up fast!

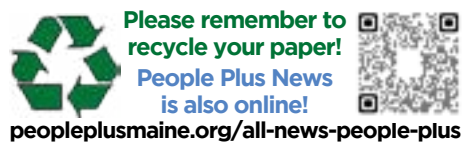
WHAT is Frank doing?

See p. 6 to find out!



Can't reach your feet?

Check out the new "Toenails with Terri" service on page 4.



People

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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Measuring the memories

Spring is birthday and anniversary season in my family. It starts with my daughter Daphne's birthday in February, Violet's in March, and Juliet's in April! And my niece Mia was born in May, which rounds out my gaggle of girls. Then I married into the Edgerton family, and it seems like all of them were born in April! My sister-in-law Louisa, my husband Jonathan, and his twin daughters Julia and Elizabeth – all born in April.

And then Jonathan and I got married in April, so it's pretty much been the season of celebration in our house! In addition, we are also celebrating a bunch of stuff at the People Plus Center and the Teen Center, including the 20th anniversary of the Teen Center program that started in June of 2005.

It's got me thinking about why these milestones are so important to us as a culture. There are so many people who say they don't want to even count their birthdays; however, I feel totally the opposite!

Growing older is an amazing gift. Neither of my parents lived past 50, so I appreciate every moment of every day that I'm able to come to work, try a new recipe, or enjoy one more day knowing my children. Don't get me wrong, I still color my hair, so I'm not "all in" yet with looking older. However, I really appreciate aging with my husband – who is full-on silver-haired and would be the first person to tell you it happened because of his daughters!

And maybe because my parents died when I was so young and because I've been through a divorce, I really do appreciate the passing of time with those that I love.

Speaking of the passage of time and living life to the fullest, I realize as Jonathan and I celebrate our 5-year wedding anniversary this spring, the last five

years of my life have gone by in a flash! It is also the 5-year anniversary of the COVID pandemic, and these events are linked for me forever.

Many of you reading this will remember that we were engaged to be married the summer of 2020 in the yard at our house. We had a pretty big wedding planned, with a tent and about 150 people invited. We were expecting live music, a caterer, etc., and had all of that lined up. What happened instead was an outbreak of COVID and the world shut down.

We pivoted and instead got married in our wellies on our front lawn with just a few members of our family, and lots of the people who were supposed to be at our wedding joined us via Zoom. And then our Zoom wedding went viral. It was picked up by yahoo.com and featured on programs about pandemic weddings. It was crazy!

Two of my daughters who sang during the wedding are both in college, and one is now graduating. Five years have flown by while I've been married to absolutely the most wonderful man on the planet. Jonathan is loving and generous, smart and talented, and ready to take on any challenge, including me. And I could not feel more honored or blessed to share his life.

One of the things for which I feel truly blessed is our combined family. With six girls between us, and our first grandchild on the way, we could not feel more fortunate to share a life full of adventure, a growing family, rewarding work through People Plus and the Teen Center, and fun hobbies of cooking and gardening together.

Our anniversary fell on a pretty big weekend this year because of Easter so we

From the Executive Director

Stacy Frizzle-Edgerton



waited till all the family went home, popped open a bottle of Prosecco and wandered down to the pond on the evening of Easter Sunday. We're not really that fancy at our house and so sipping Prosecco out of steel tumblers next to the pond as the sun went down, we took a minute to reflect on how fortunate we were to find each other and how we never take a single day for granted.

I wonder sometimes why people don't want to count their birthdays or talk about how old they are or how long they've been married. It feels to me like the alternative is not really an option, and I can't wait to be celebrating 50 years of marriage! We might accidentally clack our dentures while having a smooch, fall asleep at 7 pm, or hobble out to the garden side-by-side with our walkers. All those options are better than not being there at all.

So I hope that whatever birthday, anniversary, or milestone you are having this year, that you make the most of it. Eat an entire cake if you have that option! Call the people that you love if you're not near them, and don't ever miss an opportunity to measure your life with the memories that you've made.

In the end, those memories and the people you make them with are going to be far more important than anything else!



Tips for a sane Mother's Day

I have been known to say ... Enjoy your holiday without feeling as though you have missed out but also not feeling like you have overdone it. How can we accomplish this when it comes to Mother's Day? Here are a few suggestions and recipes:

- Buy Coco Lace rice cakes. They are drizzled with chocolate.
- Try Undercover quinoa crisps, a crunchy treat.
- Dip a strawberry into chocolate hummus.
- Go to a local candy store and buy two candies.
- Take a smaller portion.

Check out past newspapers at www.peopleplusmaine.org



From Anita's Plate

Anita Nugent
 (207) 504-6439

info@nutritionforeveryday.com

- Make chocolate energy balls. Add ¾ cup of walnuts to a food processor. Add ½ cup of dates (pits removed), 1/8 cup cocoa powder, ½ tsp. vanilla extract, pinch of sea salt. Combine. Roll into balls between your hands and roll them in cocoa powder. No baking is required.

The recipe I have included is delicious. One of my clients told me that her son brings it to every party! Happy Mother's Day!

Chocolate Cake Without Sugar

Ingredients:
 • 1 cup almond flour • ¾ cup dates
 • ½ cup cocoa powder • ¾ cup water
 • 1 tsp. baking soda • 3 eggs
 • ¼ tsp. salt • 2 Tbsp. avocado oil
 • 1 cup figs • 2 tsp. vanilla

- Directions:**
1. Preheat oven to 325 degrees. Grease a 9"-round cake pan.
 2. Mix the almond flour, cocoa powder, baking soda, and salt in the bowl.
 3. In a blender, blend the figs, dates, and water until smooth.
 4. Add the eggs, oil, and vanilla and blend until smooth.
 5. Add the wet ingredients to the dry ingredients and mix.
 6. Pour the batter into the cake pan and spread evenly.
 7. Bake 30-40 minutes until a toothpick comes out clean.

Bowdoin club shines at volunteer service!



Dakota Wilson (left) and her fellow co-officers in the Bowdoin College Rotaract Club aim to promote volunteer experience for students, and People Plus has been a big beneficiary of their superstar efforts over the last year. Last spring, and this one as well, the group helped to organize the Scoop-a-Thon along with our own staff members.

Dakota says she and others in the group focus on recruiting students to get out of their daily campus routines so they can try something new. This year they got not only students, but professors and Bowdoin College President Safa Zaki to scoop gelato at the Scoop-a-Thon. They also organized all six a capella groups at Bowdoin to come and perform that day, plus got the Bowdoin Craft Center to

supply watercolor paints and a button-making machine for customers at the Teen Center fundraiser.

A sophomore anthropology major from Mississippi, Dakota says one of the group's aims is to foster "intergenerational connectedness," a term she first heard in one of her classes and one that made her wonder how to bridge that gap in Brunswick. Now she and others in the club enjoy getting different parts of the community to come together so they get to know each other.

This year Dakota and her Bowdoin cohort, including co-officers Anika Sen, Owen Weller, and Andrew Tran, are also launching a phone pal program whereby Bowdoin students reach out to call People Plus members weekly.

PEOPLE PLUS COMMUNITY BOARD

NOW ACCEPTING NEW LAWN CARE CUSTOMERS for the 2025 summer season in Brunswick, Topsham and Bath. No contract necessary. We offer weekly, or bi-weekly lawn maintenance. Respond by email flanaganlawncare@mail.com or call Gerard at (207) 725-9738



THANKS TO HANNAH FIELD SIMMLER for a wonderful presentation last month about the history of the Field jewelry legacy, the renovated building in downtown Brunswick, and what it takes to be part of a family of jewelers for 140 years!

DON'T MISS MOVIE MONDAY!
 May 19, 1:30 pm at Eveningstar Cinema!
 FMI see page 4.

People Plus Hours:
 Mon-Thu: 9 am - 4 pm
 Fri: 9 am - 1 pm
 Call 729-0757

Classic Movies!

Family Movies!

Special Events!

Star Wars Day May 4th!
Including Special Guest Q&As

Classic Cannes Festival
Starts May 9th for 2 Weeks!

People Plus Movie Monday May 19th

Tickets and info at:
eveningstarcinema.com

Sign up for the Newsletter!
Find us on Facebook and Instagram!

Movie Line: (207) 729-5486
149 Maine St, Brunswick ME

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Peter W. Ladner, President, circa 1980

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



WE TRY TO GET THEM TO SMILE... But despite being exceptionally happy to be at Men's Breakfast with satisfied and full bellies, many of those darn guys just won't give Stacy a smile for the camera – no matter what! Fortunately, breakfast chefs Moe and Rick get the idea!

Spring luncheon aims to please!

Join us Thursday, May 15, for roast pork, mashed potatoes with gravy, squash, applesauce, salad, and rolls. For dessert we'll have chocolate mousse!

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 \$0.50 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 May 1.

Apple Device Tutoring

Thu, May 22 9:30-12 noon. One-on-one Apple device tutoring sessions. Bring your iPhone, iPad, Macbook, etc. Members only. Call starting May 1 to book your appointment.

Singers Wanted for Ukulele Club!

Are you a baby boomer who enjoys singing the rock & roll and folk songs of our generation? The People Plus Ukulele Group (PPUGS) is hoping to have 3-4 singers join their group to sing while they play (you don't have to know how to play at all!). The club meets on the second Tuesday of every month at People Plus from 2:30 to 3:30. It will be loads of fun! FMI Please contact Jill Ellis at programming@peopleplusmaine.org or 729-0757.



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>.

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>

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, Lorelei Passage, Mannheim, Speyer, Strasbourg, Breisach, Freiburg. **FMI** <https://gateway.gocollette.com/link/1289576>. Cabins are first come, first served - Book Today!



Movie Monday at Eveningstar Cinema!

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 May (published about two weeks prior to the show date). FMI contact People Plus at 729-0757.

NEW service at the Center – 'Toenails with Terri!'



In keeping with our tradition of offering affordable haircuts, we now offer nail clipping. Terri Burgess, RN, will be offering toenail trimming and filing twice a month at People Plus beginning Wednesday,

May 14, and Wednesday, May 28, from 1 to 4 pm. Six slots will be available on each day. Clients will need to complete a release waiver and registration form, remove their shoes and socks, soak their feet in the provided foot bath stations, then meet with Terri for a consultation and service that includes toenail trimming and filing, cuticle oil, foot moisturizing, and mini foot massage. Time limit of 30 minutes per appointment. Serious toe and foot issues will be referred to a doctor. Registration is required, \$15 fee. Members only. Call 729-0757.

Terri is a former Board member at People Plus who has been a nurse since 1981. She has worked with older people in various settings, including home care, nursing homes, assisted living, rehab, and hospice. She also served in the community liaison position with MaineHealth Mid Coast Hospital. Terri will be assisted by Celia Boyd, a nursing student at the University of Maine.

Wednesday Walkers Club Destinations

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

May 7. Planning meeting and a walk. Meet @PP at 9:30 am to share your ideas and help plan the walks for June! Then we'll walk at Crystal Springs (north side).

May 14. Audubon Hamilton Sanctuary, West Bath. Carpool: meet @PP by 9 am or at site by 9:30.

May 21. Hermit Island Campground, Phippsburg. Carpool: meet @PP by 9 am or at site by 9:30.

May 28. Captain William Fitzgerald Recreation and Conservation Area, Old Bath Road, Brunswick. Carpool: meet @PP by 9 am or at site by 9:30.

Good Eats – Good Friends!

Men's Breakfast

Thu, May 8, 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.

Medicare 101

Tue, May 13, 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.

Mon	Tue	Wed	Thu	Fri	Sat
Calendar page sponsored by					
MaineHealth					
			1	2	3
			9:00 Table Tennis 9:00 Beg/Int. Bridge 9:30 Art Class 11:00 Yoga 1:00pm Learn to Art 6:00pm Int./Adv. Belly Dancing	9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Loosen Up 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis
5	6	7	8	9	10
9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 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 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 Men's Breakfast 9:00 Table Tennis 9:00 Beg/Int. Bridge 9:30 Art Class 11:00 Yoga 1:00pm Learn to Art 1:30pm FYI! Play Ball! 6:00pm Int./Adv. Belly Dancing	9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Loosen Up 10:00 Fiber Spinning Club 11:00 Yoga 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis 1:30pm Private Rental
12	13	14	15	16	17
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 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 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 Write on Writers 6:00pm Belly Dancing	9:00 Beg/Int. Bridge 9:30 Art Class 12:00pm Lunch and Connections 1:00pm Learn to Art 6:00pm Int./Adv. Belly Dancing	9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Loosen Up 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis
19	20	21	22	23	24
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	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 Hair Cuts with Margarita 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	9:00 Table Tennis 9:00 Beg/Int. Bridge 9:30 Apple Device Tech Tutoring 9:30 Art Class 11:00 Yoga 1:00pm Learn to Art 1:30pm Apple Club 6:00pm Int./Adv. Belly Dancing	9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Loosen Up 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis
Center Closed 26	27	28	29	30	31
11:00 Table Tennis 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 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 Write on Writers	9:00 Table Tennis 9:00 Beg/Int. Bridge 9:30 Art Class 11:00 Yoga 1:00pm Learn to Art 1:00pm Class Series: 3 Minutes a Day Can Change Your Life!	9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Loosen Up 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis

CENTER CLUBS

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

Apple Club

Thu, May 22, 1:30 pm. Bring your Apple device and questions.

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, May 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, May 13, 2:30 pm. Come jam with us! All abilities welcome (must be able to play basic cords). Bring your own ukulele.

Write On Writers

Wednesdays, 1 pm. Meet to share writings.

Wednesday Walkers

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

GAMES

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

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

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

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

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

LANGUAGE CLUBS

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

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

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

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

Habitat, Escape, and Cut-loose clothing. Jewelry, Cards, Bags, Unique Gifts, and I Heart Guts Plush Organs are among some of the awesome items you will find. Many customers find most of their wardrobe and gifts at this unique shop, while supporting Health Care Scholarships.

LOCATION:

123 Medical Center Drive

Inside the Main Entrance of Mid Coast Hospital

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

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Mother's Day – May 11th!*

*All Mid Coast Hospital
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Herb Paris Health Career
Scholarships that are awarded
by the Mid Coast Hospital
Auxiliary.*

QUESTIONS?

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



Ready for a new perspective?

Free classes take a refreshed look at life's challenges

Personal growth, moving beyond fear, learning to wait – sign up for just one class or all three! Instructor Laura Lee Perkins, BME, MS, has authored 17 books and 150+ articles, recorded 5 CDs and 3 audio books, and is an active member of the Write On Writers.

Classes are free and open to the public, registration is required. (\$10 workbooks for each class are available but not required.) See individual class descriptions below.

Thursday, May 29, 1-3 pm: 3 Minutes a Day for 30 Days Can Change Your Life

A simple, effective practice! If a practice of just 3 minutes a day allowed the other 1,437 minutes of your day to flow more easily, would you be willing to try the daily practice for 30 days? Personal growth requires commitment to a simple daily practice. In our hectic world of constant demands, are you wondering how you could ever add another commitment to your daily routine?

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. This is a gift you can give to yourself!

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.



A recipient of 14 grants and 5 artist residencies, Laura is a "Chicken Soup for the Soul, Hope & Miracles" author and teaches 50+ classes each year to over 5,000 people. FMI visit www.facebook.com/laura.perkins.5494/.

Program Notes for May

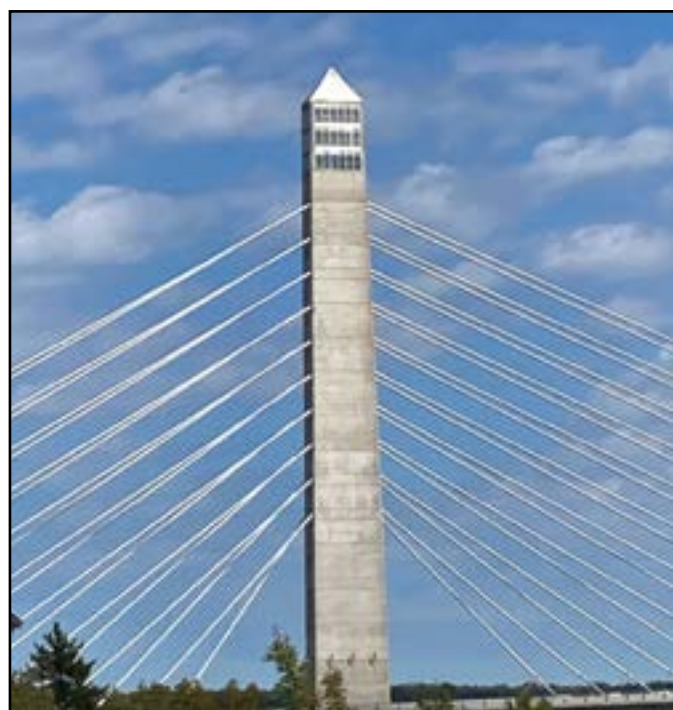
- No Women's Breakfast, sorry ladies!
- No Monday Munchies on May 5 and 26
- Center Closed on Monday, May 26
- Next month's Lunch & Connections will be on the 4th Thursday – June 26

Fort Knox and The Narrows Bridge Observatory is a two-for-one bargain

Maine's marvelously massive Fort Knox has stood guardian of the heart of Maine for more than 175 years. Located at "The Narrows" of the Penobscot River in the Town of Prospect, a visit to this granite and brick monolith – if coupled with a bridge elevator ride next door – is the perfect reason for a summer tour and picnic.

Construction of the fort commenced in 1844 with the installation of several shore-level cannon batteries. Work on the fort continued for more than two decades, stopped in post-Civil War 1869, and was never completely finished. Nicknamed "Maine's Castle," Fort Knox is the largest of its style in Maine, and one of the largest of its type in America. Troops were briefly garrisoned at the fort during the Civil War and again during the Spanish-American War, but the fort was never forced to defend itself against hostile fire.

Named for Maine's Revolutionary War hero General Henry Knox (1750-1806), this pentagon-shaped, granite-walled fort is impressive in so many ways. It has two free-standing interior spiral staircases connecting its main half-acre parade ground to defensive positions on its sod roof. The fort's two levels and four batteries were designed to hold 135 Rodman cannons, though only 74 of the guns were actually delivered to the



THE PENOBSCOT NARROWS OBSERVATORY is 42 stories high, making it the tallest public bridge observatory in the world. It offers an extraordinary panoramic view of the Penobscot River and Bay as well as the surrounding Maine towns and countryside.

site, and less than a dozen remain today.

Brick-lined passages connect night-black powder magazines with officer and enlisted men's quarters. Bring a flashlight if you want to explore the darkest and most secret corners. Two tunnel-like passages connect the fort to shore-side Batteries "A" and "B." The 15-inch cannon with a reported range of three miles, is still pointed down river in Battery A and well worth the walk toward the shore. Self-guided tour

information is located on interpretative panels throughout the fort and on the expansive and scenic grounds. It's a great place to wander and enjoy a family picnic.

The Penobscot Narrows Observatory (set near the Penobscot Narrows Bridge) is its own "stand-alone" marvel; the fact that it's just a short walk (or very short drive) from Fort Knox makes it a not-to-be-missed deal. At the observatory, built in 2006-07, you can ride Maine's fastest

elevator 420 feet to a glass-enclosed deck offering spectacular 360-degree views of the Penobscot River Basin and the Atlantic Ocean beyond. This is the tallest of only four bridge observatories in the world, folks. At 42 stories tall, it is higher than the upraised torch of New York City's Statue of Liberty! There with our grandboys a few years ago, Zander put his nose to the glass and asked, "Bump, is this what it's like to jump out of an airplane?"

Open daily from May to October, fort-only admission for Maine residents is \$4.50, but free for seniors; the combination fort plus observatory admission is



by Frank Connors

FRANK'S FACT

The granite used in the construction of Fort Knox was quarried at Mount Waldo, some 3-4 miles upriver from the fort. It was floated by barge to the construction site, hand-worked and set without the benefit of power equipment. Waldo granite was also used in the Washington Monument, the Brooklyn Bridge, Arlington Cemetery and the Empire State Building.

If You Go: Follow Route 1 through Midcoast Maine. At Warren, turn left on State Route 90 and drive through West Rockport, rejoining Route 1 again at Rockport. Drive through scenic Camden, Lincolnville, and Searsport. Just past Stockton Springs, you'll see the tower of the Penobscot Narrows Bridge. In Prospect, just 92 miles from Brunswick, turn left to Route 174 at the directional lights just before the bridge; the fort is on your right in a half mile. Call (207) 469-6553 for the latest information or check out fortknoxmaine.com.



THE GRANITE-WALLED FORT had troops stationed there in the 19th Century but never saw military action to defend the area.



THIS VINTAGE POSTCARD SHOWS how Fort Knox and its lovely grounds are perched high above the Penobscot River with a vantage point for protecting the coast.



A tribute to George Tetu

Beloved and longtime People Plus member George Tetu passed away on April 8 at age 96. George was known for helping others by transporting folks who needed a ride to cribbage or to the luncheons at the Center. All through his life, he was known as a religious family man with a strong work ethic. He was also known for fixing things and "always coming to the rescue with his immaculately cared for tools."

George's son, Tim, who makes the ski chairs that we auction each year at the Music in April gala, delivered the loving eulogy at his father's funeral service. He talked about how George grew up as part of a tightknit French and Catholic community in Brunswick "with large families and small homes" that welcomed many friends and relatives that lived close together and trusted one another. Tim explained that everyone thought George was "a really nice man," and praised his father for being a good mentor

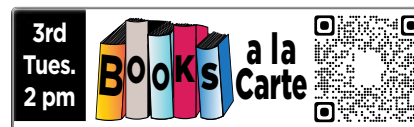
and a patient teacher.

Tim noted that People Plus got his dad out of the house, kept him active, and kept his mind sharp. George's obituary noted that People Plus was where "he found a community who gave him great joy and comfort."

As people have sent donations to us (he requested that instead of flowers), some also included letters, one of which said, "I'd like to thank People Plus for their ongoing activities which enable many elders like George to feel a sense of involvement with the rest of the world. What People Plus does is give its members purpose"

"George was such a kind and gentle soul. Everyone loved him and he will be missed dearly at the Center" remarked Executive Director Stacy Frizzle-Edgerton.

We will miss you, George ... you gave us joy and comfort as well.



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

Mary Toft; or, The Rabbit Queen by *Dexter Palmer*. Based on a real 1726 hoax in an English town. Describes how Mary Toft claimed she gave birth to rabbit parts and fooled the medical community. Provides thoughts on human gullibility.

Coronado: Stories by *Dennis Lehane*. Five short stories and a play by the author of Shutter Island.

In the Shadow of 10,000 Hills by *Jennifer Haupt*. Engrossing tale of events from the civil rights movement to the genocide in Rwanda. Three women, along with the country of Rwanda, try to heal and rebuild.

NONFICTION

The Warmth of Other Suns by *Isabel Wilkerson*. Fascinating story of 6 million Black southerners who migrated to the North (1930s-1970s), focusing on the lives of three people.

On the Road to Tara by *Aljean Harmetz*. Describes the monumental production of bringing Gone with the Wind to the movie screen. It features wonderful original set designs.

The Long Field: Wales and the

Presence of Absence by *Pamela Petro*. This 2023 memoir shows the author's love affair with Wales, focusing on connection of its people to the country's unique landscape, lore, and language.

Revenge of the Tipping Point by *Malcolm Gladwell*. In this follow-up to *The Tipping Point*, Gladwell looks at how seemingly small things can make a big difference.

Deadwood by *Peter Dexter*. A depiction of Deadwood's violent history, including the murder of Wild Bill Hitchcock, the establishment of a Pony Express stop, and the killing of a beautiful Chinese woman.

A Bookshop in Berlin by *Françoise Frenkel*. This is about the author's

escape from the Nazis, creating a bookshop, resilience, human cruelty, and the human spirit.

The Great Displacement by *Jake Bittle*. This book describes how climate change is causing huge migrations of peoples. Rooted: The American Legacy of Land Theft and the Modern

Movement for Black Owned Land Ownership by *Brea Baker*. In many ways, people of color are denied land ownership through zoning regulations and terrorism. What are some solutions?

The River of Blood by *Gerard Gawalt*. The history of settlement along the Kennebec River and the struggle among native people, the

French, and the English.

Captain Mac by *Mary Morton Cowan*. The story of Arctic explorer Donald Baxter MacMillan.

Cabin by *Patrick Hutchison*. The humorous tale of the efforts of a man in Washington State to build a cabin. A fast read.

MYSTERIES

No Strangers Here by *Carlene O'Connor*. A veterinarian returns to her roots in Ireland. Bodies pile up and evidence points to her family. First in a series. The Cartographers by Peng Shepard. A well-known cartographer is found murdered in his office at the New York Public Library. His daughter investigates.

THANKS TO LUCY DERBYSHIRE FOR COMING IN EVERY MONTH to organize our free greeting card boxes! It's so helpful to have them put into categories for easy selection. And always fun to see Lucy for an extra hour or so every month!

Can YOU help your Neighbors?

Join our team! Volunteer to drive or shop for a homebound senior!

People Plus VOLUNTEER TRANSPORTATION NETWORK FMI 729-0757

Gone but not forgotten –

Nancy Moran

Oct. 9, 1945 - Feb. 11, 2025

George Tetu

Mar. 16, 1929 - Apr. 8, 2025



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Join us for the 2025 Walk with a Doc Kick-Off Event

Thursday, May 8 from 4:00 – 6:00 P.M. at MaineHealth Mid Coast Hospital Parkview Campus, 329 Maine Street in Brunswick

MaineHealth

Take a STEP toward better HEALTH



For more information and to register call (207) 373-6585 or visit midcoastchw.coursestorm.com.





Support for People Plus breaks all records!

The 23rd annual People Plus “Music in April” month-long fundraiser is on track (as of print date) to raise over \$100,000 for the People Plus Senior Community Center, setting a new record to support more than 900 homebound elders in our community with transportation, grocery/prescription deliveries, and access to vital social connectivity, learning, and well-being.

The fundraiser’s major launch featured a dinner gala on April 5 at St. John’s Community Center in Brunswick, with music by *Touching Base* (a jazz trio from Bath), and Bowdoin College’s *The Meddiebumpsters* (an all-male capella group). Festivities included raffle items, a silent auction, and an exciting live auction – with longtime community auctioneer Charlie Crosby, who stepped in at the last minute to help break income records! Thanks, Charlie!

Over 240 people attended the event and, with the help of 50 volunteers throughout the weekend – including 30 Brunswick High School students and a dozen Bowdoin students – People Plus pulled off a spectacular extravaganza of fundraising, socializing, entertainment, and community connections!

No dinner gala would be complete without incredible food, which was one of the evening’s highlights this year! People Plus partnered with area restaurants, Bowdoin College, Maine Pine Catering and the People Plus culinary team led by Chris Toole. “The variety of restaurant-donated and home-cooked choices was incredible,”

said area business owner Drew Dow who has attended the event for over a decade. “It was the best food they’ve ever had at Music in April.”

The evening began with hot and cold appetizers provided by Rusty Lantern Market and continued with a menu of pork tenderloin, teriyaki chicken, savory meatballs, sides of veggies including German red cabbage, rice pilaf, mac & cheese, and an amazing roasted root vegetable with quinoa. There was also clam chowder, two kinds of salad, and fresh-baked artisan bread rounding out the dinner.

A sweet ending to the meal featured soft-baked oatmeal cookies and the legendary chocolate “Bowdoin Logs”! The American Legion Post 202 in Topsham provided the bar service and Flight Deck Brewing was the beer sponsor!

This was truly a community event, and People Plus brought in over \$85,000 that night from our generous sponsors, ticket sales, raffle prizes, and auction proceeds to fund its community outreach. The fundraising then continued all month, with an online auction featuring over 400 donated items, closing out at 9pm on April 30th!

“Thanks to anyone reading this who attended the gala, donated items, bought raffle tickets, made a pledge or won something in the auctions,” said Stacy Frizzle-Edgerton, People Plus Executive Director. “We love you and we’re so thankful for your continued support! We could not serve the over 900 homebound folks without you.”



Adult Day Services For the Midcoast Area



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

Bath-Brunswick Respite Care offers:

- A socially active and engaging program for adults experiencing memory issues,
- Flexible full or half-day sessions,
- A break for caregivers to re-energize,
- Reasonable Day Program fees, financial assistance available for qualified families,
- Support, information and referrals for families,
- Caregiver Support Groups offered at no cost.

BATH-BRUNSWICK
RESPITE CARE



Call 207-729-8571 to discuss your needs and learn more about our programs.

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info@respite-care.org
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Now is the Time! Say Yes to Living Better!

That’s all it takes! Just say YES! Yes to trying something new. Yes to helping us maintain our garden. Yes to watching it grow. Yes to bringing the garden to the table with organic wholesome cooking! All it takes is springing into action and saying yes. YOU will be filled with remembering simple joys and the moments that really matter. *Spring Into the Action* and take a tour of our one bedroom unit and stay for dinner. Say “YES!” to *Living Better* at the McLellan.

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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

18 Middle St., Ste 2, Brunswick, ME 04011

(207) 725-4900

info@midcoastseniorcollege.org

Poems & Prose

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

The Pencil in the Writer's Hand

My pencil is my friend when it comes to writing. It allows me to stop and correct mistakes. Write down ideas and make a list of things to include in my writings. So far, with much encouragement, using my pencil has allowed me to express myself and to share my thoughts with others.

Since early on when I read my writings, it would be expressed that they would make a great children's book. So, after great thought, that's what I decided to do. I have now expressed myself in two published children's picture books and two more in the works.

My pencil and I are also working on a collection of fun short stories for kids. Using my pencil to write makes me into a different person. More open, happy, and enjoying something I never expected.

It means a lot to have the use of my pencil to accomplish something so special. My whole life I have been asked what I hoped to accomplish, and I always answered them with "To make a difference." I hope that my writer's pencil and I have done so.

—By Kathy Gaunt

The Wizards of Words

Glen flew in on Cupcake, his broom. He entered a small cottage that had a sign with a feather sticking out of an inkpot inside a big letter O or circle. There was a guard sitting at a desk wearing a purple robe who told Glen to sign in. Glen said, "I'm here to join the wizards of words."

"Sign in," the guard repeated in a very pleasant but forceful voice. So Glen took the quill and made his mark.

Down a long hall, Glen entered a small room where several wizards all wearing robes of different colors were seated at a round table. A wizard dressed in a red robe introduced herself as Miss Chickadee, and asked Glen his name. "My name is Glendale Anchor." A wizard called Miss Sunshine gave Glen a wooden sign with his name carved on it and stamped in silver. Every time a wizard entered, the table grew and a chair appeared. When the room was filled with wizards, table, and chairs, it also grew larger.

The leader of the group stood and a bell appeared in her hand. She started the meeting speaking into a magical dragon with some announcements; next she passed the magical dragon's tail to Professor Alex Ranger and he talked about the book that the wizards were getting ready for printing. He also told the wizards that all changes they wanted to make to their stories had to be in by midnight. Glen was passed the dragon tail and was asked to tell the group about himself and why he wanted to join the group.

The dragon tail was passed to Miss Chickadee. She let her chair slide back and she walked around the table deciding who would be the first to read the words they had scribbled on their parchment. It was given to Professor WhiteHouse to be first. The dragon tail was passed on to each wizard for reading aloud their words of the week. There were tales told about friends, families, and other things.

Near the end of each meeting there was a quick scribble, and then each wizard read their thought on the writing topic of the day. When the meeting ended, and the wizards left the meeting, the table and the room shrunk and their chairs disappeared. As Glen flew off on his broom, he thought a great name for the group would be "Wizards of Words."

—By Jim Cherry

Haiku

May is a spring month
The earth is alive with blooms
Indoor vacation
—By Nonie Moody

Passing Time

The passing of time, a silent rhyme
Unheard but felt
An unseen energy, always there
And so near
That one can touch, experience the flow
And know eternity.
—By Bob Mulligan

Where's Jack?

Jack was not here for a very long time. I missed him. We went for walks, played with balls, and slept in the same room. When he went away, he told me he would come back. I waited for him.

When he first came back, he was different. He was wearing things I had never smelled before. He came back two times, but we did not play much. The last time he left, he told me again he would be back. He never came.

Then something happened. The others have a look in their eyes I have never seen. I go around looking for Jack, but he is not here. They do not tell me where he is. I think I know. Jack always told me to wag more and bark less. I do not feel like wagging anymore.

—By Vince McDermott, in honor of Memorial Day

Join us! Wednesdays at 1 pm

THE AARP TAX AIDE PROGRAM AT PEOPLE PLUS served over 500 taxpayers this year. This program offers free tax services with certified preparers for older adults in our community. "We are so grateful to the staff and volunteers at People Plus who make appointments, call to remind the taxpayers, and generally make the tax preparer's job easier" says program coordinator and People Plus Board Treasurer, Sonia St. Pierre. The tax prep team also offers a big thank you to the bridge and Mah-Jongg gamers who gave up the lovely second floor to help to make the workspace much easier this year. "We couldn't serve this many people without our wonderful tax preparers: Karen, Mike, David, Tod, Susan, Naji, Dan, Irene, and Oscar" Sonia adds. "Remember, we are always looking for more volunteers to help provide this valuable benefit." The team enjoyed a delicious lunch from Big Top Deli to close out the tax season.

Paned Glass

But the pain, the pain. The pain.
You forget about the attractive car in the parking lot or the one in the showroom and concentrate on their laughter. Through the laughter, they tell about similar times from their past – the times when they were in school, or shopping for a prom dress, or even a job interview. What their laughter covers up is the amount of pain they were in.

They freely admit doing the same thing and getting the same reaction. The pain for these folks went away.

Legs steady, I walk to the door of the showroom. Eager to get away from these strangers – these uncaring beasts and their barbarous laughter. Is people the right word for them? Back in my car, the pain eases, the giggling from others has stopped.

And then the laughter comes.

—By Fred Cheney

Winter to Spring

One day teases summer
Temps warm at dinnertime
Tomorrow ... magically... winter to spring
Grass goes from straw to green shoots,
Showing their bravery
Betting against a freak snowstorm
Above seventy
Sloughing off winter
Tomorrow, welcoming the vernal equinox
Sun's rays kissing the equator
Day and night
share equal hours of light and dark
covering our planet
All of us equal in sharing commonality,
worldwide,
in welcoming the sun this one day
Spirits lift
Me who worships the sunlight
And curses the long nights of dark
Wakes up, as the grass does.
Pulsing energy, that seems depleted every winter
—By Deb Noone

My Best Wedding Gift

You never saw a friend like my friend, Bonnie H. She was shy like me. Bonnie could give gifts that were absolutely terrific.

We met in Metamora High School as freshmen. Her first gift to me was four ceramic green frogs and a blue-and-silver ink pen. I had them over 50 years.

And the second gift I remember was at Olivet Nazarene College in the '70s. She had Time, Newsweek, Smithsonian, and Psychology Today sent monthly for a year. My favorite was Psychology Today.

I was marrying Rodney August 28, 1990. I met him at Houston's First Baptist Church with a membership of 20,000. My father said the church looked more like a warehouse. The singles' group had 500.

Rodney worked as a security guard at the Astrodome Hotel in 1990.

Bonnie H. had been to Houston to visit me the month before my marriage. We had taken a tour of the Wyndham Warrick on Kirby Avenue. We were both impressed that Chuck Norris had filmed Walker, Texas Ranger shows up on the top floors.

My honeymoon gift from Bonnie included two nights at the Wyndham Warrick, which now costs \$249 per night. That was the most exciting gift I ever got in my life.

Thank you, Bonnie H., for the most wonderful gift I got for my wedding. (I miss you, gal.)

—By L. Derbyshire

Thank You

There are many thankless jobs people do that usually don't get recognized, like garbage pick-up, mail delivery, grocery clerk, et cetera. There is another unsung hero who performs a vital task, and that is the Cat Litter Engineer.

Only cat lovers can appreciate the important service these "laborers of litter" perform. Cat litter doesn't grow on trees; someone had to invent it, and it needs to do many things. Like in the story of "The Three Bears," litter can't be too small or too big; it has to be just right. It needs to fall through the mesh of a "pooper scooper" when dry, yet not drop down when it is wet.

The Cat Litter Engineer (CLE) sits at a desk and sifts through material data sheets to choose an appropriate substance to make litter. Once that is done, it undergoes a series of tests. No stone is left unturned (or clump of litter). For crucial measurements, a micrometer is indispensable.

The CLE also gets data from others who have cats – and chances are that the CLE has cats, too. From all this, it becomes clear that poop is the key. If the litter granules can cling to even the minutest "piece of crap," then the scooper can do its job. When the right balance is found, it's another "Eureka" moment! The thrill that a CLE gets from a job well done (triumphing over cat excrement) is a feeling few of us will ever experience.

—By W.A. Mogk



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SAVE THE DATE!

SENIOR HEALTH Expo

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

Do you get the "Peek" email?

Jill sends a weekly email with all the events happening the following week at People Plus. It's the quickest way to get updated news about the Center! The email also includes a weekly wrap-up article written by Stacy,

a Teen Center update from Taylor and of course, Frank's weekly Two-Cents article. If you aren't getting *Peek at the Week*, just contact programming@peopleplusmaine.org or 729-0757 and Jill can add you to the list!



MEMBER BILL ST. LOUIS PROUDLY DISPLAYS HIS FIRST CAR purchased in 1968 from Winford Dodge, the founder of Bill Dodge Auto Group! And he still has it parked in his garage today! Wonder what it's worth now!?

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 70 Maine St, Bruns., 721-8900 www.bigtopdeli.com

Bill Dodge Auto Group, 10% off parts/service 118 Pleasant St, Bruns., 729-6653 www.billdodgeautogroup.com

Carpe Diem Tech Support, John Fischer Help with PC & Mac, \$30/hour (40% off regular rate), 522-1238, john@carpediem-me.net, www.carpediem-me.net

Darling's Ford, 10% off up to \$50, parts/service 262 Bath Road, Bruns., 725-1228 www.darlingsbrunswickford.com

Double Bubble Laundromat, free drop off/pick up for seniors (15 lb. min.), \$1.80 for wash, dry & fold Topsham Fair Mall, 373-1995

Eveningstar Cinema, discount bag of popcorn at evening shows (\$1 sm, \$1.50 med), 729-5486 149 Maine St, Bruns., www.eveningstarcinema.com

Fairground Café, 10% off, anytime Topsham Fair Mall, 729-5366

Hand Therapy Treatment and Education Center, LLP, 20% off HandBasicssm: Self-Care Education class 114 Maine Street Suite 4, Bruns., 607-5800 www.therapyandeducation.com

Hearts & Hands Relix, 10% off first visit 751-5339, heartshands207@gmail.com

Lee's Tire & Service, 10% off parts (not tires) 35 Gurnet Road, Bruns., 729-413127 Monument Pl., Topsh., 729-1676

Maine Optometry, 30% off complete glasses, some restrictions apply. 242 Bath Rd, Bruns., 729-8474 www.maineoptometry.com

Maine State Music Theatre, senior discount (60+) on matinee tickets for Main Stage performances 22 Elm Street, Bruns., 725-8769 www.msmt.org

Pauline's Bloomers, 10% off in-store purchase (in person only) 153 Park Row, Bruns., 725-5952 www.paulinesbloomers.com

Reflections (Salon), 10% off, Mon & Fri 12 Center St, Bruns., 729-8028 www.reflectionsblycuc.com

Rossignol's Hair Shoppe, discount for age 60+ 370-9410

Thomas Point Beach, \$1 weekdays admission 29 Meadow Road, Bruns., 725-6009 thomaspoinbeach.com

Tire Warehouse, 20% off labor Topsham Fair Mall, 725-7020 www.tirewarehouse.net

Wilbur's of Maine, 10% off, anytime 43 Maine St, Bruns., 729-4462

Wild Oats Bakery & Cafe, 10% off Mondays 166 Admiral Fitch Ave, Bruns., 725-6287 wildoatsbakery.com

**Benefits subject to change*

PEOPLE PLUS MEMBERSHIP APPLICATION

Name (1) _____ Phone _____
Birthdate _____ ☐ Female ☐ Male Email _____
Emergency Contact _____ (name) (phone) (relationship)

Name (2) _____ Phone _____
Birthdate _____ ☐ Female ☐ Male Email _____
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☐ Reception: ☐
check-in/phone

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THE TOWN OF BRUNSWICK held its budget funding meetings in April. Teen Center Director, Taylor Carter (right), and People Plus Executive Director, Stacy Frizzle-Edgerton, presented the organizational request. Also in attendance to provide support were People Plus staff (from left) Charmaine Daniels and Renee Foster, as well as People Plus Board Vice Chair, Jim Burbine.

Lively concert will benefit Teen Center

Concerts for a Cause presents Celtic folk trio House of Hamill at the Unitarian Universalist Church of Brunswick on Saturday, May 17 at 7:30 p.m. The concert will raise money for the Brunswick Teen Center and Maine Family Planning.

House of Hamill features two accomplished fiddle players/classical violinists from the Celtic folk-rock band Enter the Haggis. Their third member joins them on vocals and plays bass and mandolin.

Whether they're ripping through a set of original jigs and reels, adding lush three-part harmonies into upcycled folk ballads, or cracking up the crowd with stories from the road, House of Hamill puts on a show that captivates audiences from the very first note.

Tickets are \$25 in advance, \$30 at the door, and \$10 for students/children. They are available at the church office, Gulf of Maine Books, or online at ticketstripe.com/houseofhamill3.

After spring whirlwind, outdoor plans abound with summer on the horizon

Spring has always had a lot in store for us here at the Teen Center, and this year was no exception! April was filled to the brim with fundraisers, setting attendance records at the Teen Center, planning upgrades to our outdoor space, gathering input for this year's Summer Adventure Program, getting our Teen Center Council started up, and filling every day here with activities!

This year's Scoop-a-Thon was a blast! We were so excited to see so many members of the community coming out to show support. From the businesses on Maine Street wearing our shirt and bands jamming on the street to our long list of celebrity scoopers, it was great to see so much support for our 20th anniversary year. The only challenge to this year's event was the logistics of getting all our teens over there this time! We managed to get a convoy going so most of the teens who wanted to join were able. We want to give a huge thank you to all the performers, celebrity scoopers, volunteers, sponsors, and the Bowdoin College

Rotaract members for helping us pull it all together! And a special shout out and thank you to Gelato Fiasco for once again hosting this event for us.

As a plug for next year, we also made sure to give our new Teen Center Council a mission for the day. I wanted each of them to brainstorm one thing they'd like to plan to do at next year's Scoop-a-Thon. There are some big ideas already, but we'll be keeping them under lock and key until next year!

In the meantime, we're busy planning our summer and trying to translate all the things our kids tell us about their summer plans. If you listen to some of them it sounds like they'll be shipped off to a deserted island until school starts again in the fall. For any of the kids not getting shipped off to survive on the island, though, we'll have plenty of activities, field trips, food and adventures to fill their days. We've even started planning some springtime trips for the kids to help give them a taste of what the summer will be like. We've already visited a horse

Brunswick Teen Center News

Taylor Carter



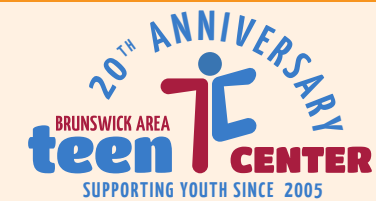
farm to feed the horses apples and started counting the miles spent on local trails. We're confident we'll be able to shatter our mileage record from last year!

We're also doing plenty of work to spruce up our outdoor space! We're fixing up our playground and adding some gardening projects. By the end of the month, we'll have a few garden beds and barrel planters filled with vegetable plants. The teens have been pretty excited to help us plan the whole thing out, but we'll see how much of the weeding they actually end up doing!

Until next month,
Taylor and the Teens



Community comes out to support Teen Center!



Lunch Out!

May 13th, 11:30 am.



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Monthly Update

All Spectrum Generations locations will be closed Monday, May 26, in observance of Memorial Day.

May 2025



Congratulations to People Plus on the success of their Music in April fundraising campaign. Pictured from right is Spectrum Generations V.P. of Aging and Disability Services - Tyra Parker, V.P. of Community Engagement - Lindsay MacDonald, Board Vice Chair - Rick Ness, Registered Dietitian Kirsten Solomon and her husband, Greg.

We've Moved!
Spectrum Generations' Lincoln County Community Center in Damariscotta has a new home! You can now find us just a short walk from our previous location at 741 Main Street, in Damariscotta.

We are excited to announce that we're now co-located with **Inn Along the Way** at Chapman Farm (www.innalongtheway.org)—a beautiful space and an organization whose mission aligns closely with ours. The Inn offers a collaborative, supportive community for older adults and caregivers, and we are thrilled to be partnering with them.

Way at Chapman Farm (www.innalongtheway.org)—a beautiful space and an organization whose mission aligns closely with ours. The Inn offers a collaborative, supportive community for older adults and caregivers, and we are thrilled to be partnering with them.

Over the next few months, we'll be working together to expand our offerings, including: Health & Wellness programming, Medicare enrollment help, and Free tax assistance. We currently offer Home Delivered Meals from our new location.

We're so excited for this new chapter and can't wait to welcome you to our new space!



Thanks to our friends at the Rotary Club of Damariscotta-Newcastle, for their recent, generous \$1,000 gift. These funds will support Meals on Wheels programming in Lincoln County.

Pictured: Lindsay MacDonald, V.P. of Community Engagement for Spectrum Generations and Bill Vaughan representative for the Rotary Club of Damariscotta-Newcastle and long-time Meals on Wheels volunteer driver.

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Think summer: Plots available now in Senior Garden

People Plus is now accepting sign-ups for plots in the Senior Garden on Industry Road. The plots average 20 feet by 24 feet (half plots available too). People Plus asks for a contribution of \$10 for the season, which runs from May to the end of October. Gardeners are encouraged to call People Plus to express interest in gardening and they will then be contacted by the coordinator to be assigned a space.

The gardens have three water spigots with hoses for use in the gardens, but gardeners are expected to provide their own tools. It is expected that the gardens will be tilled and ready for planting around the first of May, and all gardeners will receive a numbered plot assignment before anything is allowed to be planted. New members are welcome to join this group of knowledgeable and friendly gardeners who are always ready to assist beginners with planting and cultivation techniques. Members of People Plus are given priority in signing up, but there are usually extra plots available for other interested gardeners. Call People Plus at 729-0757 for more information!



I've got a bad case of telephobia

Do you like talking on the phone? If so, I have questions for you. How do you know when to jump in and speak? Or when to pause and wait for the other person to speak? How can you have so many things to say all at once ... and keep track of them?

For me, phone conversations are like being asked to talk on demand. True confession: I write down possible topics on a side sheet of paper as I'm talking or even beforehand if I'm expecting a call.

Talking in person is much more comfortable for me because body language gives visual clues about whose turn it is to talk. It also adds texture to what is being said. For example, if someone nods approvingly when I speak or is silent but still looking at me, I know they're not distracted by checking to see if the pot on the stove needs to be stirred.

For as long as I can remember, I have felt guilty about not liking the phone. But I've come to see that just as people have different learning styles, they simply prefer different ways to communicate when someone's not physically present. So I now accept that phone calls are harder for me, the biggest reason being that I feel the need to be "on." I get performance anxiety, feel compelled to be interesting and humorous, and put on the spot to do it quickly. Yikes.

I also have trouble figuring out when to speak on the phone. In person, a back-and-forth rhythm emerges, but on the phone I

often jump in too soon and end up talking over the other person because I assumed they were pausing to let me talk. Or I remain silent too long, allowing the other person to speak more just when I'm ready to get off (some people talk on and on and I get fidgety). My new golden rule: "Never ask a probing question of someone who has already proved they can outtalk you."

Of course, who is on the other end of the line can make a difference. In calls with my sister, we would gladly hit the highlights and end after 10 minutes. And during the pandemic, my friend in Canada and I would talk on the phone every Friday. After a while it became easier. I guess practice helped. And I remember talking to a long-distance boyfriend before the age of cell phones or Zoom. We clocked 45 minutes, and it was like winning the telephone Super Bowl.

One big, final reason for my phone angst: I don't know how to get off gracefully. There's the abrupt, "You know what, I gotta go." Or the lie, "Someone's at the door." Or how about: "The phone isn't my preferred means of communication. Let's talk in person soon." That sounds ludicrous and scripted, but it's the truth. I googled how to get off the phone with a talkative person and wikihow.com told me four ways that all sound awkward. I also googled, "Do most people enjoy talking on the phone?" It turns out many people have switched to texting and that younger people, especially Gen Z,

Thinking out loud

Charmaine Daniels

news@peopleplusmaine.org



are way less likely to make a call.

A friend told me she finds the phone more personal and efficient than texting. She likes hearing the vocal intonations and says things are more clearly understood when talking. But even she admits to not answering the phone if she's not in the right frame of mind – and she's come up with a way to avoid interrupting people with an unwanted phone call. She simply texts first and asks, "Is this a good time to talk?" That sounds not only polite but effective, because maybe if the timing is right, we're more receptive.

In any case, hardly anyone phones me anymore, so I guess they know I'm a phone grouch. When I do get a call, it turns out to be welcome. And sometimes I even make a call. One of my friends is still shocked when I do that. She gets suspicious and immediately says, "What's up?" or "This is a surprise." Yes, I'm surprised, too. If I'm picking up the phone to call, I must really want to talk. But I'd much rather see you.

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Weekly Winners

DUPLICATE BRIDGE

March 31. 12 teams. *N/S*
1. Linda McIntosh & Tony Belmont, 61.7%
2. Martha Cushing & Jeff Lauder, 52.8%
E/W
1. Barbara & Don McHarg, 60.0%*
1. Kathy Kenyon & Jim Burnett, 60.0%*

April 7. 13 teams. *N/S*
1. Donna Dillman & Sherry Watson, 61.4%
2. Bobbi Robertson & Jim Burnett, 57.6%
E/W
1. Martha Cushing & Jeff Lauder, 59.4%
2. Cathy Cooper & Michael Land, 58.3%

April 14. 8 teams.
1. Norm Curthoys & Richard Totten, 58.7%
2. Keith Rattue & John Quinn, 54.0%

April 21. 11 teams. *N/S*
1. Cathy Cooper & Michael Land, 65.8%
2. Ann Hartzler & Keith Rattue, 55.0%
E/W
1. Bobbi robertson & Jim Burnett, 59.0%
2. Judy Johanson & Bobbie Wheeler, 54.2%

April 28. 9 teams.
1. Gail & Cy Kendrick 60.4%
2. Barbara & Don McHarg 58.3%

CRIBBAGE

April 2. Ashley Richards = 705*
Rollande Fortin = 705*
Ellie Eramo = 704
Janis Parent = 687

April 9. Lois Fornier = 722
John Bouchard = 719
Anne Bouchard = 707

April 16. David Bertocci = 716
Rollande Fortin = 706
Jen Haskins = 703

April 23. Lois Fournier = 484
Janis Parent = 481
Ashley Richards = 476

April 30. Trenna Crabtree = 719
Janis Parent = 717
James Cherry = 711

*tie score

Dana Bateman’s artwork will brighten your day with colors of nature

Come enjoy mixed-media artist Dana Bateman’s watercolor botanicals and pastels at the Café Gallery in May and June. Much of Dana’s work is lively and bright – displaying her love of color – and portrays the sky, trees, water, and flowers of the Midcoast.

Gregarious and energetic, Dana works out of her home studio in a lovely, light-filled space at her 1850s house not far from Bowdoin College. The room, a one-time family dining area, is a delightful collection of art supplies, sketches, works-in-progress, and finished paintings – plus her creative energy and ideas that seem to buzz around the room. Her two dogs are never far away. On the mantle of the original fireplace, she places the pieces she wants to think more about. The whole effect is uplifting and vibrant.

Although the studio is alive with color and filled with creative pieces, for many years Dana was more connected with science and societal issues than with art. As a former academic at Harvard whose work involved the social and ethical dilemmas in the field of genetics, she developed and taught a cutting-edge curriculum in the Personal Genetics Education Project, part of the Harvard Medical School aimed at highlighting complex matters related to genetics and society.

When her husband took a job teaching at Bowdoin, the family moved to Brunswick in 2008, and she began to realize that she needed a reset. Although she continued to work remotely for a while, she ultimately switched gears and enrolled in Merrymeeting Adult Education art classes with Ed Higgins, who also teaches at People Plus. She started taking two classes at a time. “I made it a full-time project for my brain and reconnected with art.”

Dana says “reconnected” because in fact she majored in art at Syracuse

University. The reconnection happened almost accidentally. When her kids were applying to college and wondered how they would do, it prompted her to send away for her transcript to show them that she did not get straight A’s. In doing so, she made a key discovery. When she looked at the transcript, she realized that while her focus had been graphic and commercial design, she got B’s and C’s in those courses but got A’s in studio arts like printmaking and illustration. It came back to her that she loved studio arts. “I just didn’t figure it out consciously at the time,” she says, amazed by how the serendipitous discovery guided her to a new path.

As Dana’s art abilities blossomed, the owner of The Mix asked her to do a show at the downtown Brunswick art shop. She feels very thankful for that support and encouragement along the way. And she says Ed Higgins gave her just the right amount of feedback in his classes and helped to make her feel like mistakes weren’t possible because he taught “You’re on your way and the only way to improve is to keep going.”

She now works in her studio every day, a practice she started after earning a chance to be the artist-in-residence at Merrymeeting Adult Education, where she was given a monthlong studio space and expected to show up every day, almost like having a job. “It gave me structure,” she notes. “That’s really important because I’m not real organized,” she adds. Another aspect of that role was mounting a show at Cathance River Gallery in Bowdoinham based on the month’s studio work. The whole experience made her realize that the more she painted and drew, the more likely it was that she



DANA BATEMAN SAYS SHE’S REALLY HAPPY to show her work at People Plus because it’s such a nice part of our area and has a community of art students who can bring a viewpoint on technique or subject matter. “It’s great to be brought into the fold with People Plus,” she says.



would continue to paint and draw. In essence, at the age of 50, she began to commit to the identity of being an artist.

Noting that it feels natural to have a brush or ink pen in her hand, Dana paints and draws even as she talks. “When I go out, I throw a portable (art) kit in my bag. Everyone in this family has been drawn and sketched and stared at. It’s about noticing.” When she and her husband walk at Simpson’s Point, she will turn to him and ask, “Do you think there is any pink in that sky?” Or exclaim, “There’s so much green in the sky today.”

She suggests her next act may be more as a teacher of art than as a student. In fact, she is teaching two workshops at Merrymeeting this fall, one about pastel drawing and the other about combining pen and ink with watercolor botanicals.

Her favorite part of what she does? “It’s the beginning, the possibilities. The most interesting part and the hardest part is the start.” In the meantime, she says it’s been so long since she was in art school, that she doesn’t remember the rules. So she doesn’t worry about the rules. She’s now on a journey of discovery.



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