





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

35 Union Street • PO Box 766, Brunswick, ME 04011 • (207) 729-0757 • www.peopleplusmaine.org   August 2025 • Volume 25, No. 8

# ‘Uke’ are my sunshine!!



**THE PEOPLE PLUS UKULELE GROUP (PUGS)**, celebrated its one-year anniversary with strumming, singing, and a ukulele-decorated cake! Members of this growing club have fun playing over 100 rock ‘n’ roll and folk songs! (With words and music projected on the screen, it’s easy to follow along!) They’re also fairly big on ukulele puns and have been overheard to crack each other up saying things like, “I’m just stringing you along,” and “Don’t fret!” They meet on the second Tuesday of each month at 2:30 pm and invite you to come check it out. When you get there, they’ll probably say, “Uke can do it!” Bonnie Lundquist, coordinator of the PUGS, is shown at left.



## Here’s the scoop on the ice cream social!

Thursday, August 21, 1:30 pm

Don’t miss out on our annual Ice Cream Social for summer fun with friends! All our members are invited to attend.

Cool down the heat of August with a special ‘2-fer’ event featuring ice cream with all your favorite toppings combined with a celebration of our wonderful, dedicated volunteers. (The 2-in-1 event should be hard to top, but we’ll have a variety of toppings for those tasty scoops!)

As part of the fun, we will recognize the important contributions our volunteers have made in the past year. We simply couldn’t do what we do without them! From lunch crew to club coordinators to volunteer drivers and more, our volunteers are the heart of People Plus. We will announce this year’s volunteer awards at the social as well.

Please come and enjoy. Members only. Registration required, just call the front desk at 729-0757.



## Kicking off our 50th anniversary!

People Plus has improved lives for nearly 50 years – and we’re going to celebrate in a big way!

Our golden anniversary will be a year of fun events that honors everything that made People Plus such a vital place for thousands of older people over five decades! We kicked off the celebrations on July 1 of this year (beginning of our fiscal year) with a new logo and will finish with a grand celebration in summer of 2026!

Check your People Plus News every month for a schedule of activities, ways to participate and join the fun! We are also hoping to raise a special \$50,000 just for the 50th Anniversary!

How it all started... In 1976, People Plus started out as the Brunswick Area Community Center for Senior Citizens in

a storefront on Maine Street. A few years later it then became the 55+ Center and moved its headquarters to the St. Charles Church downtown. In 2004, it evolved into People Plus and then moved to its present location on Union Street in July of 2010.

No matter where it’s been or titled, “The Brunswick area is a better place because of the Center,” says longtime volunteer and former staff member Frank Connors

(who also calls members on their birthdays!) Noting all the good times as well as the challenging times, Frank adds, “We always seem to move forward, making new friends and nurturing the old, putting ourselves out there as examples, with experiences and moments to share. The exercise programs, food events, self-helps, ride sharing, phone calls, hikes, trips, advice, and happy moments are hallmarks of the People Plus Center. It all wraps into a positive experience for so many.”

May the Center prosper for another 50 years, improving all our lives, day after day. Get ready to light the golden candles and join the fun! We love seeing your smiling faces come through the door – it makes all our years even more special.



## 50th anniversary plans include:

- \* Big party!
- \* Book about 50 years together (including great recipes from People Plus members)
- \* New website (coming soon!)
- \* Member profiles focused on varied generations, starting with folks in their 90s
- \* Special speakers
- \* New swag, including T-shirts
- \* New logos (starting with this issue of the NEWS)
- \* ‘Through the Years’ synopsis of events in our history
- \* Photo gallery
- \* Time capsule
- \* Highlights of 50+ amazing offerings we provide and the many reasons our members love People Plus
- \* YOUR ideas on how to celebrate all that we have been – and will continue to be

## Annual member picnic – new location! Sept. 11 at Brunswick Landing’s P-3 Park

**Thurs, Sept. 11, 12 noon** (check-in starts at 11 am). salad, chips and celebratory cake for dessert. Don’t forget to register for our annual member picnic at the P-3 Park at **179 Admiral Fitch Ave on Brunswick Landing!**

Enjoy friends, lawn games, delicious food, and live music from *Off Their Rockers* – and wear the new **50th Anniversary T-Shirt!**

Lunch includes pulled pork, coleslaw, Frank’s slow-baked yellow-eye beans, watermelon, green

### Picnic admission

- **Lunch only:** \$10/ members, \$15/ non-members.
- **T-shirt and lunch combo:** \$15/members, \$20/non-members.
- **Extra T-shirts:** \$10/members, \$15/non-members.

Register after August 11th at the front desk to reserve your spot and order a T-shirt! (T-shirt pick up after Sept 1).

Then don’t forget to bring your own chair, sunscreen, a hat – and your appetite!







## ADVERTISE WITH US!

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207-607-4405

You see, when each of my daughters turned 10, I committed to do a mother-daughter trip when they were older. So, I began saving a little every year and developed a small budget for each trip.



My second mother/daughter trip was with Violet, my middle girl, when she was 19. It was Puerto Rico for us, and we LOVED



Hanging in the rainforest with Violet in 2022.

That left just my youngest daughter, Juliet, and as I mentioned above, she chose Mexico! She figured out a fantastic trip for us at a beach near Cancun in June. June is apparently an inexpensive time to go to Mexico because there's a lot of very smelly red seaweed that washes up on the shore on the eastern coast. Who knew??

Juliet did and luckily, she's a research savant and managed to find a resort that is shielded by an island. So, the beaches there were not covered in stinky seaweed! And we still saved nearly 80% off the normal cost.

It was a fantastic five-night stay at an all-inclusive resort, and we enjoyed every second. We did lots of FaceTime calls with her other sisters, went parasailing, enjoyed incredibly delicious, local Mexican cuisine, and drank cocktails poolside. It was a lovely little excursion, and I will treasure it forever. (And she even agreed to be photographed reading the People Plus news! See page 7 for that...)

It was then followed this month by our annual family trip to spend a week at Popham Beach in the house we have rented for 19 years. Juliet (that same 20-year-old daughter) has been going since she was one and doesn't remember a time without it in her life.

My other daughters were there too, of course, along with Jonathan and our dog Gia. And this year, my sister from Atlanta and her family joined all of us to create amazing family memories with cousins who

*Stacy Frizzle-Edgerton*



Juliet enjoying the amazing buffet in Mexico in 2025.

My brother always comes up from Boston for the week as well, so we spent an amazing week with both family and longtime friends (who have become like family) who rented the house next door.

We are so fortunate and deeply grateful to have this place every year. We all dig deep and go in together to split the cost. And

it's well worth  
memories.

There is a camping trip left for this summer as well as moving two of my girls either back to college or into new apartments. So, the fun hasn't stopped just yet.

And the best news is that Jonathan's daughter, Liz, is expecting her first child, a boy – name to be determined – on August 19. They live outside of Philadelphia across the river on a small farm in New Jersey and we could not be more excited to meet our new grandson soon. It will be the first boy born into the Edgerton family in 63 years! Do you think Jonathan is beside himself with joy? Absolutely!

So, as we enter the Sunday of summer, I hope you are all enjoying family and friends, coming to the People Plus Center to beat the heat and have fun, and making the most out of these long, lazy days....



29 Federal Street, Brunswick, ME  
(207) 725-5511 [www.BrackettFH.com](http://www.BrackettFH.com)

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





**THANKS FOR JAZZING UP THE JOINT!** Thanks to the People Plus members who donated art and to the volunteer crew of Board member Michelle Borodinsky, her husband Les, Board member Gail Kendrick and her husband Cy, who came in on a weekend to hang the lovely pieces in our newly renovated 2nd floor.

# Creating a golden future

People Plus is turning 50 – celebrating five tremendous decades – and we are planning for the next 50 years toward a secure and bright future!

With our Yellow Brick Road program, we invite you to place a “financial brick” that paves the way toward keeping our vital Center thriving. Check your People Plus News EVERY month to learn how you can give a little to make a BIG impact!

As we enter our golden anniversary, please consider becoming an honored member of the Yellow Brick

Road Society and communicate your legacy intentions through planned giving. It's a golden chance to support our mission to help others thrive in the decades ahead! And you'd be surprised how even the smallest gift can combine with others to forge a golden future for People Plus.

Note: To learn more about legacy/planned giving through our Yellow Brick Road program and join our society, please contact Stacy Frizzle-Edgerton, Executive Director of People Plus, at 729-0757



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The cupboard chronicles: After getting home from camp, what can we make?

Our 4th of July family celebration was a huge success! The total count was 27. The weather was sunny and warm. The water wasn't too cold and the black flies were gone – perfect for kayaking, paddleboarding, and swimming. My daughter had fun wake surfing behind a boat! The food plan worked out great, and we left with a bit of leftover smoked salmon and not much of anything else. The kiddos loved the sugar snap peas from our garden. I also brought scallions for the Mexican dip and arugula for the fig jam flatbread.

When we got back to Maine, we decided to use up what we had on hand. We had fun figuring out what to eat. We bought a few things, but not very much. These are some of the meals that we made:

- Crustless quiche with veggies
- I combined cooked chicken from the freezer with onions, garlic and hummus. I put it on naan and grilled the sandwich in a skillet to brown each side.
- Split pea soup
- Stir fry
- Sesame noodles

Now our pantry, refrigerator, and freezer are cleaned out, and it is just in time for the rest of our garden to flourish!

## From Anita's Plate

*Anita Nugent*  
(207) 504-6439



**info@nutritionforeveryday.com**

## Sesame noodles

### Ingredients:

- 1 package of your favorite Asian noodles
- 1 Tbsp. sesame oil
- 1 Tbsp. peanut butter
- 2 Tbsp. honey
- 1 1/2 Tbsp. rice vinegar
- 1 Tbsp. low sodium soy sauce
- 1 garlic clove, minced
- 1/2 tsp. fresh ginger root, minced
- 2 sliced green onions
- 

**Directions:**

1. Cook and drain the noodles according to the package directions.
2. In a bowl, add the sesame oil, peanut butter, honey, rice vinegar, soy sauce, garlic, and ginger. Whisk until well combined.
3. Pour the sauce over the hot noodles. Toss to coat.
4. Top with green onions.

# Community resource reminders

- **The Medicare Savings Program (MSP)** provides older people with help paying for Medicare. Individuals with monthly income of \$3,261 or less, and a couple with a monthly income of \$4,407 or less may qualify. Call AgeWise Maine at 877-353-3771 or Consumers for Affordable Health Care at 800-965-7476.
- **Maine Senior Farm Share Program** provides eligible low-income adults the opportunity to receive a share (worth \$50) of first-quality, fresh, local produce at no cost directly from local Maine farmers during the growing season. Applicants must be Maine residents 60 years or older, 55 years or older for Native Americans, or more than 18 years old for disabled adults living in a housing facility with congregate dining. Call 287-3491 or go to [seniorfarmshare.agr@maine.gov](http://seniorfarmshare.agr@maine.gov)
- **211 Maine** helps connect you to all kinds of resources you need. Find health, financial, and education services via phone, text, or by searching our online directory.
- **The Good Shepherd Food Bank website** has information on area food pantries and services via a map to plug in your zip code. [www.gsfb.org/food-map](http://www.gsfb.org/food-map)
- **The Center for Medicare and Medicaid Services** has updated 2025 spousal impoverishment standards. The new allowances, which took effect July 1, are some of those that apply when married individuals seek coverage of certain long-term services and supports via the Medicaid program. [www.medicare.gov](http://www.medicare.gov)



# New Movies!

# Classic Movies!

## Special Events!

**Check our website for  
New Summer Hours at  
The Eveningstar Cinema!**



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







**WATCH OUT AS OSCAR KNOCKS IT OFF THE TABLE!** People Plus' longtime table tennis players never stop having fun four days a week at the Center! As coordinator Steve Winter says, "We laugh a lot and have fun." When's the last time you played a game of ping-pong? You're welcome to join in anytime whether you're a beginner or an Olympian! Beginners are offered instruction as needed. The group plays Monday, Tuesday, Thursday, and Saturday mornings. See the calendar on Page 5 for times.

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](http://peopleplusmaine.org/wednesday-walkers-monthly-schedule)

**Aug. 6.** Planning meeting and a walk. Meet @ PP at **9 am** to share your ideas and help plan the walks for September! Then we'll walk at Brunswick Town Commons.

**Aug. 13.** Skolfield Shores Preserve, Harpswell. Carpool: meet @PP by 9 am or at site by 9:30.

**Aug. 20.** Hackett & Minot Trails, Harpswell. Carpool: meet @PP by 9 am or at site by 9:30.

**Aug. 27.** Bowdoin College Schiller Coastal Studies Center, Orr's Island. Carpool: meet @ PP by 9 am or at site by 9:30.

#### Program Notes for August

These activities are taking August off.

- \* Lunch and Connections
- \* Men's and Women's Breakfast
- \* Movie Monday

### Intro to Modern Square Dancing

**Thu, Sept. 4, 1:30 pm.** Modern square dancing is a great way to get physical and mental exercise, while having fun moving to a variety of music ranging from Rock & Roll to Country, Gospel, and more. Square dancing is historically connected to English, French, and Native American influences. In this free workshop, our caller will step you through beginning square dancing so you can join in the fun. No experience needed! Experienced dancers will also demonstrate more advanced steps that you can learn through classes available from SAGE Square and Round Dance Club. This workshop is free, open to the public. Folks are invited to sign up either with or without a partner. Registration is required; call Sarah at the front desk at 729-0757.

*Note: SAGE is also offering free introductory sessions on Sept. 9 and 16, from 6:30-8:30 pm followed by an option to take a 6-session course (\$36 per person), all at St. Charles Borromeo Church, 132 McKen Street in Brunswick.*

### 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.

### Apple Device Tutoring

**Thu, Aug. 28 and Fri, Aug 29, 9:30-12 noon.** One-on-one Apple device tutoring sessions. Bring your iPhone, iPad, Macbook, etc. Members only. Call starting Aug. 3 to book your appointment.

SAVE THE DATE!

PEOPLE PLUS

OPEN HOUSE

Wed., Sept. 17, 11 am-1 pm

- Tour the Center and meet the staff!
- Learn about classes & clubs!
- Enjoy free refreshments!
- Bring a friend!

Come join the FUN!!

50 Years!

People Plus!

Building Community Since 1976

### Medicare 101

**Tue, Aug. 12, 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.

### TECH TIPS

How do I block and delete unwanted texts on my iPhone?

- Open the text.
- Go to the top of the screen where there's a darkened circle with a profile of a generic person in white. Click on that darkened circle.
- That brings up a screen that shows a white button with 'info' in blue lettering at the top right of the screen. Click on that button.
- That brings up a screen that shows Block Caller in red lettering at the bottom of the screen. Click on Block Caller.
- That brings up a choice in red lettering to Block Contact. Click that and that phone number will be blocked from contacting you. (You can unblock it later if you choose.)
- Now go back to the original text that you opened, click on bottom of screen where it says Report Junk in blue lettering, then hit Delete and Report Junk.

### Exercise is COOL at the Center!

Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, Zumba, and Getting Stronger are inside with air conditioning! \$7/class for members (\$12 for non-members) and you can try any class once for free!

#### Activity Punch Cards.

FMI 729-0757 or stop by to purchase a card! \$35/5 classes, \$70/11 classes.

## Register now for the 2025 Senior Health Expo!

Please mark your calendar for one of the People Plus Center's top events, the Senior Health Expo, scheduled for Thursday, Oct. 9th, from 9 am to 1 pm.

The highly successful and well-attended Health Expo will take place at the Brunswick Recreation Center, located at 220 Neptune Drive (on the former Brunswick Naval Air Station).

Table and sponsor registration is open. Please note these key dates: "Be on the bag" sponsor deadline is August 22, and table registration deadline is September 5.

The Senior Health Expo will showcase resources in Medical Services, Fitness and Health, Technology, Legal, Financial/Banking, Food/Nutrition, Housing/Respite Care, Community Services and more!

There will be free swag bags for the first 500 attendees! Admission and all services/demonstrations are completely free!

Visit [peopleplusmaine.org](http://peopleplusmaine.org) for more information on the event, including table registration and sponsorship opportunities.

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

Trips are open to the public - bring a friend!

#### Shades of Ireland

May 3-12, 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 & 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!

### Thank You 2025 Lead Sponsors!

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Mon	Tue	Wed	Thu	Fri	Sat
<div><div>Scan here to access the most up to date calendar online.</div><div></div></div> <div><div>Calendar page sponsored by</div><div>MaineHealth</div></div>				<div>1</div> <div>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</div>	<div>2</div> <div>9:00 Zumba 10:15 Table Tennis</div>
<div>4</div> <div>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 Int/Adv Duplicate Bridge</div>	<div>5</div> <div>9:00 Int/Adv 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 Spanish Club 6:30pm Toastmasters</div>	<div>6</div> <div>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</div>	<div>7</div> <div>9:00 Table Tennis 9:00 Beg/Int Bridge 9:30 Art Class 11:00 Yoga 6:00pm Int/Adv Belly Dancing</div>	<div>8</div> <div>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</div>	<div>9</div> <div>9:00 Zumba 10:15 Table Tennis</div>
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<div>18</div> <div>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 Int/Adv Duplicate Bridge</div>	<div>19</div> <div>9:00 Int/Adv 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 2:00pm Books a la Carte</div>	<div>20</div> <div>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</div>	<div>21</div> <div>9:00 Table Tennis 9:00 Beg/Int Bridge 9:30 Art Class</div> <div>1:30pm Ice Cream Social</div> <div>6:00pm Int/Adv Belly Dancing</div>	<div>22</div> <div>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</div>	<div>23</div> <div>9:00 Zumba 10:15 Table Tennis</div>
<div>25</div> <div>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 Int/Adv Duplicate Bridge 7:00pm SAGE Dance Club</div>	<div>26</div> <div>9:00 Int/Adv Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Flower Project 10:00 Yoga 1:00pm Game Day 1:00pm Qigong 2:30pm French Club</div>	<div>27</div> <div>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 6:30pm Bruns. Coin/Stamp</div>	<div>28</div> <div>9:00 Table Tennis 9:00 Beg/Int Bridge 9:30 Apple Device Tutoring 9:30 Art Class 11:00 Yoga 12:00pm Footcare Services 1:30pm Apple Club 6:00pm Int/Adv Belly Dancing</div>	<div>29</div> <div>9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Loosen Up 9:30 Apple Device Tutoring 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick</div>	<div>30</div> <div>9:00 Zumba 10:15 Table Tennis</div>

Register for activities by calling 729-0757

## CENTER CLUBS

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

**Apple Club**  
**Thu, Aug. 28, 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**  
**3rd Mon, 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, Aug. 12, 2:30 pm.** Come jam with us! All abilities welcome (must be able to play basic cords). Bring your own ukulele.

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

**Write On Writers**  
**Wed, 1 pm.** Meet to share writings.

**GAMES**  
**Duplicate Bridge. Mon, 1 pm.** Intermediate/advanced players. Must come with partner.  
**Bridge. Tue, 9 am.** Intermediate/advanced.  
**Thu, 9 am.** Beginner/intermediate.  
**Cribbage. Wed, 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. Tue, 1 pm.** Game time with friends. Use our games (scrabble, Brunswickopoly, Uno, and more) or bring your 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. 2nd & 4th Tue, 2:30 pm.** French language club meets to chat in French.  
\*Some clubs are taking August off. Please check the calendar to verify meeting time.

## Foot care services

Terri Burgess, RN, offers foot care at People Plus on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month, 12-4 pm. Clients will complete a release waiver/registration form, remove shoes and socks, soak feet in the provided foot bath, then meet with Terri for a consultation. Services could include

toenail filing, foot moisturizing, and mini foot massage. 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.

## MAINEHEALTH LIFESTYLE MEDICINE BRUNSWICK



## New Name, Same Commitment to Health

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

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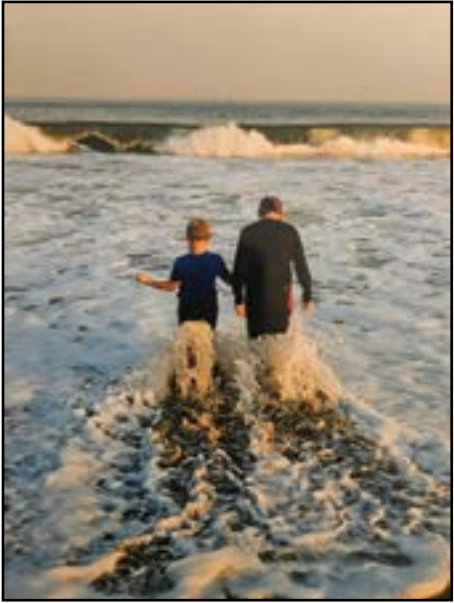


# August can be a beach...

I can tell you in complete, absolute, and extreme confidence that there are 1,748,619 “swimmin’ holes” in our State of Maine, and after that I’d suggest that number might certainly be conservative. My DeLorme Atlas says it’s 293 beautiful miles from Kittery to Eastport, but, as the story goes, if you follow the coves, the rivers, the bays and inlets on the coast, that number comes closer to 3,000 miles. Then we have fresh water. Maine has something like 6,000 lakes and ponds, from huge Moosehead, Sebago, and Rangeley to that little pond, puddle, or stream just down the road from your house. Pick or revisit your personal swimmin’ hole from any of these possibilities; you won’t be disappointed.

Famous for its rockbound coast, Maine can still claim miles of white, sandy beaches. Iconic Old Orchard Beach is perfect at any tide, and has its other “distractions” when, or if, you get tired of the sun and sand. Towns like Wells, York, and Ogunquit have miles of unspoiled beaches, if you don’t mind beaching shoulder-to-shoulder with out-of-staters and paying excessive parking fees.

Stacy would tell you that Popham Beach



is the premier beach of Maine, and I’d agree, if it weren’t for Seawall Beach, just across the Morse River from Popham. Seawall is part of a conservation easement managed by Bates College. Parking and access are limited, so get there early or go back to Popham. This beach waits at the end of a two-mile walk, but its sweeping sands, rolling surf, and all-but-assured solitude make it worth every step. No Monica, there is no truth to the rumor that Seawall is a nudist beach (not anymore anyway, or not all the time.)

Of course, Popham has a sister beach in Reid State Park. On a day when Popham is packed full and parking is out to the road, Reid, with its two beaches and sheltered lagoon, will have plenty of space, I promise. Guess what? The water’s the same and if you check your mileage, you’ll find Reid and Popham are both located at the end of a 16-mile drive from Brunswick!

Before I leave the salt water, I have to add a line (or two) about Small Point Beach

(often known as Head Beach). Here is the beach of my youth. Drive past Popham, past Seawall, past Sebasco. It’s still there. I had six brothers and sisters growing up, so our mother found Small Point as a practical place for kids. Waves lap, they don’t crash. There is no crosscurrent or undertow. It was a great place to eat a sand-dusted peanut butter sandwich, to explore rock holes for periwinkles, sand dollars and crabs, and to develop a lasting love for Maine’s share of the mighty Atlantic.

What of the lakes, rivers, and ponds? Maine does seem to have an unlimited supply. Growing up, the brothers and I were swimming in the Cathance River or Rideout’s Brook when our mother thought we were in church. A decade before I had a car, I had a canoe gliding across Merrymeeting Bay and the Kennebec, and most rides finished with a “splash” overboard. Who cared those were the days before the Clean Water Act, and the water might have been less

## MAINE & me

by Frank Connors



than perfect?

Most of Maine’s precious state parks have a water component. From Rangeley, to Sebago, to Moosehead and tiny Peacock Beach, (look it up, it’s in Richmond and a great place for grandkids to learn to swim) they all are worthy of an afternoon. A kayak, a canoe, a floating tube will add a dimension you won’t soon forget. By August, most of the big lakes have water temperatures anyone might enjoy (roughly 15-20 degrees warmer than the ocean) and there are no tides, no crashing surf, and usually, you’ll be surprised by the numbers of folks you encounter.

So, get the grandkids in your car, walk the sand on a beach where the tidewater teases your feet. Circle a pond or riverbank near your home and listen to the frogs and mosquitoes. If you’re fair-skinned, get knee-deep so your whiteish legs don’t burn – or let it all hang out and dive in! It’s a memory you won’t soon forget, a memory you’ll savor next winter, when all is covered with ice.

**If you go:** *The Phippsburg peninsula can be at the heart of almost any Mid-Maine adventure in August. Get to Bath on Route One, bear right at the Route 209 ramp just before you pass that big BIW crane. If you get to the Route One bridge over the Kennebec River, you’ve gone too far. As you head south, pass the Maine Maritime Museum. The road to the beach continues as Route 209, which then ends at Popham Beach and the old granite fort. State parks are free for anyone 65 or older. Head Beach in Small Point charges \$15 per car and is closed when capacity is reached.*

### FRANK’S FACT

Follow almost any road, trail, or path in Maine, and within a mile or two, you’ll have found yourself a swimmin’ hole. Watch for and avoid the “No Trespassing” signs and the Poison Ivy patches, dip a toe, or go for total immersion; it’s what August is all about.



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NEWS!

# TRAVELS!

When you're on a trip, don't forget to send us a picture with your People Plus News!



**YOU NEVER KNOW WHERE YOU WILL FIND THE PEOPLE PLUS NEWS!** Frank Connors enjoyed the paper while stopping at Bermuda's oldest pub at the Swizzle Inn on a family trip last month. Established in 1932, the inn created Bermuda's national drink, the rum swizzle. Frank is evidently so famous he had to go incognito! Stacy and daughter Juliet, on the other hand, enjoyed their People Plus News poolside in Mexico. It would appear Juliet was also enjoying a piña colada... We wonder which she liked better?

**HAPPY HAPPIEST OF BIRTHDAYS TO OUR MUCH-BELOVED EXERCISE INSTRUCTOR, SUZANNE NEVEUX!** She was very gracious as we crashed her class last month with birthday cake! The class joined in immediately to sing "Happy Birthday" to their favorite teacher! We love you, Suzanne!

### Center Rental!

Looking for a place to hold a baby or wedding shower, committee meeting, class, memorial service, birthday party or another event? You can rent our back room, cafe and kitchen area, hall or the whole Center! We have evenings and weekends available. FMI [programming@peopleplusmaine.org](mailto:programming@peopleplusmaine.org) or 729-0757.

## Gone but not forgotten –

<b>Susan Smith</b> Oct. 6, 1940 – May 4, 2025	<b>George Potter</b> April 29, 1936 – June 25, 2025	<b>Peter Watson</b> April 9, 1936 – June 28, 2025	<b>Gloria Elwell</b> Aug. 15, 1939 – June 29, 2025
<b>Mae Irma DeWitt</b> March 5, 1939 – June 30, 2025	<b>Phillip Reidy</b> May 11, 1949 – July 4, 2025	<b>Antonio “Diggy” Lacroix</b> Jan. 2, 1962 – July 24, 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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# ‘Upcycled’ art show benefits People Plus





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People

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Plus!

Hats off to the lunch crew!



**HAVE YOU HAD FREE SOUP FOR LUNCH ON MONDAY AT THE CENTER?**  
If not, you've missed meeting Judy Hardin and Grace Tetreault! Judy (L), who runs our monthly luncheon, was helping last Monday when she met Grace, our Bowdoin Fellow. Upon hearing Grace's last name, Judy immediately replied, "We are related!" Turns out that Judy's grandmother is Grace's great-grandmother's sister! Only at People Plus...



**WHAT'S THE SUMMER WITHOUT A PIZZA PARTY?**  
And giving our volunteer culinary crew a break from the heat of the kitchen! Thanks so much to all our volunteers as well as Rusty Lantern Market for donating the pizzas! Do you think Rick Hendsbee ate all those pizzas by himself??

**Do you live alone?**  
The Good Morning program is a FREE daily safety check-in phone call *providing peace of mind*. In partnership with Brunswick Police Department  
**Sign up now!**  
729-0757 [peopleplusmaine.org](http://peopleplusmaine.org)

Aug. 5, 6 & 10

Senior Days at the Topsham Fair!

\$20-regular admission \$5-senior admission (65+, on specified days)

The 171st Topsham Fair will take place at the Topsham Fairground on August 5-10, 2025. A regular \$20 admission gets you an unlimited ride bracelet, and on August 5, 6, and 10, seniors 65 and older can get in for just \$5 (excludes rides). Hours are Tuesday-Saturday, 8 am-10 pm and Sunday, 8 am-7 pm. FMI visit [www.topshamfair.org](http://www.topshamfair.org).

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SARAH AND AL BOOTHBY ARE FAITHFUL GARDENERS at the town’s Senior Gardens, managed by People Plus. They often show up every day to care for their many vegetables. Sarah handles the watering, and Al is usually the one to pick up the hoe. They have the largest plot and consider it therapeutic to tend it.

# 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 , ashleyn151@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**, Free Maine State Inspection for People Plus members  
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**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

**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  
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www.eveningstarcinema.com

**Fairground Café**, 10% off, anytime  
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**Hearts & Hands Reiki**, 10% off first visit  
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**Lee’s Tire & Service**, 10% off parts (not tires)  
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27 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  
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www.msmt.org

**Pauline’s Bloomers**, 10% off in-store purchase (in person only)  
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www.paulinesbloomers.com

**Reflections (Salon)**, 10% off, Mon & Fri  
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Birthdate

☐ Female ☐ Male

Email

Emergency Contact

(name)

(phone)

(relationship)

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Phone

Birthdate

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(name)

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Additional Donation\*: \$  
(\*donations are tax deductible)

Total: \$

Volunteer Opportunities at People Plus

I'm interested in:

☐ Lunch Crew: prep, cook, setup, cleanup

☐ Reception: check-in, answer phones

☐ Teen Center: meals/snacks, share skills

☐ Volunteer driving: give rides to appts/shopping

☐ Committee work: finance, development, programming, etc.

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Poems & Prose

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

The Island of Darkness and Light

It could be anywhere, but it isn't. The hint of pink in the sky with low clouds flowing, enveloping mountaintops. Ancient lava flows surround pointed mountain peaks – silent sentinels, reaching for the sky. Lava caves, magical tubes lacing the underground, wander below. The scene is timeless.

It could be the edge of dawn, but it isn't. Dawn departed many hours earlier but will return with tomorrow's promise. Daybreak illuminates beauty, revealing mysterious wonders.

Tonight the sun has set, leaving a few twilight hues peeking through shrouds of swirling cirrus clouds. These swathes of visible moisture veil enigmas, where hushed angels sleep. Perhaps later, tinges of Northern Lights will illuminate the nighttime sky, inviting the angels to dance.

Listen. You might hear the eternal wind humming a lullaby. This land of ice and snow, in geological times, is young, and youngsters enjoy lullabies. This land is energetic, saturated with the process

of becoming. Evolution unfolding. Here in Iceland one can inhale clean air, drink pure water, stand on ice, walk on lava fields, listen to roaring waterfalls, or bathe in a warm lagoon. I can imagine myself melding into the landscape.

Violent explosions of molten lava have announced this land of magic for 13 million years – a short time in Earth's history. Volcanic eruptions continue to add more land to this island where ice melts give rise to lowland, glacial rivers, racing to the sea. Here we witness the birth of beauty in many wondrous forms. It is a place of conflict evolving into harmony. It has much to teach us. Wisdom can come through nature when we pay attention. Iceland's energy bubbles and flows with an indescribable power to inspire.

And as a writer, I yearn to be inspired. So, I traveled here to write about the sounds of silence, the beauty of darkness, and the promises of light.

– Laura Lee Perkins

Meeting a New Person

This summer People Plus members were invited to become a Bowdoin College student's phone pal. My 6<sup>th</sup> grade teacher had our class have pen pals, so I thought a student phone pal would be rewarding. I was given Karen's name and was informed she would call me. On April 27<sup>th</sup> an unknown phone number rang. I thankfully risked answering it, and Karen became a new person in my life, my Bowdoin phone pal.

Several weeks of phone conversation provided introduction to each other. She is from Burundi, East Africa, by the lake, she adds. She is the first in her family to come to America. Karen will enter her sophomore year at Bowdoin in September and is staying in Brunswick for the summer living on campus with two roommates. She is working at the Peary-MacMillan Arctic Museum researching a collection of artifacts sent from Canada related to Peary's historic Arctic voyages.

Several weeks ago, Karen attended Mid-Coast Presbyterian Church, where we met each other in person for the first time. She walked from Bowdoin in spite of a rain

shower prediction. She was warmly welcomed, listened intently and a church friend gave her a ride home. Our second person-to-person visit took place July 4<sup>th</sup> at the Brunswick Farmers Market on the Mall. Our church has a table of Maine-made crafts every Friday. Marie, Paula, Belinda, and I imagined a crowd on the holiday, which was not the case. People most likely celebrated the holiday with family and local festivals. Karen stayed with us until our ending time and helped us pack up. It was pleasant for all of us. She shared her Bowdoin experiences, some family life, facts about Burundi, and her future goals. She also had questions for us. She enjoys living in beautiful Maine and says Maine people are very friendly and special. She plans to return to the farmers market and also attend church again. She hopes to come to People Plus Center when her schedule permits. I look forward to our weekly phone visits.

– Betty Bavor

*Note: The phone pal program is a summertime program run by Bowdoin College students, and we hope it will return next summer.*

A Boat Ride

My husband and I had made an appointment for a 3:30 p.m. boat ride in advance for last Sunday through the Maine Maritime Museum. Our 4-hour trip was called Burnt Island Lighthouse Adventure. The boat was called the *Merrymeeting* and could accommodate 50, although there were only about 27 onboard that day.

After boarding, the boat quickly turned around and headed north on the Kennebec River for some up-close photos of the newest ships at the Bath Iron Works. Then it quickly turned into the Sasanoa River through some interesting tidal currents with "No Wake" signs. There were many twists and turns following the river's channel. Viewing out the big, enclosed windows, we saw large, beautiful year-round homes.

Out in the open water we slowed to view huge, black seals and younger white seals. Also, on several occasions the osprey nests and the eagles were pointed out.

We arrived at Burnt Island south of Boothbay Harbor with 26 minutes to walk ashore visiting the lighthouse and the 1857 keeper's house. In the early 1800s, Burnt Island was burned to promote the growth of new grass for sheep, hogs or rams. I counted 10 islands in Maine called Burnt Island. They provided fresh pastures and a natural boundary eliminating fencing for animals.

In 1821, the U.S. purchased the five-acre island for \$150, and this ended its use of sheep grazing, and the island was never burned again.

– Nonie Moody

Angels Among Us

I believe there are angels among us. At 84, I wrote my last book, A dream of many years to honor family. I hoped my words would be remembered. A problem, I could not do it alone. Then, angels came to my door. Paul and Laura were two. They took my stories and worked many hours To help complete my family dream book. As I hold it in my hands, From *Red Dirt Oklahoma to the Pearly Gates*, I know there are angels among us, I've met two.

– By Bonnie Wheeler

Daydreaming

Like the wind upon the sand  
Like a bottle bobbing gently in the waves  
Like a leaf that floats before it lands  
or summer flowers that hold my gaze.

Like clouds that move on a silent breeze  
or the rustle of the woodland trees.

Like a soft summer rain  
that taps against my windowpane.

Like the peaceful flow of a sleepy stream  
inviting me into a dream.

Like something one cannot touch  
daydreaming is very much

Like a release from the worries of the day  
A pause to feel things in a different way.

But, oh, the time I am squandering  
As my mind just keeps wandering.

– By Ellen Brown



Join us!  
Wed, 1 pm

Silence, Yes or No?

As a nurse for 60 years, I prefer silence. I remember some evening shifts when I would hear the word NURSE so many times. People wanted pain meds, urinals emptied or bedpans, a drink of water, something. Yes, I have many friends now who live alone! They live in their home, small apartment, small mobile home, or room in a boardinghouse. All of them prefer to have noise with them. My brother in his apartment has two radios playing at the same time, one in the kitchen and one in his bedroom. My friend who lives in her home has her television on all the time. Another friend of mine who lives in a mobile home has her TV on all the time.

And a guy friend who lives in a boarding-house has either his TV on or music playing. I listen to music when I am cleaning my apartment because my husband, Chris, did that and he was able to keep his mobile home super clean that way. I feel more in control not watching TV ever since my husband died. I think it is because so much news is bad news, and I would rather not think about it as much now as I did when I was younger. I seem less able to handle bad news as I age. I think silence is good for some people, but for others maybe not. It is good for me at 77, since I had little of it during 60 years!

– By Lucy Derbyshire



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### Concerts for a Cause series donates thousands to Teen Center

Taylor Carter, director of the Brunswick Area Teen Center, and Louise Gephart of the Unitarian Universalist Church of Brunswick, hold the check for \$5,162 donated by the church from its Concerts for a Cause proceeds during the recent concert season. The performances are part of the church’s commitment to the arts and to supporting the important work of local nonprofits. As Taylor noted, “These concerts are such an incredible opportunity for the community to come together for a good cause and enjoy some really great music. I had the chance to share information about the Teen Center with people from all over the country, and it wouldn’t have been possible without the UU Church.”



# What do water balloons and pickles have in common? Read on!

Another summer is just breezing by here at the Teen Center! We’ve spent our time mini-golfing, swimming, writing stories, watching some wildlife, hitting the trails, gardening, experimenting with improv, making pickles, and so much more! By the way, the kids declare Pickle Day whenever they can.

We’re so incredibly grateful to Bowdoin College for all of the support they’ve provided to help make our programs happen. They have generously loaned us an extra vehicle so we could double the capacity of our summer field trips and our Bowdoin Fellow has been essential to helping us grow the variety of activities we’re able to offer all summer long. We can’t overstate how thankful we are for their continuing support.

Since this was our first summer here at the Coffin School building, we weren’t really sure how it would all work out, but this new location has been such a boon to the variety of activities we can do. We’ve been able to incorporate so many more things like water balloon fights, gardening, chalk art competitions, tie-dyeing, and

more to get our kids outside together. The new location also brought more teens to us that don’t have the same opportunities to go to summer camp or to the beach with their friends. Toward the end of the school year, before we had our summer fully planned out, we had one girl approach us and ask if we’d be going on any swimming trips this summer. When we told her we definitely would and that we’d be doing a dozen other outings as well, she told us, “Good. My parents couldn’t send me to camp this year, and I didn’t want to be the only kid stuck in my house all summer.” She is here almost every day and has joined us for almost every trip. The teens we see during the summer are always incredibly grateful to have a place they can go to be with their peers and do everything on a typical teen’s summer to-do list for free.

Providing all of these incredible opportunities to our teens wouldn’t be possible without the overwhelming community support we receive, so I wanted to pass along the thanks of all our teens to our generous supporters and especially the

### Brunswick Teen Center News

Taylor Carter



Nathaniel Davis Fund for covering the cost of all of these great outings. While I’m mentioning things to be thankful for, I’m excited that as we make our way through August, we don’t have to move the whole Teen Center across town again in our spare time. That means we can keep the summer vibes going for our teens as long as possible. I’m sure the teens would prefer we pretend school didn’t exist and they don’t have to ever go back. On the other hand, I’m excited for the school year to start again so we can catch up with all the kids we haven’t seen this summer. Here’s hoping the last few weeks of summer are full of beautiful weather and plenty of adventures!

Until next time,  
Taylor and the teens

### Will you bake for our teens?

With summer in full swing, we are hopeful that People Plus members who love to bake will help us keep our teens happy with sweet treats and savory snacks on hand! Please try to avoid anything with nuts, but other than that they love everything including pans of brownies, cookies of any type, pie or ice cream. You name it they want to eat it in the summer! Thanks so much for baking!



**THE TEENS WERE REALLY EXCITED TO GET A GIANT RED COUCH LAST MONTH!** Thanks to George Gilmore from The Alfred M. Senter family for donating this amazing couch to the kids! They plunked it down in front of the kitchen counter as a holding spot and it’s still there weeks later. It seems they like to hang out in the kitchen, because of course that’s where the action is! Thanks again, George!



**DID YOU KNOW KIDS WILL EAT MORE VEGETABLES IF THEY GROW THEM?** We are seeing that come to fruition at the Teen Center program this summer! They’ve been planting, tending, harvesting, and eating the vegetables! It’s been amazing and we’re so appreciative to the Maine Women’s Giving Tree, First Parish Church, and the Unitarian Universalist Church for supporting the garden project!





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# Teens hit the road for summer field trips!



AS WELL AS ENJOYING THEIR OUTDOOR SPACE at the Teen Center, the teens have been thrilled with on-the-road visits to Maine Wildlife Park, Desert of Maine for mini-golf, and the coast of Maine for hiking and shell collecting. Special thanks to Bowdoin College for the use of an additional minivan.



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.

The fall term starts September 8. Course topics cover the gamut, such as: Greek history, modern architects, a tour of Merrymeeting Bay, the U.S. Supreme Court, engaging with AI, the immigration crisis, and more!  
Go to [midcoastseniorcollege.org](http://midcoastseniorcollege.org) for more information.

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

# Monthly Update

August 2025

**hannaford.2givelocal.com | Fight Hunger Bag Program**





### Weekly Winners

DUPLICATE BRIDGE

**June 30.** 12 teams. *N/S*  
1. Donna Dillman & Linda Earle 65.0%  
2. Judy Johanson & Bobbie Wheeler 56.1%  
*E/W*  
1. Norm Curthoys & Richard Totten 65.6%  
2. Kathy Kenyon & Hugh Kirkpatrick 65.0%

**July 7.** 13 teams. *N/S*  
1. Bobbi Robertson & Jim Burnett 72.4%  
2. Norm Curthoys & Richard Totten 54.3%  
*E/W*  
1. Duffy Tyler & John Stadler 62.8%  
2. Gail & Cy Kendrick 54.4%

**July 14.** 11 teams. *N/S*  
1. Donna Dillman & Linda Earle \*56.9%  
1. Norm Curthoys & Richard Totten \*56.9%  
*E/W*  
1. Cotheal Linnell & Keith Rattue 65.0%  
2. Cathy Cooper & Michael Land 54.2%

**July 21.** 13 teams. *N/S*  
1. Duffy Tyler & John Stadler 63.3%  
2. Donna Dillman & Sherry Watson \*53.9%  
2. Kathy Kenyon & Hugh Kirkpatrick \*53.9%  
*E/W*  
1. Gail & Cy Kendrick 71.9%  
2. Barbara & Don McHarg 55.2%

**July 28.** 9 teams.  
1. Gail & Cy Kendrick 62.5%  
2. Donna Dillman & Sherry Watson 58.3%

### CRIBBAGE

**July 2.** Richard Rush = 708  
Leo Robichaud = 707  
David Bertocci = 706

**July 9.** Tenna Crabtree = 726  
Paula Palaza = 708  
Rollande Fortin = 704

**July 16.** John Bouchard = 722  
David Bertocci- 717  
Richard Rush = 708

**July 23.** James Cherry = 717  
Richard Rush = \*712  
Tenna Crabtree = \*712

**July 30.** James Cherry= 714  
Jim Howe= 712  
George Hardin= 708

\*tie score

# Getting to Portland: Ditching travel travails to ride the rails

When my son comes to see me in Brunswick, he takes the Downeaster train from Portland. And sometimes when I pick him up at the station downtown, I imagine he's arriving from Amsterdam or Vienna. (I've read you're always supposed to agree with your imagination, so I indulge it.) In any case, when I was 20, I got hooked on trains while traveling through 10 countries on a Eurail pass my older sister bought me – and many of those train cars had compartments for six people, some of whom offered up bread and cheese to share. That might be part of why I got hooked.

My son has often encouraged me to take the southbound train to Portland from here, but I've hesitated because that meant using a bus or ride share app to get downtown from the station. News flash: If you want to take your grandkids to the Children's Museum & Theatre or the Cryptology Museum or have a restaurant lunch or dinner at Thompson's Point in Portland, it's only a short walk via sidewalk from the train station! You could even go farther to Old Orchard Beach, where the train makes a summer stop practically across the street from the beach and carnival rides.

As it turned out, I loved ditching my car. The steady thrum of the rails, the lack of car engine noise, the comfy seats and leg room, the long, low toot of the whistle as a crossing nears, the ding-ding-ding of the bell as the

crossing arms came down – it all added up to soothing enjoyment. I especially savored not having to navigate fast drivers, lane changes, and 3,478 orange cones and barrels strung out along I-295.

I left Brunswick on a Saturday at 12:55 pm, boarded, and picked a seat where I had the most panoramic view. But when the train pulled out, I realized I was facing backward. Not sure I wanted to gaze out the window in reverse for 48-minutes, I easily moved to a different section of my train car that had front-facing seats.

On the ride south, scenery never seen from the highway flashed by; it turns out, there's more farmland in Cumberland County than I knew. When we got to Freeport after 13 minutes, a helmeted young man grabbed his bike that was hung on a special rack near the door and got off. Other people made their way on, bearing suitcases and shopping bags, perhaps from an overnight stay in the retail mecca.

As we traveled along, an uplifting sense of freedom caught me by surprise. Not needing to be vigilant behind the wheel of a car, I could read, think, or just watch the landscape pass by. I chose the last one .... How often do we get a chance to do nothing?

Once we entered Portland, cars at busy intersections were stopped as they waited for our train to pass, something I've done countless times as a driver. As we glided through,

## Thinking out loud

Charmaine Daniels



news@peopleplusmaine.org

it felt like we were royalty.

Nearing the station, an odd thing happened. The train slowed, stopped, and started to go backward. An announcement let us know this happens because the Portland station is located on a branch line that doesn't allow for direct entry. The maneuver takes 15 minutes, which is why Amtrak is trying to develop a station closer to the main line downtown.

One part of the train trip that I also liked was the price: \$4.96 for the round trip at the senior rate, roughly equivalent to the cost of gas for the same trip. And I never once worried about being at the mercy of someone texting while driving or about where to park and how much it would cost.

That night, I arrived back in Brunswick at 8:40 pm and walked to my nearby car feeling calm and carefree. If you have grandkids, they might just love the train trip, but I bet you will too!

## THE DETAILS

The train makes five daily round trips. Go to [amtrak-downeaster.com](http://amtrak-downeaster.com) for schedules and tickets. On the website, be sure to check on service alerts to see if track work is affecting the train schedule. (If you're headed to downtown Portland, you can also take a city bus from the train station, and the scheduled link-up times are convenient, especially Monday-Friday.) If you buy a ticket online as a senior (65+), select "Senior" and a 50% discount automatically applies. Children 2-12 travel for half price, as do people with disabilities (use promo code v453 if you have a disability). Active military and veterans get 10% off. You can buy tickets online or at the Brunswick and Portland ticket machines, plus the



Portland station often has an Amtrak employee at the counter. The trains have a snack car, free wifi and outlets to charge your phone.

Note: There is another way to get to Portland without driving. A Greater Portland Metro bus called the Breez runs between Brunswick and Portland. It makes more stops than the train, including several convenient ones in downtown Portland, and takes roughly the same amount of time. It also stops in Freeport and Yarmouth and makes 15 round trips Monday-Friday with 6 round trips on Saturday. Though the bus runs more frequently than the train, I found it to be noisier and less comfortable. Of course, you could take the train one way and the bus the other, since the Breez goes to the Downeaster station at the Portland Transportation Center! A one-way ticket is \$4 adult, \$2 senior. Go to [gpmetro.org](http://gpmetro.org) for route and schedule info, including link-up times with the train if you're headed downtown.

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### OUR COMMITMENT

The Mid Coast Hospital Auxiliary is committed to supporting Mid Coast Hospital's mission to deliver outstanding healthcare in our community.

### WHO WE ARE

The Mid Coast Hospital Auxiliary is a group of community members who support the Mid Coast Hospital mission of working together so our communities are the healthiest in America. Since 2001, we have been actively supporting the hospital and community through a range of programs and initiatives.

### WHAT WE DO

With opportunities to learn new skills, auxiliary members help our community-based hospital through volunteering at the hospital, as well as organizing and participating in community fundraising events.

### JOIN OUR TEAM

Auxiliary members contribute \$15 in annual dues.

Please visit [mainehealth.org/mainehealth-mid-coast-hospital](http://mainehealth.org/mainehealth-mid-coast-hospital) to make a donation or download the MCH Auxiliary membership form. To become a member, mail the completed membership form and \$15 check to:

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# Bowdoin International Music Festival concert wows!



**EMOTION, HARMONY AND TREMENDOUS MUSICIANSHIP** were on display when two string quartets, a viola soloist, and a cello soloist brought their talent to a BIMF concert here on July 29. They were part of the 250 students enrolled in the music festival, which is held each summer at Bowdoin College and at community locations all over the area. The students clearly demonstrated how the dynamics in classical music shift dramatically.

## Can YOU help?

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TEAM!**

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to drive or  
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[driver@peopleplusmaine.org](mailto:driver@peopleplusmaine.org)



**IT WAS SO LOVELY TO SEE ROSE COLLINS** at the Center recently for a haircut with Margarita Day! Rose was a dedicated volunteer for over 20 years, and we miss her smiling, sweet face. It's always hard when our volunteers retire, so it's amazing when they come in for a little visit! We love you, Rose!

# Member Moment

## Meet Jean Tompkins

**I know you play Mah-Jongg at People Plus. What else are you involved in here?**

I also am part of the Tuesday bouquet brigade. And I like to go to the monthly lunch out. I also deadhead the pansies. *(Gardeners know how important that is to keep the plants that adorn our entrance ramp healthy and looking good!)*

**Did you grow up in Maine?**

I grew up in Yonkers, N.Y., and raised five kids in Brewster, N.Y. Upon retirement, my husband and I moved to the Catskills. My son lives in Topsham, and he wanted me to move here after my husband died. I've been here 13 years.

**What's your favorite part of People Plus?**

The socializing ... making friends is the important thing. It gets me out of the house. It inspires me to be in a group and then I want to continue that where I live.

**Anything else that you like about it?**

I love the staff ... they make you feel special. And providing meals is important. I

just think People Plus helps people manage getting older.

**Where else have you done volunteer work?**

I'm a great proponent of volunteerism. I've worked at soup kitchens, Restore for Habitat for Humanity, the hospital gift shop in Brunswick, and I managed a thrift shop in the Catskills that raised over \$60,000 every year to donate to the community library, firehouse, and other town needs.

**What are some of your favorite things to do outside of People Plus?**

Gardening. The kids are all gardeners, too. My grandfather had a flower shop. I used to have big pots but have trouble bending and moving the pots around, so now I garden in smaller pots that sit on the table.

**Now that you're 93, are you slowing down?**

I go at a slower pace. Pacing is important.

**Do you have a favorite piece of life wisdom you want to pass on?**

Teach by example, not by lecture.



Jean Tompkins and her daughter, Louise Burgess, are avid Mah-Jongg players at People Plus. Jean first taught her daughter how to play, and now Louise teaches the game for anyone wanting to improve. She says interest in the game has soared nationwide and rivals bridge in popularity.



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