



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 September 2025 • Volume 25, No. 9



MEMBERS JIM CHERRY, JANIS PARENT, AND GEORGE HARDIN enjoy displaying the wonderful variety of fresh vegetables harvested and donated weekly to People Plus by Growing to Give and the Merrymeeting Gleaners. It's a delight to see what is on offer each time – and deeply appreciated.

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!!

NEW MEMBER SPECIAL

\$40 the first year of People Plus membership! For new members only, sign up at the event!



WELCOME TO SARA SMITH, of Bowdoin College, to our Board of Trustees. See page 9 for more about Sara.

**Come
 Apple
 Picking on
 Sept. 16!**

FMI see page 4.

FYI! Polar Bear Update! with Tim Ryan

Thu, Sept. 18, 1:30 pm. Tim Ryan, Ashmead White Director of Athletics, Bowdoin College, will provide an overview of athletics at Bowdoin in the context of the NCAA and the New England Small College Athletic Conference. His talk will include insight into academic, athletic, and community engagement by athletes and staff members at Bowdoin and thoughts on what the future may hold for athletics at the College. Free, open to the public, registration required.



'Aging Well' Lunch & Learn: Aging in Place

Mon, Sept 22, 12 pm. Wondering if you can continue to live in your home, where you have lots of good memories of your children and grandchildren (and probably a few pets)? But now you are not as steady as you once were, or perhaps you've had a fall? Ashley Richards, People Plus member and Certified Aging in Place Specialist, will talk about what small changes in your home could allow you to safely age in place. Free, open to the public, registration required. Bring your lunch or grab a cup of free soup. We will provide drinks, chips, and dessert.



EXECUTIVE DIRECTOR STACY FRIZZLE-EDGERTON (left) shares a happy moment with Suzanne Neveux, who received the Volunteer of the Year award. Suzanne not only teaches classes, she does a tremendous amount behind the scenes – and has for 25 years! Check out more volunteer awards and pics on page 16.

Register now for the member picnic!

Thursday, September 11 at Brunswick Landing's P-3 Park

Thurs, Sept. 11, 12 noon (check-in starts at 11 am). Don't forget to register for our annual member picnic at the P-3 Park at 179 Admiral Fitch Ave on Brunswick Landing! (Which is on the corner of Admiral Fitch Ave and Pegasus Street, between the WWII Navy plane and the Brunswick Naval Aviation Museum – and across from Wild Oats.)

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-eyed beans, beets, watermelon, green salad, chips and celebratory cake for dessert. Canned sodas and bottled water will be available.

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 and pay at the front desk to reserve your spot and pick up your T-shirt!

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

For parking information see Sarah at the Center or check the "Peek at the Week" email!



**OFF THEIR
 Rockers**

SAVE THE DATE!
 October 9th, 9 am-1 pm



See page 13 for details.



People
Plus!

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

ADVERTISE WITH US!

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

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207-607-4405

They told me I could wait They said I could keep having Cortizone shots, try more PT, deep tissue massage, warm baths, pain pads, etc.

However, to quote my surgeon, Dr. Jacob Furey with MaineHealth Orthopedics and Sports Medicine, “When your cartilage is gone, there’s nothing you can do to get it back. You need a hip replacement – period.”

So why would I wait?? Why would anyone? I wanted my life back! Surgery was in the cards for me, and the sooner the better in my opinion!

I'd been in pain for over a decade after a misstep in 2014. Literally, I missed a step and created an impact injury for my hip joint. Fast forward 11 years and around 3,000 miles of running – and my cartilage is gone!

As I write this, it is day 14 since my hip joint replacement at MaineHealth Mid Coast Hospital! Hip, hip hooray!

Dr. Furey did a fantastic job. The office staff was amazing, and I could not have been happier. Of course, we all love MaineHealth Mid Coast Hospital, and every time I go for a serious situation, whether it's my own or for someone else, I'm always increasingly impressed. The



Executive Director Stacy Frizzle Edgerton with Dr. Jacob Furey just before surgery in August. She had worked with Dr. Furey and his staff for several weeks to prepare for a full hip joint replacement surgery. He was nice enough to call her the night of her surgery to check on things! He probably does that for everybody...



Stacy on her walker – first day back at the People Plus Center!

staff was lovely and professional; my surgery was efficient and quick. I was home the same day – only eight hours after arriving for check-in!

With a new hip joint!!

It was a rough first night home as I was very nauseous from the anesthesia. Dr. Furey called to check on me and said if the pain wasn't terrible, I should forgo any of the hard drugs that might cause vomiting. I could try pain meds again in the morning when the anesthesia had worn off. So, on that advice, I slept like a baby and never ended up needing anything stronger than Aleve or Tylenol in the morning – or since!

And I was back at work six days later with my walker!

It sure is helpful when you need major surgery to work at an organization that has a medical lending library. I was able to bring home a shower stool, a walker, a toilet frame, a cane, and more. My house looked like the People Plus basement – full of medical equipment!

I'm off the walker now and haven't used a cane yet. So, I think I'm fairly lucky! And I can't wait to have a working left hip that doesn't hurt all the time. I need this one to last about 40 years – until I'm 97!

From the Executive Director

Stacy Frizzle-Edgerton



And I am thrilled to be a member of the hipster club! I've never been hip – and now I am!!

One of the most important reasons to take care of ourselves and our health is for our family. And I'm so excited that Jonathan's daughter just had a baby boy! So, I am a hipster grandmama! And what could be better than that??

Without a new hip, I would not be able to play on the floor with the baby or walk my dog or bike or run or swim ... Actually, I'm not sure how much I will run, but I couldn't even if I wanted to before having my hip replaced.

So even though I'm still hurting now and I'm still really tired every day, I am so thankful that I was able to get this procedure and I'm so thankful that I'll be present for my children and grandchildren for the next 40 years as a Bionic Hipster Grandmama!



Jonathan snuggles his new grandson, Arthur.
Stacy can't wait to meet him!!!

I want to thank you all for the well wishes, emails, cards, sentiments, and questions about how I'm doing. I've received lots of positivity and pep talks to get me through the ordeal, and they really were lovely and helpful!

Oddly, the thing I've heard the most from nearly everybody is "Don't overdo it!" And I keep wondering why everybody feels the need to tell me that?!!! Like I'm the kind of person who would overdo it

What I'm not is the kind of person who would wait to have a life-improving surgery, and I hope you aren't either. My advice is that if you need it, get it done. You'll be so glad you joined the Hipster Club, too!



BRACKETT FUNERAL HOME

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

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



THANK YOU SO MUCH TO THE HIGHLANDS for donating over a dozen walkers, shower stools, commodes, and other medical equipment! It's folks like you that keep our medical lending library stocked and ready for anyone who needs free equipment! So if you're having a medical procedure or have had a change in your mobility, don't buy a thing! Call People Plus or stop on in to borrow what you need for as long as you need it!

Do you get the 'Peek at the Week' email?

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

Center update from Taylor and, of course, Frank's weekly Two-Cents. If you aren't getting it, contact the Center to be added to the list (729-0757 or email programming@peopleplusmaine.org).

Summertime supper beckons farm-to-table menu

Later in the month my youngest daughter, Molly, is getting married! We are having her future in-laws over for dinner, and I am going to prepare a farm-to-table dinner. Our garden is bursting with fruit and vegetables, and we are working hard to make sure we harvest and use everything that we can! Included on the dinner menu from the garden is:

- Potato salad. My secret is only using the yolk of the egg. I mash it with a bit of mayo and add to the salad. I also add a bit of juice from sweet pickles and fresh dill.
- Grilled zucchini
- Sliced tomatoes
- Corn on the cob
- Apple muffins
- Refrigerator pickles
- Dilly beans
- Grilled chicken
- My homemade dinner rolls

My daughter has asked me to make a pasta salad for the bridesmaids, so I will include as many of the veggies from our garden as I can. Now let's hope for great weather for Molly's wedding!

From Anita's Plate

Anita Nugent
(207) 504-6439



info@nutritionforeveryday.com

Pasta Salad with Veggies and Legumes

Ingredients:

• 1-pound cooked pasta	• rinsed white beans
• Cucumber, diced	• Kalamata olives, diced
• Carrots, shredded	• 1 can artichoke bottoms, diced (I get these at Shaw's)
• Tomatoes, diced	• Fanny's Italian dressing
• Celery, diced	
• Red pepper, diced	
• Onion, diced	
• Broccoli, chopped	
• 1 can drained and	

Directions
Combine all ingredients.
Note: Most of the ingredients do not have amounts. I like to make mine very heavy on the vegetable amounts!

Medical equipment loan helps everyone!

Do you have need of a little support? A wheelchair, crutches, a walker, shower and toileting devices? The People Plus Center maintains a "lending inventory" and it's ready when you are.

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

Now, on a regular basis, community members needing equipment to keep them

safe and secure at home have a new source of access. "Everyone wins," Connors said. "We ask people to bring it in clean and in working condition," he noted. "We take care of the rest." If you have a specific need, or equipment to loan to the program, call or come by the Center.

You do not need to be a member to borrow equipment.



New Movies!

Classic Movies!

Special Events!

Starting in September!
\$10 Tickets for the
People Plus
Movie of the Month

EVENINGSTAR
CINEMA

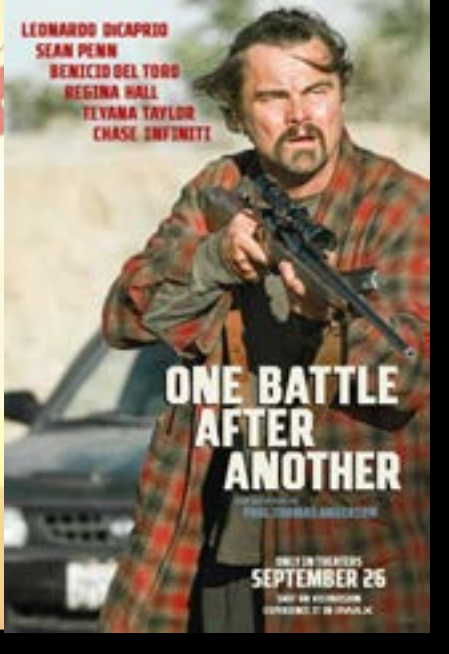
Angel Memberships Still Available!
Includes UNLIMITED Movies for a Year!

Movie Tickets & Info at:
eveningstarcinema.com

Sign up for our
Weekly Newsletter

Gift Cards Available
Serving Beer & Wine

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





CONGRATULATIONS TO CHRISSY SIX, who won two gold medals at the Maine Senior Games in the table tennis category in August! She won in both singles and mixed doubles for the fourth year in a row! Four years and 14 gold medals!

Spectrum Generations presents

‘The Mediterranean Diet: Eating for your Health’ cooking class

Thursday, Sept. 25, 1:30 pm. Learn more about the diet everyone is talking about! Please join Spectrum Generations’ Registered Dietitian, Kirsten Solomon MS, RDN, for an interactive nutrition class exploring this flavorful and heart-healthy way of eating. Learn its key principles, health benefits, and simple ways to incorporate Mediterranean-inspired meals into your routine. We will be making a vibrant Mediterranean salad and meatless main dish! Class is open to the public. Registration is required – class size limited to 15. Donations appreciated (\$5) but not required.



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

Sept. 3. Planning meeting and a walk. Meet @PP at 9:30 am to share your ideas and help plan the walks for October! Then we’ll walk at Kate Furbish East.
Sept. 10. Mitchell Field, Harpswell. Carpool: meet @PP by 9 am or at site by 9:30.



SWEET! FRESH-FROM-THE-TREE PLUMS ARE HARD TO RESIST, and these were harvested from our very own plum tree just outside the kitchen window on Cumberland Street. Longtime member Jen Haskins donated the Santa Rosa plum tree 8 years ago and recruited Frank Connors to help dig a hole and plant it. (Frank is a gravedigger after all.) Every year, the plums get collected and distributed to lucky members in our cafeteria. An inveterate gardener, Jen says, smiling, “I love to dig in the dirt.”

Medicare 101

Tue, Sept. 9, 12:30 pm. Spectrum Generations provides information regarding Medicare, drug coverage, and Advantage plans, Free, open to the public (\$15 suggested donation appreciated).



People Plus Hours

Monday-Thursday: 9 am - 4 pm
Friday: 9 am - 1 pm
729-0757 • peopleplusmaine.org

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, 0..... 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

Eveningstar Cinema’s NEW ‘People Plus Movie of the Month’

The Eveningstar Cinema will highlight one movie each month for a special People Plus deal! Members can come to any of the screenings for that movie and get the special \$10 ticket price and a free bag of popcorn! Check the weekly “Peek at the Week” email for this month’s movie title!

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.

Program Notes for September

- Center closed Sept 1 for Labor Day
- No Bouquet Brigade on 9/2
- No Qigong on 9/16 or 9/19
- No Tai Chi on 9/17
- No Growing Stronger on 9/17
- Lunch/Connections on 9/18 will be replaced by Member Picnic on 9/11
- Men’s Breakfast will be on 9/25 (4th Thu)

Changes for PICNIC DAY – Sept. 11

- ◇ Center will close at 10 am
- ◇ Art Class will be at ***P-3 Park** at 10 am
- ◇ No Yoga on picnic day
- ◇ Bridge will be at **Wild Oats** at 9 am

***P-3 Park address: 179 Admiral Fitch Ave on Brunswick Landing**



It’s Apple Picking Time!

Tue, Sept. 16, 11 am. Join Frank and Sarah for a trip to Bowdoin’s Rocky Ridge Orchard. Enjoy a cup of fresh-pressed cider and an apple cider donut “on the Center.” Members only, registration required. Meet at the Center at 10:30 am to carpool or at Rocky Ridge at 11 am.

Apple Device Tutoring

Wed, Sept. 24 & Thu, Sept. 25, 9:30-12 noon. One-on-one Apple device tutoring sessions. Bring your iPhone, iPad, Macbook, etc. Members only. Call starting Sept. 3 to book your appointment.

Good Eats—Good Friends! 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!

Women’s Breakfast

Thu, Sept. 4, 8:30 am. Enjoy breakfast while socializing with the ladies. Members only, call to register. \$5 suggested donation.

Men’s Breakfast

Thu, Sept. 25, 8:30 am. Enjoy breakfast while socializing with the gents. Members only, call to register. \$5 suggested donation.

Exercise with us!

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

Don’t carry cash? No problem! Get a handy punch card instead! Stop by the Center to purchase yours today!

\$35 for 5 classes
\$70 for 11 classes (1 free!)



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 Oct. 4. 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 Sept. 14.** 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!

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Mon	Tue	Wed	Thu	Fri	Sat
<div>1</div> <div></div> <div>Center Closed</div>	<div>2</div> <div>9:00 Int/Adv 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</div>	<div>3</div> <div>8:45 Cribbage 9:00 Mah-Jongg 9:00 Wednesday Walkers 9:00 Loosen Up 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 7:00pm English Country Dance</div>	<div>4</div> <div>8:30 Women's Breakfast 9:00 Table Tennis 9:00 Beg/Int Bridge 9:30 Art Class 11:00 Yoga 12:00pm Footcare Services 1:30pm Intro to Square Dancing 6:00pm Int/Adv Belly Dancing</div>	<div>5</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>6</div> <div>9:00 Zumba 10:15 Table Tennis</div>
<div>8</div> <div>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 1:00pm Int/Adv Duplicate Bridge 11:30 Monday Munchies 6:00pm Djembe Drumming</div>	<div>9</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</div> <div>11:30 LUNCH OUT</div> <div>12:30pm Medicare 101 1:00pm Game Day 1:00pm Qigong 2:30pm French Club 2:30pm Ukulele Club 2:30pm German Club</div>	<div>10</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 6:00pm Belly Dancing</div>	<div>11</div> <div>9:00 Table Tennis 9:00 Bridge at Wild Oats</div> <div>Center Closes at 10 am</div> <div>10:00 Art Class at P-3 Park</div> <div>11:00 Member Picnic at P-3 Park, Brunswick Landing</div> <div>6:00pm Int/Adv Belly Dancing</div>	<div>12</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>13</div> <div>9:00 Zumba 10:15 Table Tennis</div>
<div>15</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 History Book Club</div>	<div>16</div> <div>9:00 Int/Adv Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Flower Project 10:00 Yoga</div> <div>11:00 Frank's Field Trip: Apple Picking at Rocky Ridge</div> <div>11:15 Table Tennis 1:00pm Game Day 2:00pm Books a la Carte</div>	<div>17</div> <div>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 11:00 Open House 1:00pm Write on Writers 7:00pm English Country Dance</div>	<div>18</div> <div>9:00 Table Tennis 9:00 Beg/Int Bridge 9:30 Art Class 11:00 Yoga</div> <div>1:30pm FYI! "Polar Bear Update!" with Bowdoin College's Tim Ryan</div> <div>6:00pm Int/Adv Belly Dancing</div>	<div>19</div> <div>9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Loosen Up 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick</div>	<div>20</div> <div>9:00 Zumba 10:15 Table Tennis</div>
<div>22</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</div> <div>12:00pm Lunch and Learn: Aging in Place</div> <div>1:30pm Int/Adv Duplicate Bridge 6:00pm Djembe Drumming</div>	<div>23</div> <div>9:00 Int/Adv Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Game Day 2:30pm French Club</div>	<div>24</div> <div>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Apple Device Tutoring 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 6:00pm Belly Dancing 6:30pm Bruns. Coin/Stamp</div>	<div>25</div> <div>8:30 Men's Breakfast 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</div> <div>1:30pm Mediterranean Diet Cooking Class</div> <div>1:30pm Apple Club 6:00pm Int/Adv Belly Dancing</div>	<div>26</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>27</div> <div>9:00 Zumba 10:15 Table Tennis</div>
<div>29</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 6:00pm Djembe Drumming</div>	<div>30</div> <div>9:00 Int/Adv Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Game Day 1:00pm Qigong</div>	<div>Scan here to access the most up to date calendar online.</div> <div></div>			<div>Calendar page sponsored by</div> <div>MaineHealth</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, Sept. 25, 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, Sept. 9, 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 Thursdays – Sept. 4 and 25, 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.**

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

MaineHealth Parkview Campus
329 Maine Street, Brunswick

Learn more:



Paddles on the Cathance

I grew up with my feet in Bowdoinham’s Cathance River, so it’s pretty rare or never that I’ll pass on a chance to paddle what I like to call my “pretty little river.” Last week, with Maryland cousins in town looking to be entertained, with Chuck and Monica at the ready, we all took paddles, a canoe, and a couple kayaks, and went for it. Besides, it was a great chance for me to try out the new Accessible Transfer System that makes it easier to get in and out of watercraft at the new, above-bridge landing in Bowdoinham.

The story is that Native Americans called the Cathance “little crooked river” or “snake-like.” The fact is that this 16-mile river, (more or less) contained entirely within the towns of Bowdoinham and Topsham, offers a number of route options as it twists its way from Topsham’s Bradley Pond to Merrymeeting Bay. The first 8 or 10 miles from the Bay, past Bowdoinham village to Head of Tide Park, is tidal and a wide, easy slide. Above the falls at Head of Tide, the streamlike river barely leaks water in the summer as it passes through Cathance River Education Alliance lands, up to Route 201. Above 201, there’s a pretty paddle past some open farmland, then a more narrowed



GETTING OUT OF THE BOAT IS A LOT EASIER NOW! Frank stands near a sign explaining the new transfer system at the (also new) landing along Bowdoinham's riverfront.

stream until you get to Bradley Pond (or don't). Last time I tried the Bradley Pond end, there was a beaver dam blocking the shallow stream.

We wanted no trouble this day, so we chose the run from Head of Tide in Topsham to Bowdoinham village. I still call old Bowdoinham (my hometown) Cathance Landing when I approach it from the river. Total run is maybe five miles, done easily in just over an hour. We checked the tide to be sure it was near full and about to run out; the landing at Head of Tide is nothing more than a set of slippery and steep steps, so the more water you have getting in, the

safer the access. A full tide also lets you paddle into shore-side grasses and vegetation, if you're looking to “scare up” ducks, geese, and other wildlife. Our run produced a bald eagle, and we pushed a flock of geese ahead of us for the first mile or so. We also moved two

Great Blue Herons and a multitude of small birds, all trying to feed on the ripening wild rice. When I told Chuck I saw a pair of deer wading out of the brackish water, he told me to check my sunglasses.

There's a place on the river I call “Three-mile Rapids,” though the water is barely rapid, and I'm not really sure if it's 3 miles from anywhere. There's a point of land I call Pallet Point because random duck hunters over the years have built hunting blinds using pallets, and they never seem willing to haul them away. I point to another point of land and tell anyone who will listen that I camped there as a Boy Scout, and that we chummed for eels to cook in our fry pan. The “middle ground,” a submerged sandbar with local fame as a winter smelt fishing site, is identified this time of year by mud on my paddle and a few spears of eel grass. Just about the same time Monica looks like she's getting tired, I'm able to point at the tower of the 200-year-old Bowdoinham Town Hall and tell her we're almost there.

Little ol' Bowdoinham is doing some impressive waterfront restorative work, creating an exceptional natural riverfront park where the old fertilizer plant used to be. Power boating has never been allowed above the village bridge, and the new boat launch just opened is for kayaks and canoes only. The centerpiece of that launch area is what the sign calls an

MAINE & me

by Frank Connors



FRANK'S FACT

My old friend Molly Nealey used to tell the story that her sea captain father was being interviewed by a Boston Post reporter, back in the last century. The reporter wanted to know “what wind” was required to sail a schooner up the Cathance River “to the Landing.” The old sailor didn't hesitate with his two-word reply. “A whirlwind,” he said.

“Accessible Transfer” device, which Chuck says is designed for “80-year-olds, just like you!” Fact is, this old paddler is finding it harder and harder to gracefully enter and exit small, tippy boats. I've suggested that People Plus hire master paddler Richard Gnauck to do a class on kayak transfers, and he sounds game. He told me, “Maybe after my hip operation”

I can tell you from experience this transfer device with its rollers, rails, and stabilizing prowess is a game changer. Even my buddy Chuck seemed impressed! I'll close by telling you Bowdoinham should be pleased and proud to host this device, and, if you kayak or canoe, you gotta go up and give it a try. The Cathance awaits.

If you go: We like to drive to Bowdoinham on Route 24 through Topsham and leave a car at the green bridge in Maily Park. There are public restrooms, and it's a short walk over to Three Robbers Pub. IF you planned well and have a second vehicle carrying your boats, drive up the Main Street hill, and take your third left on Fisher Road, (Cathance Road on the Topsham end); it's 5 miles to Head of Tide Park, where we put in. There's a free public parking area on your left. Sometimes, the gate is locked; if so, park in the lot across the road.



FRANK TAKES ADVANTAGE of the Accessible Transfer System with rails and rollers that help stabilize canoes and kayaks – and the people trying to get in and out of them!



FRANK SHOWS OFF his People Plus 45th Anniversary T-shirt hiding under his life vest.



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Beth Aldenberg will be missed

Beth Aldenberg, 89, of Brunswick, peacefully passed away with family by her side on August 16. Born Beth Alden Alexander in Providence, R.I. on July 8, 1936, she dedicated her life to caring for others – both as a devoted nurse and a nurturing mother to three sons.

Beth graduated from Boston’s New England Baptist School of Nursing and began her nursing career at Thayer Hospital in Waterville. By the mid 60s, she had put down roots in Brunswick, working as an overnight ER supervisor at Regional Hospital and as a school nurse for the Brunswick School Department. She finished her career on a cancer ward at Maine Medical Center and did part-time work into retirement at a local nursing home.

Beth loved spending time with her family, reading, learning, and exploring Popham Beach. She was famous for spaghetti and meatballs and an out-of-this-world apple pie! She was also an avid writer and



member of the People Plus Write On Writers and Books a la Carte clubs.

In the past two plus decades of Beth’s life, she often spent 2-3 days per week with friends in the art class at People Plus, taking classes through Senior College, and engaging in current events groups at Curtis Memorial Library.

We will miss you, Beth!



One of the most important relationships later in Beth’s life was with Maya Limm, (left). Connecting through the People Plus / Bowdoin College “Phone Pals” program during the pandemic, the two became fast friends over the last five years. Like a granddaughter to Beth, Maya was very active in her life and helped Beth compile her life story into an album with photos and narratives.

Fall art show features works by our very own

Members of our popular art class with Ed Higgins get a chance to display their work every September and October in the Café Gallery. Ed describes this fall’s People Plus Group Art Show as a challenge issued to the artists to put themselves out there and to share some of their more personal pieces. The works include acrylic paintings, pen-and-ink drawings, and illustrations with both pencils and pastels.

According to Ed, “It’s in the nature of artists to share themselves through their work; and to work from the heart to record and describe individual journeys of learning, self-expression, moods, and feelings.”

Ed goes on to say that art is much more than technical adeptness. “It’s so much richer an experience than providing accurate rendering of

their subject matter. Fine art is intimate communication. A way for people to connect by experiencing the world through different eyes – to feel things deeply by participating in the dialog between creating beauty and viewing it.”

Each artist was invited to choose two recent pieces to include in this year’s show. It’s a diverse group of individuals, each with a unique style. Some have worked together for many years, others have just joined. It’s a group with a deep commitment to art and to learning by doing, Ed notes.

Come join us and enjoy the gallery show. You’ll see just how distinct each piece is, but how all together, the power and beauty of art comes through as each person expresses their unique vision.



VICKY PRINCE STANDS IN FRONT OF TWO PAINTINGS she is considering for submission to the People Plus group art show that runs in September and October.



LONGTIME MEMBER AND ART CLASS PARTICIPANT, AL TYROL shows off his latest creation! Come see this beautiful piece of work along with dozens more in the People Plus Café.

Gone but not forgotten –	Ann Hartzler September 12, 1957–July 28, 2025	Nancy Lauckner December 3, 1941–July 30, 2025	Beth Aldenberg July 8, 1936–August 16, 2025
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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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WE LOVE SEEING OUR VOLUNTEER DRIVERS! Nearly 20 of them came for the quarterly drivers' gathering to share experiences, ask questions, meet in person and enjoy a breakfast treat! We're always looking for new drivers, so if you're interested in helping someone run an errand or get to the doctor, let us know!

People Plus!
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VOLUNTEER TRANSPORTATION NETWORK

WILL YOU JOIN OUR TEAM? Last year, People Plus coordinated over 31,000 miles of FREE rides for homebound residents of Brunswick, Topsham, Harpswell, and beyond. But we can't do it alone – we need your help with the driving and shopping! Become a driver today! It is a rewarding and selfless gift to help your neighbors in need. Thank you!!

3rd
Tues.
2 pm



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

Mrs. Lincoln's Dressmaker by Jennifer Chiaverini. An uneducated slave who used her talents to buy her freedom becomes Mrs. Lincoln's seamstress and confidant. The book shows a different side of Mrs. Lincoln.

A Piece of the World by Christina Baker Kline. The book is a fictional memoir of the woman portrayed in Andrew

Wyeth's painting "Christina's World."

Major Pettigrew's Last Stand by Helen Simonson. A tradition-bound British major gets involved with a Pakistani shop owner. The local community disapproves.

The Dutch House by Ann Patchett. A brother and sister are exiled by their stepmother from the house they grew up in.

My Friends by Fredrik Backman. A dying artist gives his most famous painting to an unlikely teenage artist. What will she do with it?

Wunderland by Jennifer Cody Epstein. Two teenage girls grow up in Berlin during the rise of Nazism. One joins the Nazi Youth

Movement, while the other and her Jewish family are persecuted.

How to Age Disgracefully by Clare Pooley. A woman starts a senior citizens center and a motley crew gathers. One of the members dies after an accident, leaving a dog that the other members care for.

A Day Like This by Kelly McNeil. A woman goes out in a storm to take her daughter to a doctor. She has an accident and wakes up in a hospital. She asks about her daughter and is told she does not have one.

NONFICTION

Daughters of the Bamboo Grove by Barbara Demick. Riveting account of Chinese twins and the adoption of one by a U.S. family; provides an

in-depth look at China's one-child family.

All Standing by Kathryn Miles. True story of the "Jeanie Johnston," the only Irish famine ship to never lose a passenger.

Then Again by Diane Keaton. Very personal memoir of Keaton's life in Hollywood and relationship with her mother.

Normal Women: Nine Hundred Years of Making History by Philippa Gregory. Explores the roles and contradictory actions of women from different levels of English society and their unheralded impact on everyday life.

The Body by Bill Bryson. Layperson's head-to-toe guide to

the wonders of the human body, conveyed in Bryson's warm, often wry, signature style.

Lost in Thought: The Hidden Pleasures of an Intellectual Life by Zena Hitz. Read this book and rediscover the impractical splendors of a life of learning.

Memorial Days by Geraldine Brooks. Chronicles the author's love and loss in dealing with the unexpected death of her husband, Tony Horwitz.

MYSTERY

The Summer Guests by Tess Gerritsen. Retired CIA agents in coastal Maine sip martinis and solve mysteries in this summer read by a Maine author.

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People Plus announces newest Board Trustee, Sara Smith

(continued from page 1)

In her 26th year at Bowdoin College, Sara Smith has spent 24 of those years in the Office of Communications and Public Affairs, where she currently serves as department coordinator. In this role, she provides administrative support for the office and the senior vice president. For the past 20 years, Sara has also managed the Association of Bowdoin Friends program and has gained extensive experience in community relations, event planning, and program support. She lives in Harpswell with



Sara Smith (r), seen here with O. Jeanne d'Arc Mayo, former Bowdoin staff and longtime People Plus Trustee.

her partner, Thomas, and their cat, Carolina.
“I am so honored to join the People Plus Board as the Bowdoin College representative,” Sara states. “Community connection has always been a big part of my work at Bowdoin, so this feels like such a great fit. I know how important strong ties between the College and the Brunswick community are and I’m excited to be a part of something that brings people together and makes a real difference,” she adds.



The People Plus organization has not only changed names three times in the last 50 years ... it has changed logos even more! Here you can see the evolution of our iconic branding imagery over the years beginning with the 55+ Center logo in the 70s and 80s and culminating with our 50th anniversary logo this month! The logo adorns everything from business cards to T-shirts to letterhead! Yet its most visible use is in the signage outside our buildings! Our newest logo celebrates our 50-year history with a festive birthday hat.



Planned giving: Spotlight on wills Your will, your way!



People Plus is celebrating 50 years – five great decades! To realize a long and healthy financial future, we need to increase our legacy giving with long-term growth to last another 50 years!
For the 50th Anniversary, our Yellow Brick Road “Legacy Giving” program provides the golden opportunity for you to pave the road to longevity with “financial bricks.” How can you help?

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

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

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

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

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

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

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

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FRENCH DINNER, PART DEUX! There was beautiful weather at the Mossy Ledge Farm, Jonathan Edgerton and Stacy Frizzle-Edgerton's home, for the second five-course French dinner donated to the Music in April fundraiser! A feast of canapés, pâté en croûte, vichyssoise, and Tuscan roast chicken was capped with an amazing cheeseboard, grape sorbet, and roasted apricot crème brûlée! Attendees claimed the experience was "Tres bon!"

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, Free Maine State Inspection for People Plus members
121 Bath Road, Brunswick, 729-0842

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

Big Top Deli, 10% off, anytime
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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
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Name (2) _____ Phone _____ Birthdate _____ ☐ Female ☐ Male

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Mailing Address _____ City _____ State _____ ZIP _____

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☐ Couple ____New ____Renewal: \$85 (Round up to \$100 for our 50th Anniversary!!)

☐ Lifetime Member (70 or over): \$450 (Round up to \$500 for our 50th Anniversary!!)

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

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Are You Tied Up in Nots?

We all experience times in our lives when we miss opportunities, an enjoyable event, or maybe even a life-changing experience. Is there a three-letter word, NOT, responsible for this unfortunate actuality in our lives? How often do you use NOT verbally or by your inner voice every day? I have not, I am not, I cannot, not strong enough, not smart enough, not thin enough, not fit enough, I could not, I should not, I do not, not time enough, not interested, not creative, just not up to it and the list goes on. Where does this notion that we are not enough come from, and not enough for whom?

Nots are transmitted from the corners of our mind day and night, and can be annoying and painful, begging for attention. I feel we need to release ourselves from the “nots” we have concocted to find relief from this powerful word which somehow implies we are ‘less than’! If we practiced using loving words to describe ourselves to ourselves and treat ourselves with the same compassion and

understanding that we extend to cherished friends, the ‘nots’ in our inner voices will fade. We won’t miss keeping up socially, mentally, and physically. Let us create an environment within our hearts that speaks lovingly and truthfully to ourselves and to others, attempting to overcome and eliminate the ‘nots’ in our heads.

We all want to live a productive, happy life. I want to take inspiration when it strikes and live a balanced life. Technology is challenging all the values of our society. I wonder if this ‘not enough’ stems from the media and TV commercials. As a new school year begins, I pray teachers and students will respect each other and have the privilege to create lifelong learning habits in a happy classroom environment. May educators and students of all ages be supported by boards of education, administrators, and parents. Let’s change the ‘NOTS’ to I CAN and I WILL make the world a better place!

– By Betty Bavor

Poems & Prose

The Slinky Gray Hose Society

Is your man sneaking out late at night,
Quietly leaving the RV?
Do you wonder what on earth he’s doing –
Where’s he going without me?
He truly must be up to no good
Rubber gloves – fingerprints carefully concealed.
Intent on a mission – what’s going on?
What does he *not* intend to reveal?
No, his departure is a duty
That brotherhood RV husbands share
Bending down behind the campers
Checking the sewer hose for signs of wear.
The Slinky Gray Hose Society
Is a fraternity like no other,
Men share the bonding of dumping tanks,
Which unites them all like brothers.
And we all need to “go potty”
At least one time during the night,
We flush the waste down into the tank
Pressing the foot pedal with all our might!
Husbands keep the slinky, expandable hose
Off the ground and completely hole-free.
We remain proud of the duties they perform –
As members of *The Slinky Gray Hose So-ci-e-ty*.
– By Laura Lee Perkins

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

The Wall Phone Rang

When I was a young girl
In the early 1950s
There was a phone on the wall
Downstairs under my bedroom
It was two o’clock a.m.
And the wall phone rang
Trying to recapture sleep
But the wall phone sang
Parents deep asleep
And both hard of hearing
A surprise call, maybe emergency
And the wall phone rang
Now awake and scared
Not wanting to hear bad news
Frozen in bed listening
And the wall phone sang on
The phone quit its ring
Years later the reason
An emergency from a relative
And a wrong number dialed
A secret never told
Of a scared little girl
Who listened forever as
The wall phone rang
– By Nonie Moody

A Trip to Anywhere

I am now in my 90s
And I have few regrets.
Most of my wants
Were fully met.
But there is one thing
That I wish I had more.
And that would have been travel –
Places to explore.
I got abroad twice
In my 90 years.
I saw Israel and London
While having my career.
But I didn’t get to Greece.
As a place in my dreams.
To reach that goal,
Would have been supreme.
And right here at home,
I traveled to both coasts.
Florida in winter and
West was the furthestmost.
But I missed out on
All that is between.
From the Northwest and Rockies
To the Midlands so green.
I never saw New Orleans
Or even Pittsburg, Pa.
But I did get to Niagara.
That was a great day!
This country is so vast.
You can’t see it all.
But try for a few cities
And even some malls.
I am now in New Hampshire
With mountains and lakes.
One of the prettiest states –
Make no mistake!
This is where I’ll end my days.
Rocking in this very chair.
Watching people come and go.
Living life without a care!
– By Doris Weinberg

Silence

Silence can bring peace.
Silence can soothe an exhausted mind.
Silence can allow sleep.
Silence can be illusive.
Silence can comfort the troubled.
Silence can be an answer.
Silence can free the imagination.
Silence can torment seekers.
Silence can be a weapon.
Silence can be scarce.
– By Alene Staley

Summers Are the Best

Hi, to all of you, my name is Oscar the Grouch. I’m a Chihuahua. I like summer days when the sun is shining. Jimjim, my human, doesn’t have to put on my boots and raincoat. I don’t like winters because it cold and I have to wear that heavy coat and those boots to keep my feet warm and dry. I don’t like to plow through the deep snow to find a spot to do my jobs. When the boots are

off and I walk on the stuff they put on the sidewalks to melt the ice and snow, it hurts my feet.
Hey, Jimjim, wake up; the sun is up and it’s breakfast time. Victoria said it will be in the 70s today. After breakfast, I’ll go out and do my jobs. Then can we go to Wells and walk on the beach? Jimjim, you know how I like walking on the beach; please, can we? I will not be a grouch, because you will not have put on my boots, raincoat, or that heavy winter

one. You can get your coffee on the way, maybe I’ll get a treat there, too. I want to smell all the new smells the other guys left for me to sniff. See some of my pals, bark at the seagulls. I will do my show-off walk. Remember the time I found the dead fish in the rocks and wanted to eat it? Jimjim, you might find some coins or jewelry that was dropped . . . Maybe a coin that washed up from a shipwreck. Come on, let’s get moving.
– For Oscar by Jim Cherry

Grandpop, the Baseball Fan

I was born in Trenton, N.J. Both sides of my family resided there. One of my grandfathers did not like sports, while the second

was a strong baseball fan. Trenton did not have a major league team, but, in the 1940s, there were two in Philadelphia and three in New York City. Most fans followed one or two of those. My baseball-loving grandpop

chose the Philadelphia Phillies and followed them closely for many years,
After years of frustration, the Phils finally won a pennant in 1950. Could they possibly win the World Series? Alas, it was not to

be. They were swept in four games by the Yankees. Grandpop would have to wait until the next season.
– By Vince McDermott



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 for more information.

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

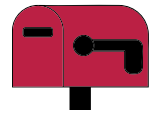


SUMMER COLLEGE FELLOWS, ALLIE AND GRACE, created a wonderful mural on the Teen Center outdoor wall! The sea dragon seen above will show the way to all of our new members this school year! Thanks, girls!

Back to School already?!

Brunswick Teen Center News

Taylor Carter



Look for your letter!

Feed our teens!

The Brunswick Area Teen Center’s annual fundraising campaign is under way, and we need your help! The Teen Center recently moved to a new, more accessible location and in our first year here we’ve enrolled over 300 members and handed out more than 5,000 free meals. We use our annual Back to School fundraiser to help keep our programming and food free for every teen all year long! We need all the help we can get to keep serving our youth, so we hope you consider donating. And for all our long-standing supporters, keep checking the mailbox for your letter! We want you to check our “report card” for the year.

We took a vote and the teens and staff here at the Center have decided to extend summer for a couple more months. Unfortunately, that decision was vetoed by their parents and the schools, so they’re back to classes for now. We can only hope we were able to make their summer a little more of an adventure and do our best to keep as many summer activities going into the fall. Outdoor dodgeball and our reusable water balloons have been a new crowd favorite this summer. It will certainly be interesting to see how our playground free-for-all matches go with more kids around. I think we’re probably going to need a few more referees. Beyond that, our kids have really taken to tidepooling and geocaching this summer, and we plan to see just how far into winter we can get before they refuse to go. The transition to the school year is certainly more relaxed this time around. Last year we spent the last week of August finishing the renovations to the Center, moving furniture, and making sure we were as prepared as possible for every scenario we could think of. This time around, we’ve been able to focus on meal planning, activities, and some equipment improvements for the teens. We’re fixing up our playground, upgrading our basketball hoops, improving our kitchen, and generally bringing some better feng shui to our space. We’ve also got some staffing changes on the way. Renee Foster will end her time as an AmeriCorps member and transition to our new Nutrition Coordinator. She will

manage our garden and indoor spaces to continue to grow food throughout the year and teach farm-to-table cooking classes and food preservation techniques. She’ll also be making fresh juices and spritzers with a new-to-us but previously loved juicer. She’ll also be working to include probiotics into our diet with homemade yogurt, pickles, and sourdough bread. Since the teens have commented often how they feel relaxed after spending time in nature, Renee also hopes to take them on nature outings as often as possible. She will also focus on yoga, Qigong, affirmations, and mindfulness activities during the week. In addition to Renee, we’ll be welcoming our first high school staff member, Sage! She’ll be our trial run of offering employment experiences to high school juniors and seniors. We’ll give her the rest of the September to settle in, but soon enough she’ll be leading her own activities and implementing her own ideas, and we couldn’t be more excited to see what she comes up with! Personally, I’ve been excited to see some of our long-lost regulars. Over the summer we actually bumped into a few of them on some of our field trips! They might not be excited for school, but they’re definitely excited to get back to hanging out at the Center every



afternoon. We’re also excited to show off the new garden to all of them. We’re already harvesting endless amounts of snap peas and cherry tomatoes, but we’ve also been getting plenty of watermelons lately! We’ve got five or six more in the works, and even our first pumpkin is already well on its way. There’ll be plenty for our green-thumbed teens to harvest and eat all month long. If you haven’t been already, keep your eyes open for this year’s back-to-school letter! We’ll need everyone to review our report card for the last year, and we’ll definitely need your help to make this year even better! We’ve certainly got some surprises in store for the teens, but we’re always looking for more ideas.



CELEBRATING “SUMMER-WEEN” IN AUGUST, the kids made a graveyard out of gingerbread ingredients, fried-up fancy waffles, and took refuge in the new cubbies! The Teen Center also held its second annual Olympics including brain games, country-themed costumes, team-based relays, individual dodgeball and pool noodle javelin games with noodle “fencing” for tie-breaker rounds. Winners walked away with gift cards and glory!

UUCB to host versatile Don Campbell Band

The UUCB Concerts for a Cause series presents Maine’s popular and award-winning Don Campbell Band on Saturday, Sept. 20, at the Unitarian Universalist Church in Brunswick. The show will raise money for the Immigrant Legal Advocacy Project and Oasis Free Clinics. The Don Campbell Band is highly versatile, energetic, and blends many musical genres. They play “American crossover” akin to the Eagles and John Cougar Mellencamp. The high-caliber, well-rehearsed band has been a mainstay at concerts, fairs, festivals, cruises, and civic events for over two decades, performing a mix of Campbell’s own original creations and the music of Dan Fogelberg. Fronting the band is Don Campbell, multi-instrumentalist, and lead singer/songwriter. Don won a \$50,000 Grand Prize at Nashville’s Grand Ol’ Opry with his original music, and he’s a six-time winner of “Maine’s Best Singer-Songwriter” from the Maine Sunday Telegram’s Annual Reader’s Poll. Tickets are \$25 in advance, \$30 at the door, and \$10 for students/children. Available at the church office (729-8515) at 1 Middle Street, Gulf of Maine Books, or online at ticketstripe.com/doncampbell.





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Here’s to good health!

Senior Health Expo slated for Oct. 9

Mark your calendars for one of our top events, as the 14th annual People Plus Senior Health Expo, in partnership with Spectrum Generations, returns on Thursday, Oct 9, from 9 am to 1 pm. Admission is free at the Brunswick Recreation Center venue, and the first 500 people at the event will get a free swag bag. Last year’s Expo had over 1,000 participants and 100 businesses, programs, and services represented! The Expo gives attendees the chance to learn what products and services are available in the Midcoast region to live longer, healthier, happier lives – including medical services, fitness and health, technology, legal, community services, housing/respice care, finance, and more.

Covid and Flu shots will be offered courtesy of Martin’s Point Health Care. Free activities will include a Technology Help Desk, Mid Coast Hunger Prevention Program Sharing Table, Reiki treatments from Hearts & Hands Reiki, and massages and balance screenings courtesy of Coastal Orthopedics. Additional activities include Yellow Dot registration, Good Morning and Volunteer Transportation Network program registration, and book signings and author chats courtesy of the People Plus Write On Writers group. Coffee and healthy refreshment choices including fruit, granola bars, various snacks and more will be offered for free.

Also, don’t miss out on the special Expo-only membership deal – just \$40 for the first year for new members who sign up at the Expo!

The Brunswick Recreation Center is located at 220 Neptune Drive on Brunswick Landing (the former Brunswick Naval Air Station). The venue has ample parking, along with bathrooms. Admission is free and open to the public. For more information visit www.peopleplusmaine.org or call 729-0757.

This essential community event would not be possible without the support of our wonderful Partners: Bill Dodge Auto Group,

Bowdoin College, Brackett Funeral Home, Gateway Retirement Solutions, MaineHealth Mid Coast Hospital, Priority Real Estate Group, Riley Insurance Agency, Rusty Lantern Market, Maine State Music Theatre, Spectrum Generations, The Times Record, and The Vicarage By the

Sea, Inc, along with Event Sponsors: Avita of Brunswick & Sunnybrook, Bath Savings Institution, Beltone Hearing Aid Centers, Brock Health, Brunswick Topsham Housing Authority, Coastal Landing Retirement Community, Center Maine Power, Islebrook Village at Wiscasset, Maine Community Bank, Maine Pines Racquet & Fitness, Maine Veterans’ Homes, Martin’s Point Health Care, Maynard Law, Medicare Mermaid, Perfect Care Match, and Refreshment Sponsors: AAA NNE, Accel Physical Therapy, Amtrak Downeaster, Camden National Bank, Dead River Company, Maine Death with Dignity, Maine Safe Response, LLC, Norway Savings Bank, and Reform Physical Therapy, Senior Planning Center, The Highlands, and Town of Brunswick. (List is current as of print date.)

2025 EXHIBITORS: 211 Maine, AAA NNE-Brunswick, AARP, Accel Physical Therapy, Amtrak Downeaster, Area First Responders, AudioNova, Autonomy PLLC Medical Foot Care, Avita of Brunswick and Sunnybrook, Bath Savings, Bath-Brunswick Respite Care, Bedard Pharmacy & Medical Supplies, Before and After Photo Restoration, Beltone Hearing Aid Center, Bowdoin College, Brackett Funeral Home, Bridges Home Services, Brunswick Parks & Recreation Department, Brunswick Topsham Housing Authority, Camden National Bank, Carpe Diem Tech Support, Catholic Charities SEARCH - Greater Bath Program, Central Maine Power, CHANS Home Health & Hospice, Citizens Climate Education, CCE, Coastal Landing Retirement Community, Coastal Orthopedics and Sports Medicine, Coastal Shores Assisted Living, Comfortably Home (Bath Housing), Dead River Company, Dionne Commons, Disability Rights Maine, Brock Health, FCP Live-In, Food Addicts in Recovery Anonymous, Gateway Retirement Solutions, Good Morning Program, Habitat for Humanity 7 Rivers Maine, Hand Therapy Treatment and Education, Happy at Home Seniors, Harpswell Aging at Home, Hearts & Hands Reiki, Horizons Living and Rehabilitation Center, Hospice of Southern Maine, Islebrook Village at Wiscasset, KMB Insurance Advisors, Landing Y/Bath Area Family YMCA, Maine Bureau of Insurance, Maine Community Bank, Maine Death with Dignity, Maine Pines Raquet & Fitness, Maine SafeResponse, LLC, Maine State Music Theatre, Maine Veterans’ Homes, MaineHealth Mid Coast Hospital, Martin’s Point Health Care, Maynard Law, Medicare Mermaid, Merrymeeting Bay Triad, Mid Coast Hunger Prevention Program - Sharing Table, Mid Coast Hunger Prevention Program (MCHPP), Mid Coast Senior Health, Mid-Coast Veterans Council, Midcoast Athletic & Recreation Complex (MARC), Midcoast Senior College, Neighbors, Inc., Northern New England Poison Center, Norway Savings Bank, Penquis Foster Grandparent Program, People Plus, Perfect Care Match, Project Lifesaver Program, Reform Physical Therapy, Renewal by Andersen, Senior Planning Center, Spectrum Generations - Aging and Disability Resource Center and Meals on Wheels, Sustainability Committee of Brunswick, The Gathering Place, The Highlands, The Maine Casket Company, The Times Record, The Vicarage By the Sea, Inc., Topsham Dental Arts, Topsham Public Library, United Way of Mid Coast Maine, Volunteer Transportation Network (VTN), Western Maine Transportation Services (Brunswick Link, Bath CityBus, and BlueLine), Winship Green Center for Health and Rehabilitation, and Write On Writers. (Exhibitors as a print date.)

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

Monthly Update

All Spectrum Generations locations will be closed
Monday, September 1, in observance of Labor Day.

September 2025



Learn more about the diet everyone is talking about!
Join Spectrum Generations’ Registered Dietitian, Kirsten Solomon MS, RDN, for an interactive nutrition class exploring this flavorful and heart-healthy way of eating. Learn its key principles, health benefits, and simple ways to incorporate Mediterranean-inspired meals into your routine. We will be making a vibrant Mediterranean salad and meatless main dish!

Cooking & Nutrition Education Class

The Mediterranean Diet: Eating for your Health

Thursday, September 25 | 1:30 -2:30 p.m.
@ People Plus | 35 Union St. | Brunswick

Call (207) 729-0757
or stop by the
People Plus reception desk.

Kirsten Solomon on right, with nutrition class at the Cohen Community Center in Hallowell.



Get Ready for OPEN ENROLLMENT!

Open Enrollment starts October 15!

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



Make a Social Security Account TODAY!

About a month prior to filling out the Medicare Part A and B application, you will need to create an online account on the Social Security Administration website. Once an account is established, you can then proceed with Part A and B enrollment. For any questions or assistance, please contact Spectrum Generations at: **1-800-639-1553!**

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I suppose we should get back to work?



SAVE THE DATE!

Our elves are planning the annual



Nov. 21-23 & Nov. 28-30
@ St. John's Community Ctr.
43 Pleasant St.
Brunswick

Volunteers are needed to help with event set-up, concessions, ticket sales, greeters, kids' craft table, and other fun activities! Sponsors & Tree Benefactors also needed.

Stay tuned for more info and follow the MTF Facebook page. For more information scan code.





**13th ANNUAL
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Weekly Winners

DUPLICATE BRIDGE

Aug 4. 13 teams. *N/S*

1. Kathy Kenyon & Hugh Kirkpatrick 62.8%

2. Linda McIntosh & Tony Belmont 56.8%

E/W

1. Duffy Tyler & John Stadler 60.5%

2. Judy Johanson & Bobbie Wheeler 58.1%

Aug 11. 11 teams. *N/S*

1. Bobbi Robertson & Jim Burnett 58.3%

2. Norm Curthoys & Richard Totten 52.1%

E/W

1. Gail & Cy Kendrick 65.0%

2. Cotheal Linnell & Keith Rattue 56.7%

Aug 18. 10 teams today.

1. Duffy Tyler & John Stadler 63.9%

2. John Morrissey & Ken Holbrook 61.1%

Aug. 25. 11 teams. *N/S*

1. Gail & Cy Kendrick 63.9%

2. Bobbi Robertson & Jim Burnett 51.4%

E/W

1. Bobbie Wheeler & Judy Johanson 61.7%

2. Duffy Tyler & Richard Totten *58.3%

2. Martha Cushing & Jeff Lauder *58.3%

CRIBBAGE

Aug 6. Richard Rush= 725
Patricia Johnson= 714
Jen Haskins= 705

Aug 13. Jim Howe= *726
Martha Davis= *726
Janis Parent= 715

Aug. 20. George Hardin= 724
Jerry Donovan= 718
Jean Howe= 696

*tie score

A trip down Penny Lane

Do you have a fistful of pennies hanging around in your car’s console or a larger batch stashed at home? If so, when is the last time you counted some out to pay for anything? I can’t remember the last time I did, but early next year the U.S. Mint will phase out production of pennies – and I’m feeling nostalgic.

I remember clutching the round copper pieces in my small hand as I bought penny candy on the way home from school. I remember the big jars of hard pretzels (2 cents each or 3 for a nickel) and the 6-cent ice cream cone that required a penny to go with the nickel. I still have my 1957 piggy bank called ‘Corky Pig’ from when I was a kid. It has a cork nose, is full of pennies, and holds a place of honor in my home. Even more recently, my adult family had a 3-foot-tall plastic Coke bottle where we’d dump our coins to save for a vacation treat while on the road.

Since each penny costs nearly 3.7 cents to make, the Mint has declared it is going to use up its last penny ‘blanks,’ because making more pennies just doesn’t make

cents (Sorry, couldn’t resist!) Not only does the country lose money on pennies, far fewer people use cash now. Notably, other countries like Canada and Australia have already phased out their lowest-denomination coins.

The U.S. made its first pennies in 1793, which means our lowest monetary standard-bearer will have lasted more than two centuries. With its disappearance, I can’t help but feel a sense of innocence circling the drain. For me, losing the penny becomes a metaphor for simpler times abandoned. Sometimes I yearn for that childhood when riding my bike around the neighborhood was about as complicated as it got.

A future without pennies feels like a cultural loss. It used to catch my attention when I spied one on the ground. It had value; I wanted to pick it up. And sliding several across the cashier counter one at a time with my index finger is muscle memory shared by many. Now simple financial transactions lack ‘skin’ for the most part because currency we used to



LINCOLN’S FAMILIAR FACE has lived on the penny since 1909, though the ‘tails’ side has changed over the years. Once pennies are no longer made, they won’t go up in value since so many will still be circulating. They will remain ‘legal tender’ for the future, although transactions could be rounded up or down to the nearest nickel as the supply of pennies diminishes. Interestingly, the lack of pennies may lead to more reliance on nickels, which the U.S. Mint says cost 13.78 cents to produce.

As we say goodbye to penny production, maybe we should celebrate National Penny Day on May 23 next year, which could be right around the time they go out of production. On that day, I’d like to march into a Dollar Store and lay down 100

pennies for a balloon. (Actually, now everything in the store is \$1.25.)

In the meantime, there are, of course, the cash-only hold-outs, and I have to admit that when I bought an ice cream cone recently from one, I was given change that included pennies. It felt both novel and welcome.

In any case, if you want to have your pennies counted and exchanged for bills, here’s where to do it: Coinstar kiosks at Hannaford in Brunswick and Topsham, Shaw’s in Brunswick, and Walmart in Brunswick. For the service, Coinstar charges a percentage of the amount processed. In addition, some local credit unions and banks offer the service free for account holders.

Thinking out loud

Charmaine Daniels



news@peopleplusmaine.org

literally handle is now largely digital. As a society, we’re losing touch.

Losing pennies makes me wonder what else we’ll soon lose. Pens and pencils? Printed newspapers? Parking meters that take coins? Paper checks? (I’ve finally figured out Apple Cash and Venmo ... but just barely.) Notebooks to write in by hand, calendars with pages you actually flip? Toll booths with people? The classic pale-green order pads waitresses use? Or, God forbid, the *DeLorme Gazeteer*?

And what about all the sayings that use penny in them? No more “A Penny for Your Thoughts” or “In for a Penny, In for a Pound.” As far as song titles, “Bitcoins From Heaven” just doesn’t cut it.

In my mind, though pennies might be small change, they’re mighty in memory and meaning. The sound of coins jingling in the pockets of so many dads was somehow comforting, as was ‘Honest Abe’ on the front.

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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.

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Auxiliary members contribute \$15 in annual dues.

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- January 15th 2025 2-3:30 pm.

Single Session Cost \$40



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Honoring our volunteers with a sweet treat!



Members of the People Plus Board of Trustees donned aprons and served ice cream and sundae toppings to more than 90 members at the annual ice cream social last month. At the event, People Plus honored volunteer contributions in the last year: Nearly 550 volunteers donated over 7,200 hours to People Plus and the Teen Center!!

People Plus Volunteer of the Year, Suzanne Neveux, does a lot behind the scenes in addition to being the longest-running exercise instructor with over 25 years clocked! Suzanne, with help from her partner Tom, covered all the chairs in the front of the hall with new fabric, replaced all the hall curtains (she made them the first time, too!), and installed room-darkening insulation on the top part of hall windows!

Board of Trustees Volunteer of the Year, Gail Kendrick is a bridge club coordinator, updates organizational manuals and information, chairs the busy Governance Committee, and organizes and leads orientation for new Board trustees. Plus, along with Michelle and Les Borodinsky and her husband Cy, she hung all the new artwork on the 2nd floor!

Teen Center Volunteer of the Year, Linda Christie has been volunteering with the Teen Center every Thursday for a year! She serves food; provides game guidance; and has created a drumming circle.

Special thanks to Wild Oats Bakery for donating \$10 vouchers for the volunteers! We really appreciate being able to give out such a lovely token of thanks! And thanks to the people who attended this annual ice cream social! We love showering our volunteers with love and gratitude and sweet treats!

- Special Awards also went to:
- ★ *Billboard Hall of Fame*: Off Their Rockers – Providing music at picnic for a decade, sponsoring Music in April, and donating an amazing tent!
 - ★ *“Over the Top Award”*: Chrissy Six – For managing the Center facility/cleaning/organizing/decluttering/fixing/shopping/helper in all ways!
 - ★ 6th Annual *Golden Shears Award*: Margarita Day – For thousands of haircuts, countless smiles, hugs, and stories that brighten our days!
 - ★ *“Mother/Daughter Dynamic Duo”* – Jean Tomkins & Louise Burgess. Jean deadheads all the flowers in the windowboxes and Louise has provided hours of Mah-Jongg tutoring!
 - ★ *“Taxes for the Masses”* – Sonia and her team. Helping people with tax preparation, solving countless problems – you saved us money, and saved the day – again and again!
 - ★ *“Feeding Frenzy”* – Culinary Crew of Music in April.
 - ★ *“Feeding the Masses”* – Culinary Crews of monthly breakfast and lunches.
 - ★ *“Happy Feet Award”* – Foot Care Team
 - ★ Afternoon Front Desk Volunteers
 - ★ Newspaper Delivery Crew



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