

50 Years! People Plus! Building Community Since 1976 NEWS!



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 October 2025 • Volume 25, No. 10

People Plus annual picnic – fun in the sun!



OVER 175 PEOPLE GATHERED FOR THE PEOPLE PLUS ANNUAL SUMMER PICNIC LAST MONTH! See lots of fun photos and details from the event on page 16.



27 works from People Plus artists

Sat, Oct. 11, 2-4 pm. Come meet the artists of People Plus and help to celebrate their work at an open house. The exhibit includes works from dozens of artists in Ed Higgins' People Plus art classes and showcases everything from detailed landscapes to graphic abstracts to portraits of people and animals. Join us! Free, open to the public. Light refreshments available.

Shown here are Alfred Tyrol (top) and Ntoetse Bertocci, two of the 27 artists with works exhibited.



— Mark your calendars for October 9th —

Expo! Extra! Read all about it!

• Vaccines • Tech Help • Raffles • Massages
You name it: Come on over and get your swag on!

The 14th annual People Plus Senior Health Expo, in partnership with Spectrum Generations, is both free and the place to be on Thursday, Oct. 9. The event at the Brunswick Recreation Center runs from 9 am to 1 pm, so plan on finding out what resources in the Midcoast region will help you live longer, healthier, and happier lives.

Last year's Expo had a record 1,000+ participants, and this year will feature 100 businesses, programs and services! The event is open to the public, and the first 500 people get a free swag bag.

Attendees will learn about products and services in medical services, fitness and health, technology, legal, community services, housing/respite care, finance, and more. "Our hope

is to connect local residents with area providers and the Expo is the perfect place to do it! With the swag bags and vendor tables, it's a bit like Halloween for seniors!" says People Plus Executive Director Stacy Frizzle-Edgerton.

Maine has the highest percentage of older adults per capita in the country and coastal Maine's older adult population is growing every day! We are here to provide resources, community connections, and health and wellness programs for all of these folks!

Free activities include flu and Covid shots courtesy of Martin's Point Health Care, Technology Help Desk, Mid Coast Hunger Prevention Program Sharing Table, massages and balance screenings

continued on page 9



WELCOME TO OUR NEW INTERN, VIOLET FRIZZLE, who is working in our marketing department to help organize and create the People Plus 50th anniversary book, as well as assisting with advertisements, the People Plus News, our website, and social media posts. Violet recently graduated from MassArt with a BFA in communication design and enjoys working with hand lettering, illustration, typesetting, and many other aspects of graphic design! She hails from Maine and is currently based in Boston. "I love doing work for nonprofits, so I am very much looking forward to this opportunity!" she says. Violet is a native of Brunswick and graduated from Brunswick High School. She was a volunteer for many years at Music in April.

"Keeping the Keys" Workshop with AAA

Thu, Oct. 30, 1:30 pm. Register now to secure your spot for this free one-hour presentation that will show ways you can reduce driving risks with presenter Tom Baran, a Traffic Safety Education Specialist with AAA Northern New England. The workshop is designed to help older drivers understand age-related changes and ways to adjust their driving accordingly. Free, open to public. Class limited to 30 participants. Registration required.

'Aging Well' Lunch & Learn: "Palliative and Hospice Care"

Mon, Oct. 27, 12 pm. Kate Sicotte, RN, Hospice Clinical Manager at MaineHealth CHANS Home Health and Hospice in Brunswick, will discuss palliative care and hospice care. She will talk about the differences between the two, what care you will receive with each service, and how you can prepare ahead of time. Both types of care are focused on people with serious illness, but there are important distinctions.

Kate has years of experience as a hospice manager at Andwell Health Partners (formerly Androscoggin Home Healthcare and Hospice)

and worked as a nurse manager in the ICU at St. Mary's Regional Medical Center for many years. In this program, you will also earn more about POLST (Physician Orders for Life-Sustaining Treatments) forms that include detailed information about what each person wants as they get sicker and closer to end of life. The forms can help family members and medical providers when people are no longer able to speak for themselves. Bring your lunch or grab a free bowl of soup, and we'll provide drinks, chips, and dessert. Free, open to the public. Registration required. Call 729-0757.

Balance and Falls Clinic with Reform Physical Therapy

Thu, Oct. 23, 1:30 pm. Dr. Christina Levesque, PT, DPT will teach us what balance means, how to prevent a fall and how to properly handle a fall if one occurs. Free, open to the public. Call to register.



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Mist and mellow fruitfulness

My goodness how I love the fall. I think autumn might be my favorite season in Maine. The weather is fresh and a little cool, the humidity has lifted, and, just like the fruit flies, all our summer company is gone! Woot!

Folks are getting back to work, and everyone seems re-energized. Our girls have gone back to school and while it is sadly quieter at home, it is fun to be busier than ever at the People Plus Center! Our members are streaming back to their activities, back to shared events and back to exercise classes – to work off all the summer BBQs!

Fall has traditionally been when people gear up for the harvest, stocking the shelves in the larder and getting ready for the long winter months. And since going back to school is also a part of that history, I think of it while driving down to town in the mornings. It's always misty and very foggy in our neighborhood, and I miss taking my girls to school. They'd be eating breakfast in the car and with full mouths, they'd see the fog and quote Jonathan, quoting the author John Keats' poem, "Ode to Autumn."

*Seasons of mists and mellow fruitfulness,
 Close bosom-friend of the maturing sun;
 Conspiring with him how to load and
 bless,
 With fruit, the vines that round the
 thatched-eaves run;
 To bend with apples the moss'd
 cottage-trees,
 And fill all fruit with ripeness to the core;
 To swell the gourd, and plump the hazel
 shells*

Because of Jonathan's enthusiasm, my girls know much of this poem by heart and it still comes up this time of year.

Until I met Jonathan, I didn't really know that poem nor did I understand

the change that happens to fruit and vegetables with the cooler mornings and how the fog is caused when the temperatures drop below the dew point. We grow a lot of grapes and fruit trees, and the ripening of the fruit is driven by the warmth and sunlight during the day, while cooler nights and morning fog help

From the Executive Director

Stacy Frizzle-Edgerton



light to stay longer in the fields, and we pay them homage as we annually wait for that moon and hope for a clear night to watch it rise, large and luminous over our farm.

I often find now that the marking of these seasonal events and traditions have in many ways become more important than some of the bigger, commercialized holidays. It's the sweet recognition that September 21st is the fall solstice and with it comes a shift in perspective, a change in behavior, and a ripening of spirit and soul for all the people with whom we coexist.

So, it's time to make the most of these misty mornings and harvest what we've sown, whether that's literally pulling carrots in your garden or figuratively as you find yourself rejuvenated from a relaxing and

restful summer.

Another of my husband's favorites sayings is, "You only get one bite of the apple," and since it is apple-picking season, let's embrace the cooler nights and morning fog that sweeten the harvest. And as we get back to work, school, and events at People Plus, let's enjoy the sun as it rises over the misty morning.



preserve the essential sweetness of the grapes, pears, and apples – and can keep them from drying out. Many gourds, pumpkins, squash, and nuts benefit in the same way.

The "harvest moon" has always been my favorite moon as it rises a little later and gives us a few days of bright, extended moonlight. Farmers took advantage of the

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HOW ABOUT THEM APPLES! It must be nearly 20 years of Apple picking! It just wouldn't be fall if Frank and Sarah didn't take everyone up to Rocky Ridge Orchard for apple picking, donuts and cider! We've come to love this tradition and to rely on the things that mark the passage of another year - especially as we share the company with good friends we've met through People Plus. Rocky Ridge orchard is a part of this annual tradition for thousands of people in the Midcoast region.

Seasonal delight: garden-to-table celebration dinner

The count for the dinner on Thursday before my daughter Molly's wedding was 10. There were a few changes to our menu, but it was a successful garden-to-table dinner. I found a recipe for sliced tomato gratin with homemade breadcrumbs that I made instead of the sliced tomatoes. It was delicious and so easy to prepare. I have made it 3 times so far in the past week. We have a lot of tomatoes to use.

The weather for the wedding was perfect. There were 170 guests, a beautiful sunset, great food, and lots of dancing. It was spectacular!

I had some college friends over on Sunday for a brunch and they enjoyed our zucchini muffins. I think we have had the last of our zucchini for the year. They tasted our pickles and dilly beans. They went home with one of our homegrown cucumbers!

I am continuing to work on using vegetables from the garden. At this moment I have potato soup and tomato sauce cooking on the stove. I love going out to the garden and picking vegetables. Today I picked some of our first carrots for the potato soup.

Our kitchen garden has been giving us lots of herbs. We have our dill in our pickles and dilly beans, oregano in our tomato sauce, rosemary on our potatoes, and I just added tarragon to the soup.

Whether you have your own garden, go to the farmers market or the grocery store, try as many local fruits and vegetables as you can.

Enjoy this beautiful weather.

From Anita's Plate

Anita Nugent

(207) 504-6439

info@nutritionforeveryday.com



ANITA NUGENT AND HER BEAUTIFUL DAUGHTER, MOLLY, shared a glorious day celebrating Molly's wedding. Anita has been the in-house dietitian and nutritionist at People Plus for over a decade and we have all enjoyed watching Molly grow up into a beautiful young woman!

Sliced Tomato Gratin with Homemade Breadcrumbs

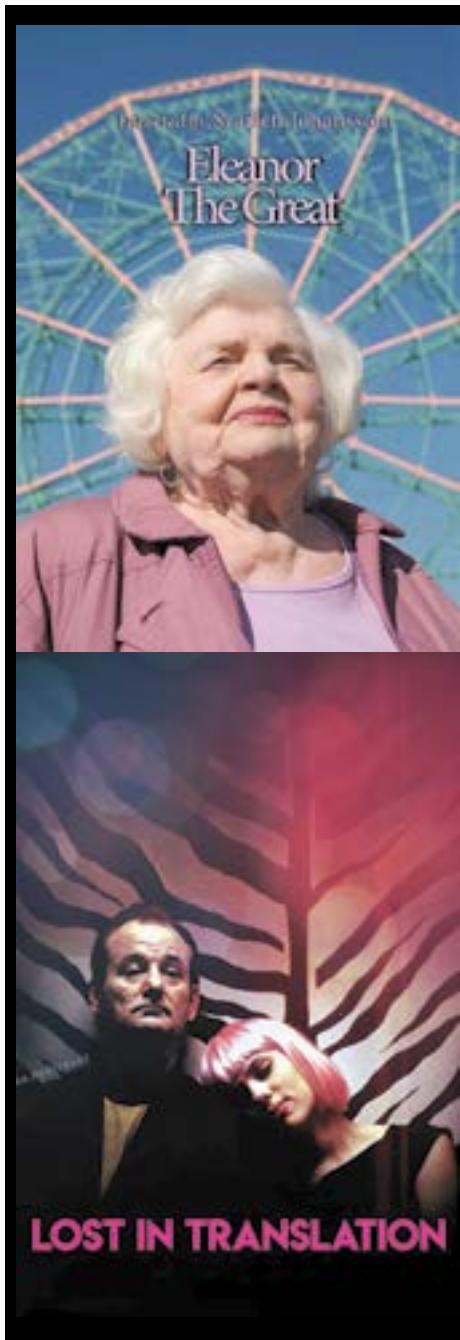
Ingredients:

- 2 large heirloom tomatoes, sliced $\frac{1}{2}$ inch thick
- 1 Tbsp. olive oil
- $\frac{1}{4}$ tsp. garlic powder
- 1 Tbsp. fresh thyme leaves
- 1 cup fresh breadcrumbs
- 1 oz. Parmesan cheese
- 2 Tbsp. shredded cheddar

Directions:

1. Preheat oven to 425 degrees.
2. Place the tomato slices in a casserole dish.
3. Drizzle with some olive oil.
4. Sprinkle with salt and thyme.
5. Cover and bake for 15 minutes.
6. While the tomatoes are in the oven, put the remaining olive oil in a skillet. Over medium heat, add the olive oil and garlic powder. Once fragrant, add the breadcrumbs. Cook until the crumbs are lightly browned, about 6 minutes. Stir in Parmesan cheese.
7. Take the tomatoes out of the oven. Sprinkle the cheddar cheese on them.
8. Top them with the crumbs.
9. Bake an additional 8 minutes.

Note: I have been looking for delicious recipes for all of our tomatoes! This one is just great. I used parchment paper to put on the bottom of the casserole dish. I have a small electric chopper that I used to make the breadcrumbs. Enjoy!!



HAPPY HALLOWEEN!

EVENINGSTAR CINEMA

The October People Plus Movie of the Month is

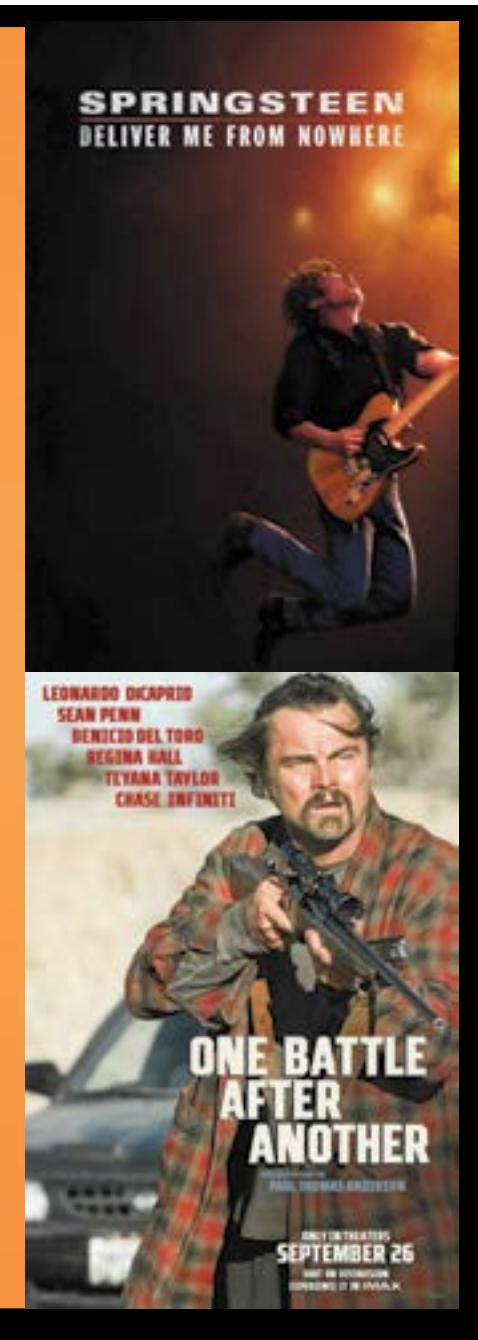
ELEANOR THE GREAT Starts Friday, Oct. 3rd

\$10 Tickets ALL Shows Plus Free Popcorn!

Movie Tickets & Info at: www.eveningstarcinema.com

Sign up for our Weekly Newsletter

Movie Line: (207) 729-5436
149 Maine St, Brunswick ME





THANKS TO PEOPLE PLUS MEMBER ASHLEY RICHARDS for educating over 40 people at last month's 'Aging Well' Lunch and Learn at People Plus! With a topic of how to safety-proof your home so you can live in it longer, Richards is a certified Aging in Place Specialist who can help you take the small steps necessary to prevent a fall or fire, as well as weatherize a home. All things that will help you stay in your home longer and healthier! He also talked to lots of people in the audience, for their tips and advice to be shared with the crowd.

How to Be Happier

Thu, Nov. 6, 1:30 pm. Join instructor Laura Lee Perkins, MS (Counseling) and People Plus member, in this class to explore why many people want more happiness in their lives. What are the sources of unhappiness? Are we carrying around disappointments that leave us feeling stagnant? If we feel powerless to change them, we might feel anger. Do you know why you aren't happy? This class will help you learn new tools to increase your level of happiness. Free, registration required, space is limited.

Book a vacation with People Plus and Collette Travel!

Bring a friend!



Shades of Ireland

May 3-12, 2026. **Deposits due Oct. 28.** 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>



NEW – Tropical Costa Rica

November 5 - 13, 2026. Highlights include: Monteverde Cloud Forest, Hanging Bridges or Canopy Adventure, Farm tour and Lunch, Coffee Plantation, Arenal Volcano, Cano Negro Refuge, Lake Arenal Cruise. Deposits due April 28, 2026. **FMI** <https://groups.gocollette.com/en-US/link/1384648>

People Plus Movie of the Month –

Eleanor the Great!

Eveningstar Cinema offers a special Movie of the Month deal for People Plus! For only \$10, members can see the People Plus Movie of the Month, and enjoy a free bag of popcorn!

This month's movie is *Eleanor the Great!* FMI www.eveningstarcinema.com

Good Eats—Good Friends!

Monday Munchies

Mondays, 11:30 - 12:30 pm. Join us for free soup for members on Mondays donated by Mid Coast Hunger Prevention Program! Soups will be listed in the Friday "Peek at the week" email.

Women's Breakfast

Thu, Oct. 2, 8:30 am. Enjoy breakfast while socializing with the ladies. Members only, call to register. \$5 suggested donation.

Men's Breakfast

Thu, Oct. 23, 8:30 am. Enjoy breakfast while socializing with the gents. Members only, call to register. \$5 suggested donation.



A BIG THANK YOU TO ALL THE LADIES who came to make flower bouquets every Tuesday this summer! With flowers donated by Growing to Give, and harvested by lots of people as well, we had a lovely turnout of petals and members who put these bouquets together as selfless acts of kindness. The bouquets go out to Meals on Wheels recipients and other community residents who live in nursing or care facilities. And we know for sure the bouquets brightened their days all summer! Thanks again, ladies!

Spectrum Generations Presents: Balancing Blood Sugar

Tue, Oct. 28, 1:30 pm. Explore how blood sugar regulation works in the body with Spectrum Generations' Registered Dietitian, Kirsten Solomon MS, RDN. We'll break down the science and explore practical, evidence-based nutrition strategies. Includes a cooking demonstration with diabetes-friendly ingredients. Ideal for those with pre-diabetes, Type 1 or Type 2 diabetes – or anyone curious about the topic. Class is open to the public. Registration is required, class size limited to 15. Donations appreciated (\$5) but not required.

Medicare 101

Tue, Oct. 14, 12:30 pm. Spectrum Generations provides information regarding Medicare, drug coverage, and Advantage plans, Free, open **spectrum generations** to the public (\$15 suggested donation appreciated).

Medicare Open Enrollment Appointments

Spectrum Generations volunteer, and People Plus trustee, Nancy Weingarten, will be at People Plus for open enrollment appointments on Wednesday mornings, 9:15, 10:15, and 11:15 am, on **Oct. 15 - Dec. 17** (no appts Nov. 26). Call now to book your appointment!

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Festive, flavorful and filling lunch ... with vaccines to boot

Join us **Thursday, Oct. 16** for lunch when Moe St. Pierre, Rick Hendsbee and Frank Connors will join forces with many from our regular culinary crew to offer a "Festive Fall Flavor" meal using many organic, local veggies from our friends Nate and Gabrielle at Six River Farm in Bowdoinham. The pork tenderloin will be served with roasted carrots, turnip, and cabbage along with boiled red potatoes, our famous green salad, and ... wait for it ... apple crisp for dessert. Is your mouth watering yet? We'll have some fun, enjoy each other's company and eat well.

It's not just about food and friendship at this community meal, because Walmart Pharmacy will be providing flu and Covid shots as well. Come join us!

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

Apple Device Tutoring

Wed, Oct 22 and Thu, Oct 23, 9:30-12 pm. One-on-one Apple device tutoring sessions with Bill Perry. Bring your iPhone, iPad, Macbook, etc. Members only. Call starting Oct. 3 to book your appointment.



Destinations for October

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 check the Friday People Plus "Peek at the week" emails.

Oct. 1. Planning meeting and a walk. Meet @PP at 9:30 am to share your ideas and help plan the walks for November! Then we'll walk at Topsham Recreation Ballfields.

Oct. 8. Chase Reserve, Brunswick. Carpool: meet @PP by 9 am or at site by 9:30.

Oct. 15. Bradbury Mountain Trails (flat side), Pownal. Carpool: meet @PP by 9 am or at site by 9:30.

Oct. 22. Lily Pond, Bath. Carpool: meet @PP by 9 am or at site by 9:30.

Oct. 29. Morse Mountain, Phippsburg. Carpool: meet @PP by 9 am or at site by 9:30.

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Mon	Tue	Wed	Thu	Fri	Sat
Calendar page sponsored by  MaineHealth					
9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Int/Adv Duplicate Bridge 6:00pm Djembe Drumming	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	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	1 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 6:00pm Int./Adv. Belly Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis
6 CENTER CLOSED HAVE A SAFE AND HAPPY HOLIDAY WEEKEND!	7	8	9 CENTER CLOSED See you at the SENIOR HEALTH EXPO! 9 am-1 pm, Bruns. Rec. Ctr.	10	11
13	14	15	16	17	18
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 7:00pm History Book Club	9:00 Int/Adv. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 11:30 LUNCH OUT 12:30pm Medicare 101 1:00pm Game Day 1:00pm Qigong 2:30pm Cafe en Français 2:30pm Ukulele Club 2:30pm German Club	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 7:00pm English Country Dance	9:00 Beg/Int. Bridge 9:30 Art Class 12:00pm Lunch and Connections 6:00pm Int./Adv. Belly Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis
20	21	22	23	24	25
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 7:00pm History Book Club	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 2:00pm Books a la Carte	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Apple Device Tech Tutoring 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 6:30pm Bruns. Coin/Stamp	9:00 Table Tennis 9:00 Beg/Int. Bridge 9:30 Apple Device Tech Tutoring 9:30 Art Class 11:00 Yoga 12:00pm Footcare Services 1:30pm Apple Club 1:30pm Balance and Falls Clinic with Reform PT 6:00pm Int./Adv. Belly Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis
27	28	29	30	31	People Plus Hours
9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:30 Monday Munchies 12:00pm Lunch and Learn: Palliative and Hospice Care 1:00pm Int/Adv Duplicate Bridge 6:00pm Djembe Drumming	9:00 Int/Adv. Bridge 9:00 Chair Yoga 2:30pm Cafe en Français 10:00 Yoga 11:15 Table Tennis 1:00pm Game Day 1:00pm Qigong 1:30pm Spectrum Generations Nutrition Class: Balancing Blood Sugar 2:30pm French Club	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers	9:00 Table Tennis 9:00 Beg/Int. Bridge 9:30 Art Class 11:00 Yoga 1:30pm Keeping the Keys Workshop 6:00pm Int./Adv. Belly Dancing	9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Loosen Up 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	Mon-Thu: 9 am - 4 pm Fri: 9 am - 1 pm 729-0757 peopleplusmaine.org

Program Notes for October 729-0757

- Men's Breakfast is on the 4th Thursday
- No haircuts with Margarita this month
- Center closed on Oct 9 for the Expo

CENTER CLUBS

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

Apple Club

Thu, Oct. 23, 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, Oct. 14, 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 Français. **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.

Friday, Oct. 31 is Halloween!

Show your spirit by coming in costume!



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:



“...On the road again!”

Do you wonder what a hill, an old cemetery, three gallons of gas, a “lost village,” an ice cream cone, and a fork in the road called Cowshit Corner might have in common? I’ll give you a hint: Jane and I are off for a fall afternoon drive, and we don’t really care where, or when, we stop.

You need to know many of my Sunday afternoons as a kid would find me and the family in our big woody station wagon, prowling around Maine looking for apples, a farm, ice cream, hot dogs, a place to swim, a museum, something, or nothing. Looking back, I recall these trips as great family entertainment and as a tradition that probably became one of the keys to my enduring love of Maine. Looking ahead, I keep trying to convince Jane we should do more rides around Maine, now that we’re retired and have nothing else to do.

Fall is high season for road trips. There’s foliage to see, traffic numbers are down, and you know that Maine’s air is just “better” in this season of our year. Jane and I are off through Bowdoinham and Richmond, past Merrymeeting Bay, across the Kennebec River, to Dresden and to “the Mills.” We want to do Blinn Hill, to see what’s changed and what is the same.

Blinn Hill is a non-descript “mountain” on a shoulder of the Kennebec. Its less than impressive altitude – 446 feet – is more than compensated for by its location. It’s a bump in the middle of the river valley, few other hills are in the area, and its views are stunning. You can drive to the



top, so if the weather cooperates, you’ll see to the “Whites” of New Hampshire, to Mount Washington if you know where to look. Blueberry barrens on the shoulders of the hill are already kissed by frost, and turning a cranberry red.

At the foot of the hill, we stop for a walk around Pine Grove Cemetery, where an all but unique battery of 4-foot tall, slate gravestones tells the story of the locally prominent Bridge and Bowman families. You know me and cemeteries, hard to pass a good one.

Next up are Head Tide and Alna, two delightful old villages on the upper reaches of the Sheepscot River.

Crossing the bridge to Head Tide, it’s easy to imagine time has evaporated and we’re standing in a place that has changed only slightly in a century. The white, spired church and one-room school stand behind us on the crest of a hill. The river under our feet bears the scars of an old mill dam, and there’s a set of rickety granite steps

that leads down to a wading beach. Jane says no to a chance to get her feet wet. The old general store is now an antique shop, closed for the season; several old homes complete the idyllic, nostalgic scene.

Route 218 runs along the Sheepscot River toward Newcastle. Meadows and hayfields abound. “This is what Maine used to be like,” I say to Jane, so we’re both somewhat startled when we round a twist in the road and see a big “Cowshit Corner” sign! I stop, I look around, I reach for my camera. I’m thinking Stacy will want a picture. There are no cows, there is no S-T! A lady drives up, waits for me to get out of the road, rolls down her window and tells me it’s a nice day. I agree. She lives a half mile away; she tells me

the short history of the corner. “Used to be cows, they used to cross the road, mornings and nights. There used be sh....” she laughs, “You know,” she said, “that singer guy Willie Nelson came out here once just to be photographed with that sign!” I did not know that. I got my pictures, got to the car, and told Jane the Willie Nelson story. We drive toward Damariscotta Mills, I’m singing Willie’s “On the Road Again” until Jane tells me to stop, then I hum the tune for a couple more miles, enduring the look.

Side trips abound along this route. Soft serve ice cream is served in Richmond,

MAINE & me

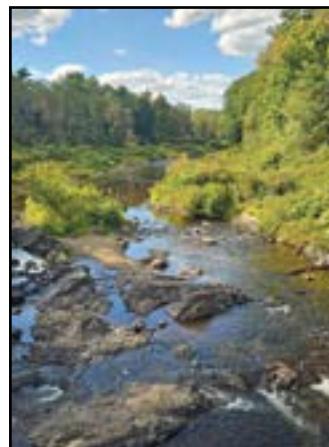
by Frank Connors



and classic home-made ice cream waits at Round Pond in Damariscotta. At the intersection of 197 and 128 in Dresden, a left turn and a short detour will take you to the old Pownalborough Courthouse and its magnificent Bowman house. At Head Tide, a left turn on Rt. 218 will get you to Pittston and Whitefield’s growing Amish neighborhoods. If you’re willing to leave your car for a while, a left turn below Head Tide off Rt. 218 will land you at Hidden Valley Nature Center. More fodder for future columns.

Remember, a cardinal rule for fall road trips is never be afraid to take an unknown turn, to drive down a road “just because it looks interesting,” or to “poke along this road a few miles, just to see what we can see.” In the old days, my stepfather was always chief pilot and navigator on our trips, and he’d never admit to being lost. “Give it a few more miles,” he’d say, “I’ll recognize something.” That advice still works.

If you go: Drive along State Route 24 through Topsham, Bowdoinham and Richmond. Bear right on Rte. 197 as you approach the new Richmond bridge over the Kennebec. Drive Rte. 197 through Dresden, turning left on Rte. 127 to approach Dresden Mills. Turn right on 27 at the Mills, take first left on Blinn Hill Rd. After topping the hill, take a right on Nash Rd., then left on Palmer Rd. Take a right when you reach Rte. 218, then left when you see the Head Tide Road sign. That brings you to Rte. 194 where you take a right, which eventually joins Rte. 215 South and lands you in Newcastle, where you meet Route One. A right turn on Route One takes you through Woolwich and then Bath. Entire “circle” is just over 70 miles.



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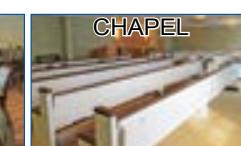
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Lunch Out!

October 13th, 11:30 am.



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

The Matchmaker's Gift by Lynda Cohen Loigman. This is a story about love, changing traditions, women's challenges, and matchmaking in New York's Lower East Side from 1910 to 1995.

Farewell, Dorothy Parker by Ellen Meister. Movie critic Violet Epps has been visited by her literary idol, Dorothy Parker, who "helps" Violet with multiple aspects of her life, appreciated or otherwise, both humorous and poignant.

A Month in the Country by J. L. Carr. A gentle tale of WWI veteran Tom Birkin who works and recovers in pastoral Yorkshire. It has been called a masterpiece.

Orphan Train by Christine Baker Kline. This tale is about an orphan train rider, now 80, and a 17-year-old Native American foster child who comes into her life to help her go through the accumulation of "stuff" in her attic.

The Newcomer by Mary Kay Andrews. Wanted by the police for the murder of her sister and the abduction of her niece, Letty is on the run from the police, her sister's partner in crime, and the actual murderer. She hides in a small town and finds romance.

Chesapeake by James Michener. An old favorite, which is the saga of 400 years of America's Eastern Shore, containing stories of Quakers, slaves, abolitionists, and much more.

The Color Purple by Alice Walker. This classic work, published in 1982, tells the story of two devoted but long-separated sisters – one a missionary in Africa, the other fighting to survive in poor, rural Georgia.

NONFICTION
The CIA Book Club by Charlie English. The CIA covertly funded sending books and printing presses behind the Iron Curtain.

Evil Geniuses: The Unmaking of America by Kurt Andersen. This book analyzes "a

confederacy of the rich, the right, and big business" that the author says has shaped American opinion and elections.

The Gossip Columnist's Daughter by Peter Omer. Chicago columnist Irv Kupcinet's daughter pursues fame in Los Angeles. She dies at 22. Is it murder or suicide?

MYSTERIES

Danger Lurks by Julie Titterington. A book in the Three Hounds Bakery series. Dogs help solve crimes.

Marple. Twelve new mysteries by 12 different writers, including Val McDermid, Ruth Ware, and Lucy Foley. Each story involves Miss Marple and is written in the style of Agatha Christie.

Gone but not forgotten –

Karl Lauenstein

Oct. 6, 1935 – July 12, 2025

Joseph Thiboutot

June 14, 1938 – August, 2025

Gary Aldridge

Sept. 22, 1940 – Sept. 7, 2025

Cynthia Linkel

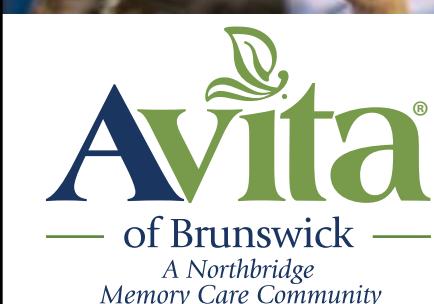
July 23, 1957 – Sept. 13, 2025



Hear from our Families

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- Terri M., resident family member



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Refreshment Sponsors: AAA NNE-Brunswick, Accel Physical Therapy, Amtrak Downeaster, Ancrum Credit Union, Brunswick Veterinary Clininc, Camden National Bank, Dead River Company, Insurance & Retirement Solutions, Maine Death with Dignity, Maine SafeResponse, LLC, Norway Savings Bank, Reform Physical Therapy, Senior Planning Center, The Highlands, Wicked Joe Coffee

(This Expo preview is accurate as of the date of printing.)

2025 Exhibitors

211 Maine
AAA NNE-Brunswick
Accel Physical Therapy
Alzheimer's Association, Maine Chapter
Amtrak Downeaster
Ancrum Credit Union
(FKA Five County Credit Union)
Area First Responders
AudioNova
Autonomy PLLC Medical Foot Care
Avita of Brunswick and Sunnybrook
Bath Area Senior Citizens Activity Center
Bath Savings
Bath-Brunswick Respite Care
Bedard Pharmacy & Medical Supplies
Before and After Photo Restoration
Beltone Hearing Aid Center
Beyond Words Medical Speech Pathology
Bowdoin College
Bowdoin International Music Festival
Brackett Funeral Home
Bridges Home Services
Brock Health
Brunswick Parks & Recreation Department
Brunswick Topsham Housing Authority
Brunswick Veterinary Clinic
Camden National Bank
Carpe Diem Tech Support
Catholic Charities SEARCH - Greater Bath Program
Central Maine Power
Citizens Climate Education, CCE
Coastal Landing Retirement Community
Coastal Orthopedics & Sports Medicine
Physical Therapy
Comfortably Home (Bath Housing)
Curtis Memorial Library
Dead River Company
Disability Rights Maine
Eveningstar Cinema
FCP Live-In
Five Star Bath Solutions
Food Addicts in Recovery Anonymous
Gateway Retirement Solutions
Good Morning Program
Habitat for Humanity 7 Rivers Maine
Hand Therapy Treatment and Education Center, LLP
Happy at Home Seniors
Harpowell Aging at Home
Hearts & Hands Reiki
Hospice of Southern Maine
Insurance and Retirement Solutions
Islebrook Village at Wiscasset
Kind Senior Care
KMB Insurance Advisors
Lamdin Group, LLC
Landing YMCA/Bath Area Family YMCA
LeafFilter Gutter Protection
Leisure Travel Enterprises
Maine Bureau of Insurance
Maine Community Bank
Maine Death with Dignity
Maine Pine Catering
Maine Pines Racquet & Fitness
Maine SafeResponse, LLC
Maine State Music Theatre
Maine Veterans' Homes
MaineHealth
-CHANS Home Health & Hospice
-Mid Coast Hospital
-Mid Coast Senior Health
-Specialty and Home Delivery Pharmacy
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 Veterans Council
Midcoast Athletic & Recreation Complex (MARC)
Midcoast Senior College
New England Rehabilitation Hospital of Portland
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
Repair Café
Senior Planning Center
Spectrum Generations
- Aging and Disability Resource Center
- Meals on Wheels
Sustainability Committee of Brunswick
Tailored Care, LLC
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)
Walmart Pharmacy and Vision Center
Western Maine Transportation Services (Brunswick Link, Bath CityBus, and BlueLine)
Winship Green Center for Health and Rehabilitation
Write On Writers

FREE EVENTS NOT TO MISS!

- **Flu & COVID shot** walk-in clinic courtesy of Martin's Point Health Care (while supplies last)
- **Swag bags** for the first 500 attendees!
- **Blood pressure screenings** courtesy of Walmart Pharmacy and Vision (cholesterol, A1C, and glucose screenings offered for a fee - cash or check)
- **Technology help desk** courtesy of Carpe Diem Tech Support - Bring your own device and questions
- **Repair cafe** courtesy of Curtis Memorial Library. Bring your items from home and get help with mending clothing, book repair, jewelry repairs, sharpening tools, and general electrical repair
- **15-min. massages and balance screenings** courtesy of Coastal Orthopedics & Sports Medicine Physical Therapy
- **Reiki treatments** courtesy of Hearts & Hands Reiki
- **Raffle drawing** for Maine State Music Theatre 2026 tickets!
- **Raffle drawing** for two Amtrak Downeaster round-trip tickets!
- **Sharing Table with fresh produce** courtesy of Mid Coast Hunger Prevention Program
- **Live remote broadcast** from the Expo with Jim Bleikamp and Radio Midcoast WCME!
- **"Expo Special" People Plus membership deal:** \$40 for new members for the first year!
- **Registration** for Yellow Dot, Good Morning, and Volunteer Transportation Network (VTN) programs
- **Book signings, sales & chats** with the People Plus Write On Writers club
- **Tours** of the Brunswick Recreation Department's fitness center
- **Free Wicked Joe Coffee** and healthy refreshment choices, including fruit, granola bars, and more!!

Expo continued from page 1

courtesy of Coastal Orthopedics & Sport Medicine, Reiki treatments with Hearts & Hand Reiki, blood pressure checks with Walmart Pharmacy, and a live remote broadcast with Jim Bleikamp and Radio Midcoast WCME. Bring in your items from home and get help with mending clothing, jewelry repairs, book repairs, tool sharpening, and general electrical repair courtesy of Curtis Memorial Library's Repair Café. Plus, there will be raffles to win two round-trip tickets on the Amtrak Downeaster or Maine State Music Theatre 2026 tickets!

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. And don't forget about the free Wicked Joe Coffee and healthy snacks.

"I found it exciting last year, and I was amazed at the variety of information and services there. I was able to get my blood pressure checked, and this year I'm looking forward to getting a mini-massage," says member Judy Gilbert. "The lively buzz in the room reminds me of the connected feeling at People Plus."

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. The event is open to the public and the first 500 people at the event will get a free swag bag.

For more information, call 729-0757 or visit www.peopleplusmaine.org.



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MEMBERS OF THE WALKING GROUP ENJOYED CAMPING at Campobello, New Brunswick, in August and remembered to bring along their People Plus News: (left to right) Elaine Alexander, Cathy Cooper, Karen Monahan, Dick Cooper, Sue Sargent, and Eric Root.

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

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

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

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

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

Eveningstar Cinema, "People Plus Movie of the month" \$10 (includes free popcorn), 149 Maine St, Bruns., 729-5486, www.eveningstarcinema.com

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

Hand Therapy Treatment and Education Center, L.L.C., 20% off HandBasicSSM: Self-Care Education class
114 Maine Street Suite 4, Bruns., 607-5800
www.therapytandeducation.com

Hearts & Hands Reiki, 10% off first visit
751-5339, heartsnhands207@gmail.com

Lee's Tire & Service, 10% off parts (not tires)
35 Gurnet Road, Bruns., 729-4131
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
22 Elm Street, Bruns., 725-8769
www.msmt.org

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

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

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

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

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

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

*Benefits subject to change

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Email _____	Emergency Contact _____	(name) _____	(phone) _____ (relationship) _____
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Yearly Dues (Scholarships Available)

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(*donations are tax deductible)

Total: \$ _____

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(Round up to \$50 for our 50th Anniversary!!)

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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 Volunteer driving: give rides to appts/shopping
 Committee work: finance, development, programming, etc.




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For more go to www.peopleplusmaine.org/write-writers-0**Join us! Wed, 1 pm****Today Is ...**

Today is a gift. Maybe your birthday, an anniversary, a special event, or a holiday. Maybe you have a cherished memory from this day. Currently, days are being noted as National (fill-in-the-blank) Day, and I wondered who decides the topic and if this is for fun and a smile.

I checked Wikipedia and was amazed to learn the history of "Name Day." European countries have celebrated Name Day using people's given name related to Christianity, which does not apply to my topic. It is complicated, and technology is now being used by present-day researchers to learn more, using a "Wayback" machine – another story.

The U.S. does not have "Name Day," though as mentioned earlier, there is "National ____ Day." Wikipedia gave several examples: donut, peach, just because, and last week on TV's "Kelly & Mark" show, they said it was "National Toilet Paper Day." We just missed September 21, the International Day of Peace. Wikipedia showed a commercial for their newspaper noting that if you subscribe you can keep up with National ____ Days and more!

This challenged my brain and wrapping up my story, I have a question for you, "It is National ____ Day! What will you write in the blank? Have a fun-filled day. Happy Fall.

–Betty Bavor

What is friendship?

It's many different things to different people. I was inspired to write about it while watching the film *Shallow Hal*, with actor Rene Kirby. He died July 11. In this movie were two people who didn't have very many friends. They were a heavy-set gal and a paralyzed man. Rene Kirby was the paralyzed man, and this article is dedicated to him!

At one point in life, I was living in Chicago at age 19 against my Dad's wishes. He felt Chicago was too dangerous for a young naive single gal like me. I trusted everyone because my parents had protected me all my life until the age when I decided I wanted to be free of my parents and their lists of rules that included wearing only dresses, long hair, and no dancing or movies.

Eventually I became a nurse, and when my supervisor told me to take care of Tim in room 3, I went down to see him that morning at the start of my 7 am-3 pm shift at University of Illinois

Neighborhood Noises

Route One traffic
two blocks away
Honking
Rumbling Amtrak as it
approaches or leaves town
moaning toots and whistles
Annoying whir of
nearby lawnmowers
Laughter on the playground
and sometimes
the period bell
and loud speaker
from the elementary school
Bouncing basketballs
on the way to play hoops
Barking
Loud whispers
of oak leaves in the wind
Emergency vehicle sirens screaming
police, ambulance, fire
each different
Birds
twittering and chirping
Throaty cock-a-doodle-doo
of neighbor's rooster
Heavy rumble of the mail truck
stopping and leaving each address
Muted voices
as walkers converse
Low roar of airplanes
streaking off to somewhere
–Deb Noone

**Poems & Prose****So Many Roads** *–Robert Mulligan*

There is a saying: "If you don't know where you are going, any road will take you there." And there are so many roads I may choose from, or one may choose me So begins the journey, with stops and starts, ups and downs and turnarounds Arriving at a final, and often unexpected, destination Some say that the ending of one passage is merely a beginning of the next, A do-over, ready or not, fresh start So many roads.

Jockey Cap

Recently Ray and I were in Cornish, Maine. The places have we visited were suggested by Frank Connors who wrote "A List of 200 Favorite Maine Places," which is located on the People Plus website and can be copied, as we did.

The places we have enjoyed are: Coos Canyon and Screw Auger Falls, Height of Land, Jockey Cap, Songo River Queen boat in Naples, and the Parsonfield Porter covered bridge from 1876.

Jockey Cap was the adventurous hike. Jockey Cap is in Fryeburg at 16 Bridgton Rd. The old sign stood on two stilts with a board across the top engraved, "Jockey Cap Trail."

Jockey Cap rock is made of granite outcrops of the Saco River Valley, elevation 610 feet. In 1930, it was a ski hill with the first Maine pull line. The ½-mile trail includes boulders and steep climbing. Reaching the treeless summit, one sees beautiful mountain tops including Mount Washington in New Hampshire.

A monument dedicated to Robert E. Peary has a large, round flat piece at the top. One can see engraved in bronze every mountain in the circle with its name. This hill rated five stars by us and a thank you to Frank Connors for exposing this gem to People Plus.

–By Nonie Moody

Research Hospital. To my horror, there was a very small baby lying in a sling on its stomach with a giant lump outside of its back. I came right back out of the room and asked Miss Smith about how I would give a baby like that a bed bath. She explained to me what to do. The main thing was to be very gentle. I nursed Tim every day for a long time but will never forget the shock of how awful he first looked.

I met Tim's mother and became good friends with her. She came faithfully every day to see Tim. I taught her how to bathe him, feed him, and got her comfortable with playing with him. It was the hardest thing for her when her husband came with her. Her husband only came a few times. It seemed as if he could not handle his son being so deformed.

Having a deformed friend is hard because of what other people think.

After I nursed deformed baby Tim, who had

spinal bifida, I nursed Alan in Houston with AIDS. He was on isolation. Nursing him was very time-consuming. Gowning up and removing all the disposable clothing cut into giving him meds and meals. Alan became my friend.

What I can say about my friendships is, it's based on two hearts joining together in perfect unity. Friendship is not based on looks, what others think, common interests, economic levels, religions, morality, cultures, or even communication skills. It's based on uncontrollable reasons.

Yes, the world lost Rene Kirby, who had spinal bifida and was an actor in *Shallow Hal*. And closer to home, we lost a fellow writer, Beth Aldenberg. But we can find a friend and stay loyal to the friends we have.

Here's a quote from a new children's book *Today at School*: "Sometimes a new friend makes you see the world in a whole new way."

–Lucy Derbyshire

Area Museums with Exciting Exhibits

During the past weeks, I was fortunate to visit two area art museums with exciting exhibits. On Thursday a friend and I visited the Bowdoin Museum of Art. We were particularly interested in the current photography exhibits. An exhibit titled "Gordon Parks: Herklas Brown and Maine, 1944" was our first stop. Herklas Brown was the owner of an ESSO gas station and general store in Somerville, Maine. Gordon Parks was hired by Standard Oil to photograph the contributions of the company to the war effort and the home front. The exhibit includes 65 photographs of Maine during the summer of 1944. Each photograph led to memories and conversation, particularly about life in the 40s and 50s. My friend is a native Mainer and I am not, but there was much to remember and connect with in the exhibit.

We also visited the exhibit "John McKee: As Maine Goes." These photographs were taken in 1966, primarily along the coast of Maine. The series was done to document destruction of the environment caused by litter, dumping, and pollution. The exhibit is a reminder of the past and provides comfort in showing the progress that has been made.

Both exhibits are at Bowdoin Museum of Art until November 9th.

–Alene Staley



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.

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OUR GROUP POSES ON A FUN TRIP to Rocky Ridge Orchard in Bowdoin last month where they enjoyed bringing their orchard haul back in the red wagons (and they may have taken a ride as well!). They each brought a few apples home, and the majority went back to the Teen Center to be turned into apple crisp and juice! YUM!



OUR NEW LOCAL VOLUNTEER CHARLOTTE AGELL poses with our teen program mascot, Bob, and one of our teens. Charlotte is a well-known Brunswick artist who stopped by to do 2-minute portraits with the kids.

Right: A teen displays a portrait of himself that he plans to use for his next music album cover.



Booming attendance, 'test-kitchen Wednesdays' and a candy drive

This is probably my favorite time of year! Between apple picking, hiking, and all the Halloween fun, I'm never short on things to do – and as we make our way into our second year at the Coffin School, things are even busier at the Teen Center! On top of already seeing close to a hundred of our returning members, we've also met dozens of new members since the school year started. Additionally, during our first year at the Coffin School, it wasn't until April that we saw our first day with over 50 students, but this year we managed to hit that benchmark in just the first week!

This has made our usual game of "What's everyone's schedule this month?" much harder, but we have a pretty reliable crowd of teens flowing in and out of the Center all day, every day. We've also kicked off the school year with plenty of activities. This past month we've gotten our crochet club back up and running, brought the kids apple-picking, launched our new test kitchen on Wednesdays so our teens can try new recipes, recruited a new batch of teens for gardening, gotten back out on the trails, set up a new homework space for the teens, and so much more! And of course we can't forget to mention the daily dodgeball frolicking out

in the playground.

We've also got a whole lot more in store for them this month as well! Our Teen Center Council has been busy behind the scenes with quite a few projects, but one that they are extra excited about is planning our tent for the Tent or Treat event downtown again this year! They voted, and then revolted, to do a pirate theme for the tent. At first, they were all very concerned that if they helped with the tent then they wouldn't be able to collect candy from all the other booths, but we reassured them that they could absolutely get their candy before coming over to help us out. Speaking of candy, we need your help! In order to have a tent at this event we need to be ready to hand out 1,000 pieces of candy. We'll be hosting a candy drive for the Teen Center all month long, looking for donations of individually wrapped candies. If you'd like to help us reach our goal you can drop off candy or make a donation at People Plus!

We'll also be launching a fun new incentive program for our teens! Our summer Bowdoin Fellow, Grace, spent part of her time with us coming up with a list of activities, field trips, and tasks for our teens to complete to earn prizes. We plan to start a

Brunswick Teen Center News

Taylor Carter



trial run of it this October and see if it can't convince a few of our regulars to try some new things.

Speaking of new things, we're also excited to have a chance to host our first-ever cooking competition with the high school's Cultured Student Union! They plan to come in and take over our kitchen for a day to cook their favorite dishes for our kids. If it goes well, we might have to make cooking competitions a regular occurrence here! In the meantime, we're offering hot meals every day and putting out the always-popular 'stiffin' muffins and pickle fritters for snacks.

Also, have you gotten our back-to-school letter yet? If not, keep checking your mailboxes! We need your feedback on our report card for the last year, and we definitely need your support to keep serving the hundreds of kids we see during the school year.

Concerts for a Cause stages New Orleans sound

The New Hampshire-based Soggy Po Boys will bring the musical traditions of New Orleans to the Concerts for a Cause stage on Saturday, Oct. 18, at the Unitarian Universalist Church of Brunswick to raise money for Oasis Free Clinics and the Immigrant Legal Advocacy Project.

This young octet plays traditional New Orleans jazz, the kind with fluttering clarinet solos and swingin' shout-along choruses, and playful bursts of brass. But they've also got the soul, the spirit and the swing of street-parade

chants, classic blues, funk, rocking rumbas, even calypso, noting New Orleans is the northernmost Caribbean city. Suffice it to say, the music is hot and driving when it's fast, and sultry when it's slow. You will also hear the heavy influence of the New Orleans sound in their original tunes.

Tickets are \$25 in advance, \$30 at the door, and \$10 for students/children. Available at the church office at 1 Middle Street (729-8515), Gulf of Maine Books, or online at <http://ticketstripe.com/soggypo>.



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-- James Tierney, BHS Class of 1965

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Blessed in their 90s: Meet five nonagenarians

465 years of wisdom, experience, and gratitude

As we celebrate our 50th anniversary, we pay homage to our members through the lens of their generation. We begin this series with some of our “nonagenarians.” We are fortunate to have many members of People Plus who are in their 90s and they are incredibly fascinating! They

were alive during World War II, war bonds, and “Rosie, the Riveter.” They have seen decades of change both on a global scale and in the State of Maine. Let’s get to know a few of them here, and check back in upcoming papers to see features on other generations as well! If you are interested in being interviewed as a part of your generation, please reach out to Charmaine Daniels at news@peopleplusmaine.org.

Liz Waldo

Brunswick resident Liz (92) joined People Plus in 2012 after retiring, and participates in Qigong class and Women’s Breakfast

Liz found out about us from Frank and Jane Connors, who went to the same church, but didn’t join right away because, “I wasn’t sure I wanted to be with old folks.”

Her favorite thing is to get out and move about. “That has not changed in 50 years,” she notes. Even now, she gardens, goes to the gym 2x/week, and walks a lot.

Originally from Vermont, she lived for many years in Washington, D.C., where she raised her kids. She was a stay-at-home mom who did accounting on the side for nonprofits. After her divorce, she visited a colleague in Maine and liked it. A longtime employee at Baker, Newman and Noyes, she now lives with her son and his partner and has four grandchildren.

“I’ll be 93 in November … that’s what they tell me. I don’t feel any particular age. But I don’t stand on the counter to clean anymore.”

Best thing about being in your 90s: “Not thinking I’m in my 90s. Also, if someone says, ‘Will you do this with me?’ I can say, ‘No I don’t want to.’” Best thing about People Plus: You always feel welcome.



Richard Brautigam

Brunswick resident Dick (94) is a longtime member and volunteer, past Board member, and competitive ping pong player

Growing up in New York State, Richard suffered from dyslexia and didn’t learn to read until 5th grade. “It affected my self-esteem, I felt I was dumb,” he remembers. However, he

went on to earn a Master of Social Work and a Ph.D. in Social Welfare with an emphasis on criminal and juvenile justice. He joined the faculty at the University of Kentucky and taught there for 25 years.

Richard rides his bike everywhere within a 5-mile radius and is active with social justice and climate change issues. A longtime member of the table tennis club back when it was housed on Noble Street, he says, “I love to win, and I play hard.” He’s also earned notches as a competitive sailor.

He was married for 69 years to Ann, who died two years ago. They raised five children, and he now has seven grandkids. He says Ann shaped his values of trying to be loving, kind, and not judgmental. She also introduced him to the Episcopalian church, and he still considers himself to be on a spiritual journey. Currently, he’s taking a course on Buddhism at Bowdoin College with his new partner.

He recalls that when he retired to Maine, he joined People Plus right away, serving on the Board for many years. He says its relationships and sense of community make it a super place.

His favorite thing about being in his 90s? Feeling both blessed and lucky for where he is in life rather than feeling self-satisfied about accomplishments. “I hope I made the world a little bit better,” he notes.

Adult Day Services For the Midcoast Area



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Betty Bavor

Topsham resident Betty (93) is a longtime volunteer and participant in exercise classes, Mah-Jongg, WOW, and every event at the Center

Betty happily keeps track of everything. “I have a box of calendars from 1950 to 2025,” she says. A natural archivist!

After earning a degree from Sargent College of Health (now part of Boston University), Betty taught physical education, married, and had children. Her family was active with the Girls Scouts and Boy Scouts and loved sailing adventures.

50 years ago? In the year 1976, she remembers celebrating the Bicentennial. Her favorite movie from that long-ago era is Sound of Music and she remembers vacationing at the von Trapp Family Lodge in Vermont.

At People Plus, she attends the Loosen Up exercise class and plays Mah-Jongg. Also a member of Write On Writers club where she runs the weekly meetings, she enjoys how the group shares what they wrote. In addition, she volunteers here on countless occasions for a “give back” activity.

To what does she attribute her well-being at 93? A wholesome diet, exercise, a routine schedule and daily devotion, plus “an angel on my shoulder keeps me safe and focused.” (She literally wears an angel pin every day, rotating several in and out.)

Her favorite thing about People Plus: “From the moment you step in the door, you feel a genuine warmth. The staff is … always ready to meet the needs of members. It impresses me how they step in to help set up, serve, pack up and go beyond their duties. They are a gift.”

Her advice for folks in their 90s is to be proud and grateful. “This age is a challenge, and we must be positive, continue to learn, enjoy family, and be social. Also, laugh out loud every day.”

Paul Coloumbe

Brunswick resident Paul (92) participates in Men’s Breakfast and is a rider in our VTN program

Paul is a longtime caretaker. He took care of his wife for five years before she died two years ago. He says he’s still trying to adjust to life without her. Before that, he helped anyone who needed a ride or needed help with grocery shopping. Just recently he stopped driving, and he finds that challenging.

Originally from Topsham Heights, Paul grew up in a French-speaking family and attended a one-room schoolhouse until transferring to St. John’s School. He didn’t learn English until he was in 5th grade. Even now, he says his prayers in French.

The father of two, Paul worked for First National Stores for many decades as a produce manager at their various locations in the state. He’s also been a school bus driver, a member of the Coast Guard and spent 40 years as an assistant Scout master. Ironically, he was also a maintenance worker at Union Street School where People Plus is now housed.

Though he’s very social and interested in people, Paul’s home a lot now and enjoys time on his porch watching the birds at his numerous feeders. “I even saw a nuthatch being born,” he notes. He also enjoys watching the squirrels, though he gets mad at how they steal the bird seed. He also likes to bake and calls himself a “sweetster.”

His favorite thing to do? Go out on his son’s boat and hunt. With a clear love of the north Maine woods, he enjoyed his camp on the Allagash River in Jackman for many years. He reads a lot now, usually about hunting and fishing. Though he loves the woods, he says his favorite place is Ocean Point in Boothbay Harbor, where he worked for four summers.

The best thing about being in his 90s? “I got here; I didn’t notice that I was old. I even went deer hunting last fall.” Best advice? “Keep busy, help people out. Sitting around makes you depressed.”

O. Jeanne d’Arc Mayo

Topsham resident Jeanne (94) is a longtime volunteer, past Board member, and co-founder of Music in April. She participates in Mah-Jongg.

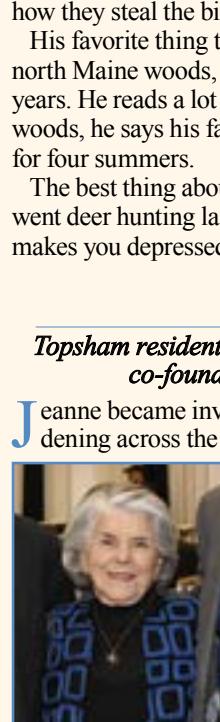
Jeanne became involved with 55+, the precursor to People Plus, when she was gardening across the street at the First Parish Church. Sid Knudsen (the former director) came over, talked to me and invited me to be on the Board.

Looking back, she says, “I have always felt that 55+ and People Plus were a real contribution to me and to my town. For me, they have been about connections … Connections should be all capital letters.” I have been active in People Plus for the last 25 years, serving three terms on the board and continue to serve on the development committee. My greatest joys and feelings of accomplishment at People Plus have been starting the major Music in April fundraiser and being involved in the vote to establish the Teen Center. Support of these two major events is very important to me.

Jeanne grew up in Cambridge, Mass., in a close family of four girls. After high school, she went to Boston University’s Sargent College to study physical therapy. Her first job was in New York during the 52-53 polio epidemic. “It was an incredible experience,” she says. “Treating people in Eye and Lungs was an amazing view on life.” She then moved to Georgia to establish physical therapy departments in segregated hospitals and worked in travel clinics to treat post-polio patients.

She returned to Boston for graduate school and as luck would have it, met up with an old boyfriend. “The rest is history. In 1962, we moved to Brunswick and bought an old farmhouse outside of town. We had three children, and I was active in the schools and with all children’s activities. Over the years, I’ve learned a lot about life.”

In 1976, she was hired at Bowdoin College to work with the athletic department, established the first department of physical therapy at Parkview Hospital, and started one of the first independent physical therapy practices in Maine in the 80s.





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Monthly Update

October 2025

All Spectrum Generations locations will be closed Monday, October 13, in observance of Indigenous Peoples' Day.



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ksolomon@spectrumgenerations.org.

We do ask for a suggested donation of \$25 to best support our programs.

Get Ready for OPEN ENROLLMENT!

Open Enrollment starts October 15!
Appointments are open now.

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?



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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.




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9 a.m. - 4 p.m. | \$90/per person**

Adult & Pediatric First Aid/CPR
Certification Course

SeniorsPlus Education Center

8 Falcon Road, Lewiston

**• Thursday, November 6, 2025
9 a.m. - 4 p.m. | \$90/per person**

The American Red Cross First Aid, CPR, and AED Certification Program is a well-known course that teaches people how to handle emergencies with confidence. It covers key lifesaving skills like first aid, CPR, and how to use an AED. Participants learn how to respond to situations like cardiac arrest, choking, and injuries by following the latest Red Cross guidelines. After completing the course, you will get a certificate that meets job related requirements and, most importantly, prepare you to step in and help save lives when it matters most.

For more information or to register, call (207) 622-9212,
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Siri, are you there? Alexa? I could use some help.

Don't we all need a personal assistant to handle the flotsam and jetsam of life, or 'lifetritus,' as I like to call it? Think about how much time it would save. And how supported we would feel. In my fantasy world, Siri, my phone goddess, would volunteer for the job. Here's a running list of what I want to ask her to do for me. (If you have an Android phone, Alexa or Google Assistant will be just as willing and capable as Siri.)

Siri, would you please ...

- Open this package so I don't stab myself with a knife while making the contents fly out of my hands and propel themselves toward the floor.
- Clean out my glove compartment. (Where is that plastic fork I know I put in there last year and why are there still five crumpled masks in there?)
- Get rid of 14,359 e-mails. But first know which to save, just in case.
- Go to Public Works and empty my compost bin into their giant compost container. Then clean out my icky, sticky bin.

- Clean my house and know that includes the burnt-on oven stuff from last year.
- Tell me how to spell the word for when you cheer someone on: is it root or route? I should know that!
- Please explain to everyone the difference between its and it's.
- Arrange someone to clean my windows, inside and out. I'm allergic to ladders.
- Please, please tell me where I can easily find the thing that I put somewhere so it would be easy to find.
- And remember to tell me what I can't remember that I told you to remind me about.
- Tell me how often I'm supposed to dust and vacuum. I'm pretty sure I'm below the standard. (See fifth bullet in the first section.)
- Send me the best-tasting recipe I can make in 3 minutes. I think most recipes lie about the time required!
- Simply and thoroughly explain how Venmo works.

- Make my mailbox contain only snail mail with fun-colored envelopes, stickers, and hand-printed greetings.
- Explain which plastic really gets recycled and which to throw away.

- Please tell me where I can get my tire pressure checked for free so I don't have to bend down in that awful position to reach the valve.

- Assure me I have a chance to be healthy even if I don't like quinoa or kale.

- Tell me how I can keep dancing and have you do all the work.

- Tell me the direct number of the actual customer service desk so I can avoid the dreaded "Please listen carefully as our menu options have recently changed" followed by the 15-minute introduction to the phone tree.

- Find a travel genie to plan a winter vacation to the Caribbean without me lifting a finger to figure out flights, hotels, and restaurants.

- Help me memorize my health insurance member ID so when I call up, I don't have to get out of my favorite chair to fetch it.

- Please clean out the accumulated bits of gunk in the kitchen sink drain.

- Tell me how many sponges and scrubbers I really need by the sink to cover all the bases. Currently I'm at five.

- Tell me how many household cleaners I need in the bin under the sink along with their intended surface. Is five enough?

Thinking out loud

Charmaine Daniels

news@peopleplusmaine.org

- Tell me, why am I losing my ability to spell? Spelling isn't even a weakened body part! On the other hand, as Mark Twain said: Never trust a man who can spell a word only one way.

- Tell me how to download the contents of my car's operating manual into my brain and tell me why the information I seek never appears in the index.

- Tell me which line will move fastest at the grocery store.

- Tell me how to find a right-sized purse with just the correct number and size of pockets.

- Tell me how I can learn to always, always, always put away my keys in the same place.

- Tell me how to have my reading glasses always, always, always just inches from my grasp.

- Tell me when my expectations are too much.

Good luck!



Weekly Winners



DUPLICATE BRIDGE

Sept. 8. 13 teams. **N/S**
1. Linda McIntosh & Tony Belmont 59.5%
2. Donna Dillman & Sherry Watson 53.8%

E/W

1. Gail & Cy Kendrick 76.7%
2. Andy Huppe & John Stadler 60.6%.

Sept. 15. 10 teams.

1. Cotheal Linnell & Keith Rattue 59.7%
1. Gail & Cy Kendrick 59.7%*

Sept. 22. 13 teams. **N/S**

1. John Morrissey & Ken Holbrook 63.3%
2. Kathy Kenyon & Hugh Kirkpatrick 58.1%

E/W

1. Jim Burnett & Bobbi Robertson 58.9%
2. Cathy Cooper & Michael Land 55.6%

CRIBBAGE

Sept. 3. George Hardin= 723
David Bertocci= 714
Randy Bubar= 712

Sept. 10. Ash Richards= 719
Richard Rush= 713
Bill Swyers

Sept. 17. Trenna Crabtree= 709
Cindy Hinnendaal= 706
Leo Robichaud= 703

Sept. 24. Jerry Donovan = 714
Jen Haskins= 712
Sherrill Morgan= 708

*tie score



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Single Session Cost \$40



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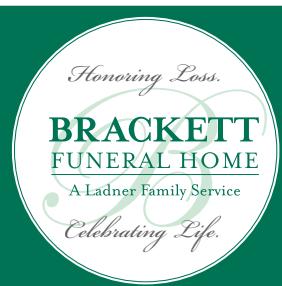
 

<https://www.brunswicksd.org/page/employment-opportunities>  207-319-1900

Golden shirts, golden smiles, golden day!



ALL THE PEOPLE PLUS MEMBERS WHO ATTENDED OUR PICNIC had a great time last month at the P3 park in Brunswick Landing! A big thank you goes out to Wild Oats Café, across the street from the park, for donating a \$5-coupon to everyone who attended! It was so fun for everybody to pop across the street and grab their dinner or maybe a sweet treat before they headed home. It was an amazing day of beautiful weather, sharing a community meal, and enjoying music from *Off Their Rockers!* Members enjoyed tours of the naval aviation museum and happily posed for a group photo wearing bright yellow T-shirts (see page 1) to launch the “golden” 50th anniversary celebration of the People Plus organization!




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Peter W. Ladner, President, circa 1980