

45th People

The center that builds community

ANNIVERSARY



People Plus
Board of Trustees

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Executive Director
Stacy Frizzle-Edgerton

LIVE UNITED
United Way

United Way
of Mid Coast Maine

John Eldridge
Brunswick Town Manager
85 Union Street
Brunswick, ME 04011

February 10, 2022

Dear John,

I am requesting a funding appropriation of \$140,000 for People Plus for the Fiscal Year 2022-2023 and \$20,000 for the Brunswick Area Teen Center Program. This is a total funding request of \$160,000, (the same request level as the previous seven years!). This funding supports programs and services for over 1,600 residents as well as volunteer and outreach services to those without access to transportation, in need of improved nutrition and increased socialization opportunities, exercise classes, technology support, and more!

Our total budget for People Plus, (Senior and Teen programs), is approximately \$492,727; of which the Town of Brunswick contributed \$157,000 last fiscal year. The organization raises approximately \$335,727 to support the "Brunswick Area Community Center for Senior Citizens" as chartered by the Town of Brunswick in 1976.

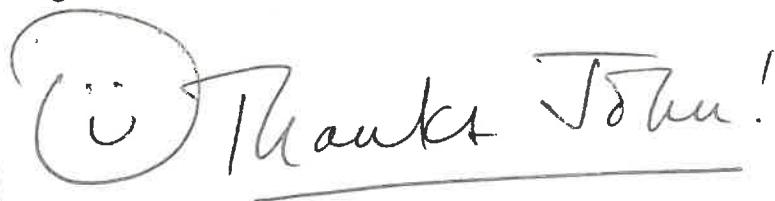
People Plus has evolved during the COVID-19 Pandemic to care for our members both while they stayed safely at home and participated in hundreds of programs at the Center!

- Provided over 31,000 miles of FREE transportation to over 634 riders;
- Shopped for and delivered more than 1,000 grocery store orders;
- Coordinated more than 700 prescription and medical deliveries;
- 10,000+ volunteer service hours logged, including 113 volunteer drivers;

We at People Plus see this Center, our staff, and the town of Brunswick as a unified team providing vital community services, aid for homebound residents, health and wellness options, and social outreach to our growing senior and teen demographics. Thank you very much for your continued support. Without this base funding source, our organization would not exist!

Sincerely,


Stacy Frizzle-Edgerton
Executive Director
People Plus
The center that builds community


Thanks John!





45th Plus!

People

The center that builds community

ANNIVERSARY



Town of Brunswick Budget Stats/information Members/Stats – 2020-2021

Thanks to the partnership with the Town of Brunswick, People Plus has become incredibly vital to the lives of our older adult population and much of the youth in this town. During the last two years of the pandemic, we held thousands of classes, clubs, games and meals at the Center, had over four thousand deliveries of groceries, food pantry boxes, meals and prescriptions – AND provided 32,000 miles of transportation - keeping older and teen residents healthy, happy, engaged and safe!

We are celebrating **FORTY-FIVE** years as a Senior Center, **TWENTY YEARS** of Music in April, **AND** The **14th** Annual **Gelato Fiasco Scoop-a-thon** fundraiser, benefitting the Brunswick Area Teen Center Program! These fundraisers have brought in over \$500K for the organization over the last twenty years! Enabling us to provide incredible services for our seniors and teens and we continue to fundraise and partner with other agencies to serve this vital community.

People Plus Members

Total Members-1637

Brunswick – 771

Topsham – 463

Harpswell – 226

Bath/West Bath – 66

Bowdoinham/Bowdoin – 28

Other areas/out of state – 83

People Plus Center Visits from Brunswick Residents

Club participants	1847
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Class participants	2483
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Congregate Meals	688
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Takeaway Meals	1797
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Volunteer Transportation Network - (FREE Rides for Residents)

Registered Riders total – 675 / From Brunswick - 337

Registered Drivers: total – 120 / From Brunswick - 42

Mileage driven-total - 31,438 / For Brunswick residents - 9,354

Grocery, Prescription, Food & Pantry deliveries

TOTAL - 2139

Brunswick meals provided - 914

Groceries - 556

Prescriptions - 328

Pantry boxes – 341 (each box is 7 meals = total 2387 meals)

PEOPLE PLUS PROGRAMMING FOR APRIL!

We are closed Monday, 4/18 for Patriot's day. FYI - That is also school vacation week.

Ashlynn continues her weekly tech help appts in April

Easy Riders Biking Club is back for the season. They meet on Tuesdays at 12:30 pm

Outing Club (which is up to like 40 members!) is changing back to a 9:30 am start time (instead of 11) for the warmer weather

Monday Bridge has not been coming for several months. But there are some newer folks that want to bring it back. However they will be changing it up and playing a slightly different kind of bridge called Duplicate. They are willing to teach as well. The couple plays in other bridge groups so they expect to bring in new members to play on Monday for this group. Instead of starting at noon, this new group will play from 1-4 pm.

Note: there is still "regular" bridge on Tuesday mornings.

Lunch - the plan right now is for a ham and mac & cheese on 4/21.

We are doing one more month of the afternoon Ladies' Tea and Mens' coffee. We will resume morning breakfasts again in May once taxes are done (they are using the space we need).

Taxes are here until Thursday, April 14.

Margarita is back from vacation and resuming haircuts

All clubs are now back meeting in person at the Center. Some like Write On and language clubs had been on Zoom for a few months.

We will have a balance and falls clinic with Reform PT on Monday, 4/11 at 1:30 pm. It will be inside!

The Gelato Scoop-a-thon for the Teen Center is on Wednesday April 27 from 11am - 11 pm. It's back to "normal" with celebrity scoopers all day and entertainment outside on the sidewalk. Make sure to spread the word!

Music in April kicks off April 1 at 9 am with an online auction the whole month of April (ends April 29, 10 pm). We will launch about 50 in the beginning and launch new items every Thursday so by the end all the items will be in there. We will have over 200 items.

New this year - we are having a grand finale on Friday, 4/29 from 7-8 pm. Frank and Stacy will host and run a live auction from the Center! People will bid live online as it happens. We have a special list of items just for that hour. Please help promote this auction once up and running.

If someone does bring in a new auction item during the month of April, that's ok, just let me know! Our Collette Tulip Cruise trip for 2023 is going well. 4 signed up so far and several more looking at it.

People Plus
Budget Projections
Year ending 2023

			2020 - 2021 ACTUAL	2021-2022 PROJECTED	2022-2023 PROJECTED
2	Income				
	Total Program Income		\$ 155,873.49	\$ 139,577.00	\$ 155,300.00
39	Total 49900 · Music in April		\$ 64,068.04	\$ 48,500.00	\$ 44,500.00
42	Total 40000 · Senior Self Generated Income		\$ 352,994.57	\$ 327,577.00	\$ 339,300.00
49	Total 42000 · Support (Development) Generated		\$ 74,005.46	\$ 88,750.00	\$ 68,750.00
60	Total 46000 · Teen Center Income		\$ 67,169.70	\$ 76,400.00	\$ 71,400.00
41	42130 · Town Support-Harpswell		\$ 2,500.00	\$ 2,500.00	\$ 2,500.00
40	42110 · Town Support- Brunswick		\$ 130,553.04	\$ 137,000.00	\$ 137,000.00
62	Total Income		\$ 494,169.73	\$ 492,727.00	\$ 479,450.00
64	Expense				
87	Total 60002 · General Expenses		\$ 51,589.63	\$ 48,485.00	\$ 45,785.00
94	Total 60004 · Utilities		\$ 23,597.05	\$ 23,500.00	\$ 25,500.00
96	Total 61100 · Gross Wages		\$ 256,562.82	\$ 298,186.20	\$ 296,158.20
107	Total 61002 · Insurance		\$ 16,447.06	\$ 27,850.00	\$ 27,850.00
124	Total 64000 · Operations Expense		\$ 46,860.22	\$ 31,485.00	\$ 25,485.00
125	Total 65000 · Facilities		\$ 2,298.72	\$ 3,000.00	\$ 4,000.00
135	Total 66000 · Other Expenses		\$ 13,935.17	\$ 11,500.00	\$ 11,250.00
144	Total 67000 · Teen Center Expenses		\$ 57,553.68	\$ 56,200.00	\$ 65,276.00
145	Total Expense		\$ 504,731.33	\$ 527,206.20	\$ 529,804.20
146	Net Ordinary Income		\$ (10,561.60)	\$ (34,479.20)	\$ (50,354.20)
	PPP Loan		\$ 60,000.00		
	Year-end Allocated Adjustment			\$ 40,000.00	\$ 40,000.00
153	Net Income		\$ 49,438.40	\$ 5,520.80	\$ (10,354.20)

MANP Salary Guidelines - (as utilized by People Plus)
2020 Wage Detail for agencies w/ budgets between \$250K and \$499K

	MANP - JOB TITLES	PEOPLE PLUS TITLES	HOURS / WK	LOW	HIGH	AVERAG
1	Executive Director - FT	Executive Director	40	\$ 14.42	\$ 163.22	\$ 48.09
2	Program / Division Dir. -FT	Programming Director	37.5	\$ 17.31	\$ 72.11	\$ 32.33
3	Program / Division Dir. -FT	VTN / Membership Director	34	\$ 17.31	\$ 72.11	\$ 32.33
4	Office Manager - FT	Office Administrator	34	\$ 14.00	\$ 33.65	\$ 22.88
5	Admin/Program Coordinator-FT	Office Coordinator/Reception	24	\$ 12.46	\$ 33.65	\$ 18.87
6	P/R Comm. Director - PT	News Editor	12	\$ 13.00	\$ 30.50	\$ 20.72
7	P/R Comm. Director - PT	Marketing Director / graphics	12	\$ 13.00	\$ 30.50	\$ 20.72
8	Program / Division -FT	Teen Center Director	32	\$ 17.31	\$ 72.11	\$ 32.33
9	Counselor - PT/FT	Teen Center Assistant	16	\$ 15.00	\$ 33.65	\$ 22.37
10	Counselor - PT/FT	Teen Center - Contractor	12	\$ 15.00	\$ 33.65	\$ 22.37

What a year!

4,650 class, club, and game visits



2,806 meals provided

Volunteer Transportation Network



634 riders
68 new this year!

113 drivers
22 new this year!

28,000
miles driven this year!

1,000
grocery deliveries

700
medical deliveries

10,000+ hours of volunteer service



People *Plus!*

2020-2021 BOARD MEMBERS

OFFICERS:

David Forkey, Chair
Charles Evans, 1st Vice Chair
David Millar, 2nd Vice Chair
Mitchell Brown, Secretary
Christine Munroe, Treasurer

Carolyn Bulliner
Jim Burbine
Robin Copland
Christine Corriveau
Thomas Farrell
Catherine Jarratt
Tim Keene
Rodie Lloyd
Stephen F. Loeks
Scott Stewart
Annee Tara
Kim Watson
Kelsie West-Ezzo
Stacy Frizzle-Edgerton, Executive Director



VOLUNTEER



People *Plus!*

The center that builds community

2020-2021 Annual Report

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



35 Union Street • P.O. Box 766
Brunswick, ME 04011

207-729-0757 • www.peopleplusmaine.org

Proud to partner with

Alfred M. Senter
Fund

Bangor
Savings Bank

Bowdoin

Maine
Community Foundation

Norway
Savings Bank
COLORFUL SOLUTIONS™

spectrum
generations

People Plus is proud
to partner with *Spectrum
Generations*:

- *Aging & Disability Resource Center* provides free counseling
- *Meals on Wheels* volunteer drivers deliver over 32,000 meals
- *Commodities Supplemental Food Program* distributes nutritious USDA food to low-income seniors
- *Community Dining* provides a nutritious meal along with an opportunity for socialization

Spectrum Generations
also supports the People
Plus VTN, providing
free transportation for
homebound elders.

Atlantic
Charitable Trust

BILL
DODGE
AUTO GROUP

First Parish Church
UNITED CHURCH OF CHRIST
Brunswick, Maine

MID COAST-PARKVIEW
HEALTH

PRIORITY
REAL ESTATE
GROUP



ROUSSEAU
MANAGEMENT

Rusty
Lantern
MARKET

The Nash
Foundation

LIVE UNITED

United
Way

United Way
of Mid Coast Maine

People
Plus!
Leadership Circle of Giving

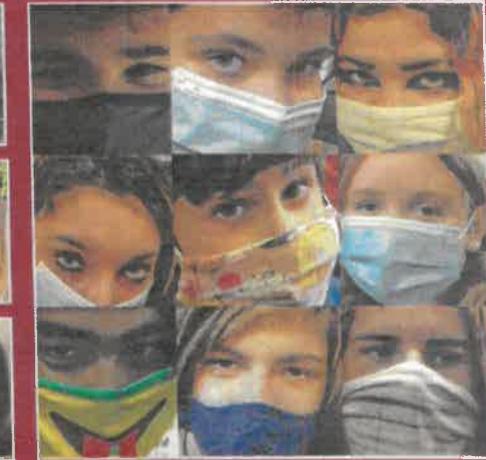
Daniel Ankeles
Ellen Asherman
Samuel S. and Sally K.
Butcher
Catharine M. Chase
Rosanna N. Chute
Sally F. Clifford
Jane R. Crichton
Margarita Day
Win and Sharon Dodge
Margery H. and Robert E.
Healing
Jim and Sue Howard
Deane R. Lanphear
Vincent C. and Joanne B.
McDermott
Nancy K. and Robert L.
Morrell
Richard A. and Eleanor M.
Morrell
Linda J. Piper
Sandra Morrell Rooney
and Charles R. Rooney
Mark and Keri Seitz
Dustin Slocum and Kate
Goodwin Slocum
Katharine J. Watson
Nicole E. and Kelsie M.
West-Ezzo

Alex Labbe Foundation
Alfred M. Senter Fund
Ann & David Swanson Charitable Trust
Atlantic Charitable Fund
Brunswick Rotary Community Fund
Dana L. Mayo Family Fund
John & Elizabeth Mace Charitable Trust
Maine Community Foundation
Maine Women's Giving Tree
The GE Foundation
The Nash Foundation
United Way of Mid Coast Maine

Ameriprise Financial
Services
Androscoggin Bank
Avita Memory Care &
Sunnybrook Senior Living
Bangor Savings Bank
Bar Harbor Bank & Trust
Big Top Deli
Bill Dodge Auto Group
Bowdoin College
Brackett Funeral Home
Coastal Landing
Retirement Community
Edward Jones, Brunswick
Office
First Parish Church
Gelato Fiasco
Goodwin Motor Group
Grace Reformed Baptist
Church
Highland Green
Kelly & Kelly Commercial
Development
Maine State Music
Theatre
Mechanics Savings Bank
Mid Coast - Parkview
Health
Norway Savings Bank
Priority Real Estate Group
Riley Insurance Agency,
LLC
Rousseau Management,
Inc.
Rusty Lantern Market
Spectrum Generations
The McLellan
The Times Record
Town of Brunswick
Town of Harpswell
Unitarian Universalist
Church

SUPPORTING YOUTH SINCE 2005

BRUNSWICK AREA
teen
CENTER



466
teen visits

6,000+
drinks

4,500+
meals

4,500+
snacks

15
new members

infinite
video games
played

hundreds
of snack bags
handed out

thousands
of steps taken
on adventures

countless
friendships
forged!

Teen Center Advisory Committee

Tom Farrell, Chair
Tim Keene, Secretary
Chris Balestra
Carol Briggs
Carolyn Bulliner
Lisa Copland

Jordan Cardone,
TC Coordinator

Carol Israel
Catherine Jarratt
Jane Millett
Fraser Ruwet
Teen Representatives

Stacy Frizzle-Edgerton,
Executive Director

Who We Are

45th People

The center that builds community
ANNIVERSARY

Hi!

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

People Seniors - a variety of programs supporting fitness, wellness, recreation, socialization, and learning opportunities. Activities include exercise classes, art classes, games, interest groups, meals, travel, presentations, special gatherings, and more.



People Outreach - Free community programs including the Good Morning safety check-in program, Volunteer Transportation Network (VTN) rides and shopping services, and Midcoast Meals meal distribution & take-out – in coordination with the Mid Coast Hunger Prevention Program.

People Teens - Run by People Plus, the Brunswick Area Teen Center provides a central place where young people can meet safely to explore creative outlets, share their talents, and develop into well-rounded adults.



Membership Benefits

These businesses offer discounts for People Plus members:

Arby's, 729-8244, 5% off including combos; excludes coupons/open discounts
Attorney N. Seth Levy, 319-4431, discounted legal services for seniors including wills, living wills and estates
Augat Chiropractic, 725-7177, free consultation & cursory exam
Autometrics, 729-0842, 10% off labor
Berrie's Hearing & Optical Center, 725-5111, 10% off complete eye-wear, up to \$500 off hearing aids
Big Top Deli, 721-8900, 10% off, anytime
Bill Dodge Auto Group, 729-6653, 10% off parts/service
Boles, 725-5241, free bowling: 12-3 pm (first come, first served)
Carpe Diem Tech Support, John Fischer, 522-1238, Help with PC & Mac. \$30/hour (40% off regular rate)
Birling's Ford, 725-1228, 10% off up to \$50, parts/service
Eveningstar Cinema, 729-5486, discount bag of popcorn at evening shows (\$1 sm, \$1.50 med)
Fairground Café, 729-5366, 10% off, anytime
Flip, 406-2122, 20% off Tuesdays
Hearts & Hands Heidi, 751-5339, 10% off first visit
J&J Cleaners, 729-0176, 10% off pickups on Wednesdays (for 55+); must pay cash or check at drop-off
Lee's Tire & Service, 729-4131, 10% off parts (not tires)
Maine Optometry, 729-8474, \$30 off complete glasses
Maine State Music Theatre, 725-8769, senior discount (60+) on matinee tickets
Pauline's Bloomers, 725-5952, 10% off in-store purchase
Reflections (Salon), 729-8028, 10% off, Mon & Fri
Thomas Point Beach, 725-6009, \$1 weekdays admission
Tire Warehouse, 725-7020, 20% off labor
Topsham Laundry Center, 373-1995, free drop off and pick up for seniors (15 lb. min.), \$1.80 for wash, dry & fold
Union Street Bakery, 373-1345, Wednesdays: free large coffee with muffin purchase
Wilbur's of Maine, 729-4462, 10% off, anytime
Wild Oats Bakery & Cafe, 725-6287, 10% off Mondays

*Benefits are subject to change

Where We Are

People Plus is located at **35 Union Street** in downtown Brunswick. Our modern, accessible, air-conditioned facility has a large parking lot and is also a stop on the Brunswick Breeze bus route.

People Plus Hours:

Monday - Thursday, 9am - 4pm; and Friday, 9am - 1pm.

Brunswick Area Teen Center Hours:

Monday - Thursday, 2:30 to 5:30 pm, with special hours during school vacations and summer break.

45th People

(207) 729-0757

PeoplePlusMaine.org

Like us on Facebook



35 Union Street (P.O. Box 766), Brunswick, ME 04011-0766

Center Activities

Join People Plus today and you can:

Expand your Mind:

- Informational Programs
- Weekly Email
- Monthly Newsletter
- Technology Classes

Be Involved in the Arts:

- Art Classes
- Crafter's Group
- Theater & Museum Trips
- Language Clubs
- Writer's Group
- Book Clubs

Improve Health and Fitness:

- Zumba & Gentle Barre
- Yoga (traditional and chair)
- Loosen Up
- Table Tennis
- Tai Chi & Qigong
- Biking & Walking Clubs

Stay Engaged and Have Fun:

- Bridge, Cribbage & Mah Jongg
- Monthly Lunch Out
- Holiday Dinners
- Community Lunches
- Men's & Women's Breakfasts
- Social and Special Events

Volunteer to Make a Difference:

- Prepare/serve food with the Lunch Crew
- Drive or shop for neighbors in need
- Greet members and answer the phone at the Front Desk
- Answer the Good Morning call
- Help with fundraisers & events
- Cook/bake for our teens

Get Help When You Need It (FREE, membership not required):

- Safety check-in call system with Good Morning program
- Locally grown fresh produce from Merrymeeting Gleaners
- Rides to appointments/ events, as well as shopping services via Volunteer Transportation Network
- Regular phone calls to reduce feelings of isolation
- Tax assistance with AARP
- Weekly food bank meal deliveries via Midcoast Meals
- Advocacy and Support

FMI or to register call 729-0757

Join TODAY!

People Plus Membership is open to everyone. Annual fee varies depending on the town of residence. Partial and full scholarships are available. Complete the attached application and return to: People Plus, P.O. Box 766, Brunswick, ME 04011-0766.

Brunswick Area Teen Center Membership is FREE for students in grades 6-12. Call 721-0754 or email teens@peopleplusmaine.org for an application.

For the Teens:

- Healthy snacks/food program
- Free use of wifi, computers, game systems
- Netflix & movies
- Card/board games & crafts
- Pool table & basketball hoop
- Homework/job application assistance



SAFE, FUN, CHILL, NO STRESS, NO DRAMA, NO BULLYING!

People Partners

We are proud to partner with Spectrum Generations and host these FREE services at the People Plus Center:

spectrum generations

Aging & Disability Resource Center provides counseling and guidance for aging and disability concerns. To schedule an appointment call 207-607-4405.

Medicare 101 class provides information regarding Medicare and all its "parts". To register call 729-0757.

Meals on Wheels provides delicious, nutritionally balanced meals for homebound seniors in need. To register call 207-607-4406.

Commodities Supplemental Food Program distributes nutritious USDA food to low-income seniors.

Congregate Community Dining provides a nutritious meal along with an opportunity for socialization – our monthly Lunch & Connections is underwritten by Spectrum Generations.

Health and Safety Precautions. People Plus follows CDC guidance and has upgraded the facility for optimal air circulation/filtration. Many activities are also available via video or Zoom. Your health & safety is our primary concern.

PEOPLE PLUS MEMBERSHIP APPLICATION

(35 Union Street), P.O. Box 766, Brunswick, Maine 04011 • (207) 729-0757 • www.peopleplusmaine.org

Date _____	<input type="checkbox"/> Female <input type="checkbox"/> Male
Birthdate _____	<input type="checkbox"/> Female <input type="checkbox"/> Male
Phone _____	<input type="checkbox"/> Female <input type="checkbox"/> Male
Emergency Contact _____ (name) _____ Birthdate _____ (phone) _____	<input type="checkbox"/> Female <input type="checkbox"/> Male
Phone _____	<input type="checkbox"/> Female <input type="checkbox"/> Male
Emergency Contact _____ (name) _____ State _____ (phone) _____	<input type="checkbox"/> Female <input type="checkbox"/> Male
City _____	<input type="checkbox"/> Female <input type="checkbox"/> Male
ZIP _____	
I'd like more information about:	
<input type="checkbox"/> Volunteer driving: rides to appointments <input type="checkbox"/> Lunch Crew: cook/setup/cleanup <input type="checkbox"/> Reception: check-in/phone	
Volunteer Opportunities at People Plus	
Cash/Check (Payable to People Plus) \$ _____ Membership Dues: \$ _____ Additional Donation*: \$ _____ (*donations above membership dues are tax deductible) Total: \$ _____	
Yearly Dues (Scholarships Available)	
Brunswick <input type="checkbox"/> New <input type="checkbox"/> Renew: \$30 Other towns <input type="checkbox"/> New <input type="checkbox"/> Renew: \$35 Lifetime Member (65 or over): \$300	
Mailing Address	
OFFICE USE: <input type="checkbox"/> Account <input type="checkbox"/> Data <input type="checkbox"/> Card Sent	



Back In School! Fall 2021 Quotes from some of our youth members 2021-2022

The Teen Center was open as the school year began and kids returned to school. Attendance remained lower than pre-pandemic for safety/health reasons in the TC then started increasing with up to 18 kids attending in the afternoons prior to the December holidays. After the holidays we remained closed to the kids until late January due to high Covid numbers among students. We are currently open to a limited number of kids once again as numbers hopefully continue to go down.

What are the kids saying....

Teen T- "I have been coming to the Teen Center for years and it's really entertaining. It's better than doing nothing at home".

Teen T W- "I like it here, it's not my house. The food is a whole lot better than school food and my friends come here".

Teen A- "The food is great, friends are here, it is very enjoyable with so many things to do. I enjoy that I can get help with my homework".

Teen AD- "It's fun. It is good exercise having to walk here from Mt. Ararat. Gabe is here, I love playing basketball, there is free food and it's a good place.".

Teen G- "I don't have other things to do after school and it's fun here. I get food I don't have at home here. I like the Holiday events they have, and the staff is dank". (that's a good thing)





Brunswick Area Teen Center Program – Fall 2021

	Visits	# Visits	# Visits	#Visits	#Visits	days	Avg	different	visits	kids	New	1 to 5	6 to 9	10+
		2017	2018	2019	2020	2021	open	daily	Teens	w/support	w/support	visits		
January	193	317	357	206	38	15	2.5	14	4	2	1	13	0	1
February	107	239	259	178	41	11	4	12	5	2	1	10	0	1
March	132	279	345	121	48	19	2.5	13	14	3		10	3	0
April	119	231	275	closed	36	13	3	19	6	3	1	19	0	0
May	178	233	348	closed	55	16	3	21	6	3	0	18	3	0
June	147	264	325	16	53	14	4	23	12	3	6	22	1	0
July*	121	200	170	40	82	16	5	24	6	2	1	20	2	2
August	97	131	167	14	45	10	4.5	12	8	2	1	8	4	0
September	171	382	412	30	149	16	9	24	1	1	3	13	6	5
October	228	*417	408	63	90	15	6	16	2	1	0	10	3	3
November	286	297	236	20	107	14	8	20	2	1	3	12	4	4
December	193	290	194	19	114	10	11	28	6	1	2	14	8	1
Barb Fridays	40	45	31	9										
Totals	2,012	2,908	3,527	716	858	169			72		19			

Feb-closed for 5 days-school break plus one snow day.

April -closed for school break week

Closed June 21-24th

August closed for 2 weeks

closed Sept 2 days-labor day and Jordan waiting for covid test results day

Support means with Mental health agency worker

Barb Fridays was Barb Swisher with Topsham group

Stone soup fundraising

For me, fundraising is like the book “Stone Soup.” Do you remember that book from growing up? It was always one of my favorites. First of all it was about food; secondly, it was about solving a problem and lastly it had a happy ending! All of my favorite books were about food, solving a problem and had a happy ending.

If you don’t know the book, here’s a quick recap... A person from a village wants to make soup but all they have is a pot of water and a stone. So they light a fire under their pot of water, plop in their stone and hope for the best. Along comes a man who has nothing but an onion. The villager invites him to put his onion in the soup so they can share. The next person has a carrot to add to the pot, and so on and so on, till eventually everyone in the village has donated to the soup — that started with just water and a stone. And of course they all shared a delicious meal and became best friends forever!

It’s exactly like what we do at People Plus. On a daily basis we are bringing individuals together to serve our entire community. One person gives a ride, another makes a meal and before you know it, there are thousands of people benefiting from programs and services at the Center.

The trick is that we couldn’t do it without everyone’s individual contributions. We can all give or donate small things that we don’t think aren’t worth much on their own, but when you throw them in the pot with everyone else’s — it’s soon grows into enough to help the community!

This also works for fundraising. My donation doesn’t feel like it’ll go very far, but if all 1,637 People Plus members — along with others in the community also contribute, then we’ll be making a real impact. And I’m

hopeful that this approach will help us with a current situation.

The Teen Center program is struggling to reach some youth right now because there is an issue with transportation from the schools to our building. This has been an ongoing challenge in that the buses are very full and the kids can only get on if they live near the Center. It has come to a head during the pandemic and we have finally decided to take the bull by the horns and buy a vehicle so that we can pick up the kids ourselves!

We are thrilled with the idea that we can better serve the dozens of kids who cannot get to the Teen Center every afternoon. So we figured if all of us can put in a little bit, we can pull together and buy a minivan! And with that, the sky’s the limit. It can be used for daily school pickups (junior high, high school and Region 10), it can be used for summer field trips AND while the kids are in school, the van will service our senior community.

Sarah is already chomping at the bit to start using it for her thrice-weekly trips to the Food Pantry to pick up food for our seniors. It would also benefit our volunteer transportation network as we could use it to give rides, or carpool for an event or take a field trip! All during the day while the kids are in school!

Can’t you just see it now, the van pulls up at the junior high with a big Teen Center logo on the side of it and the kids are lined up, ready to embark. We might have to take two trips — just to get them all to the Center!

It’s about \$45K to get a new vehicle. Which sounds pricey — but it’s definitely the way to go in today’s car market. We’ve been working with Bill Dodge Auto Group

From the Executive Director

Stacy Frizzle-Edgerton



to find a van and they’ve been awesome.

And I’m thrilled to say that we are launching this capital campaign in February with a matching \$5,000 grant from Jim and Sue Howard and the Priority Real Estate Group fund. The Howards have been long-time donors to the Teen Center and Jim was happy to direct his \$5,000 matching



program toward helping us procure the van this year.

We have some other community partnerships helping us fill the pot as well. Rusty Lantern Market has very generously donated gas for the van and Spectrum Generations will help offset the operating costs on a yearly basis! All of these gifts in kind really add up to help fill our pot of community support.

We are so hopeful to get the van for the Teens and Seniors at our Center and appreciate any help you’d like to offer. Remember your “carrot” goes a long way toward making this soup feed our community! Together we can support our teens and seniors. Thanks so much!

One simple call changed it all

It's February break week after two long years of COVID and I had the joy of taking my youngest daughter, Juliet, to see some colleges today. She will be 17 very soon — although it seems like yesterday that she was still swaddled in my arms.

She's a junior in high school now and we are starting to make plans about her future. As the youngest of my three daughters, this was a rough year as the second of her sisters went off to college, leaving her alone for the first time in her life. We have bonded over this, which has been lovely, but I know these days are fleeting. She is beginning to feel the breadth of her own wingspan — and she'll soon fly away too, as she should.

Yet, there was a brief time when I wasn't sure my littlest chick would be able leave the nest at all ...

Two years ago during the winter break we weren't looking at colleges. We were skiing with friends at Sugarloaf when Juliet began complaining of abdominal pain and we made our way to Mid Coast Hospital. This was before the pandemic had officially begun and you could easily get into the emergency room. It proved to be appendicitis and she had her appendix out on Presidents' Day of 2020.

That's really not such a big deal and certainly not worthy of an anniversary notation, except that a day after her surgery we got a call to let us know her appendix contained a cancerous tumor. Yes, you heard me right. My little girl's appendix held a tumor.

Now that type of cancer is a pretty rare thing in a person of her age and certainly not what we expected to hear, especially as she was dancing competitively, playing hockey, and all around enjoying her freshman year in high school.

We were in shock, of course — especially when we were informed a day later that she needed an operation to remove much



JULIET FRIZZLE BUMPED INTO THE HUSSON UNIVERSITY EAGLE MASCOT during her college tour in February! He loved meeting Juliet (not so much her University of Maine sweatshirt!)

had reviewed Juliet's case and felt we should put the brakes on any surgeries. Since Juliet was out of immediate danger, we should go to the Children's Cancer Center and get some expert opinions on the matter. So thanks to Lois, after many meetings and many review panels, we were given the happy news that we would just keep an eye on Juliet's abdomen with ultrasounds.

So here we are two years later celebrating that she has had many of those "clear margin" ultrasounds and that we expect many more to come. And it's really because the leader of our community hospital stepped in and, for Juliet and my family, she literally saved the day.

So as you read this, it's March 2022 and while Juliet's cancer-versary is a huge thing in my house, we know that the two-year mark of the COVID-19 pandemic is an anniversary on a global scale. We all know someone who's been impacted by the virus. We all know someone who has lost a loved one and felt the fear of something that also seemed overwhelming and much larger than them.

And again our seemingly tireless medical leader Lois has come to our rescue. It's been two solid years of Mid Coast Hospital

of the surrounding tissue — including parts of her intestine and lymph nodes to ensure clear margins. "Clear margins" is a term that people with cancer hear all the time, yet was certainly nothing I had ever anticipated hearing about my child.

It was a scary and overwhelming few days until the Friday of that week — three days after her initial surgery — my cell phone rang and I heard Lois Skillings, the CEO of Mid Coast Hospital, on the other end of the line. If you've never talked to Lois, she has an amazing voice. It's strong and purposeful, yet soothing and calm. And I needed that voice right about then.

She called to say she had reviewed Juliet's case and felt we should put the brakes on any surgeries. Since Juliet was out of immediate danger, we should go to the Children's Cancer Center and get some expert opinions on the matter. So thanks to Lois, after many meetings and many review panels, we were given the happy news that we would just keep an eye on Juliet's abdomen with ultrasounds.

From the Executive Director

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leading the charge and providing care for this community, taking on more patients than it was ever designed to hold, finding the supplies, the personnel, the beds, and the energy to treat what seemed to be a never-ending onslaught of patients with a virus that has no cure.

And she did it with that same voice. The same steadfast, calming and determined energy that kept us all focused, washing our hands and wearing our masks. And somehow over the last two years she and her team have managed to administer more than 75,000 vaccine doses to turn the tide of this pandemic. It is incredible.

So as we begin to take off our masks, look each other full in the face, give hugs again and lean in closer while talking, I know Lois is the first person to say it took hundreds and hundreds of committed community members to get us here.

And while that's true, we all appreciate her being at the helm and repeatedly making the call that saves lives. It's that sort of community involvement that is so amazing. It is the willingness to help the greater good and we see it all the time at People Plus and in our volunteers — just as we see it in our community leadership. And it's because of this selfless giving to others — the taking notice of one family's challenges while caring for an entire community — that has made a difference for all of us these past two years.

So from my family and Juliet, as well as from the entire (nearly fully vaccinated) People Plus membership, we really appreciate it. Thank you Lois and everyone in this community who helped us get through the last two years. We are happy to see the light at the end of the tunnel and that those "clear margins" are growing larger every day.



MY HEARTFELT THANKS TO LOIS SKILLINGS for all she's done for both my family and our community!