



THE CENTER THAT BUILDS COMMUNITY SINCE 1976

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LIVE UNITED



United Way
of Mid Coast Maine

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

Dear John,

February 2023

On behalf of the People Plus Organization, I am requesting a funding appropriation total of \$220,000 for People Plus for the Fiscal Year 2023-2024. This is the first increase we have requested since 2014 and represents funding of \$200,000 for People Plus and \$20,000 for the Brunswick Area Teen Center Program. We had over 17,000 visits to the Center in 2022 and the town funding supported the building, programs, clubs, meals, education and exercise classes as well as vital services for residents of Brunswick. We've grown our outreach services for at-risk seniors and teens, while supporting home-bound elders with transportation, improved nutrition and socialization opportunities as well as medical supplies, meals and food pantry items.

Our expenses have increased significantly over the last few years in many areas, including payroll, utilities, insurance, food and general operations expense. The income has remained generally in line with last year as we recover from the impacts of the pandemic, although membership is going like gang-busters and we expect a nice increase from that. We project our expenses for FYE 2023 to be \$644,530 (\$550,025/\$94,505) of which the Town of Brunswick paid \$177,000, (\$150,000/\$20,000). The organization raised the remaining \$467,530 to support the "Brunswick Area Community Center for Senior Citizens" as chartered by the Town of Brunswick in 1976. Please see the attached documents for our stats, highlights and budget. We had PPP loans in 2020 and 2021 as well as ETRC this year to help us bridge the deficit gap but we do not see another such income item/winfall in our future.

We at People Plus see this Center, our staff, the volunteers and the town of Brunswick as a team providing vital community services to our growing senior and teen demographic.

Thank you very much for your continued support! ***Without this funding source, our organization could not exist.***

Sincerely,

Stacy Frizzle-Edgerton
Executive Director
People Plus
The Center that builds Community since 1976!

Stacy Frizzle-Edgerton
Thanks John!



Town of Brunswick Budget Stats/information Members/Stats – 2021-22

We are celebrating **FORTY-SIX YEARS** as a Senior Center, and **EIGHTEEN YEARS** as the Brunswick Area Teen Center Program! Over the years we have seen hundreds of thousands of visits of residents of Brunswick. And we couldn't do it without our number one partner - the Town of Brunswick, for their ongoing support of People Plus. Together we have created an incredibly vital Senior and Teen Community Center that enriches not only the lives of our older adult population and the youth in this town; but also all the residents who use the Center for evening and weekend programming, rentals, memorials, fund-raisers and more. During the last year we have seen an increase in members, classes, clubs, games and meals at the Center, had nearly five thousand deliveries of groceries, food pantry boxes, meals and prescriptions – AND provided 32,000 miles of FREE transportation - keeping area residents healthy, happy, engaged and safe!

We are gearing up for the **21st Annual Music in April Auction and Gala** and the **15th Annual Gelato Fiasco Scoop-a-thon fundraisers!** These fundraisers have brought in over \$550K for the organization over the last twenty-one years, enabling us to provide incredible services for our seniors, teens and entire community - and we continue to fundraise and partner with other agencies to serve them all!

People Plus Members

Total Members-1,302
Brunswick-769
Topsham-260
Harpwell – 131
Bath/West Bath – 63
Bowdoinham/Bowdoin -26
Other areas/out of state – 53

Teen Center Program

Total Members - 243
Brunswick - 228
SAD 75 - 15
Total visits approximately – 3,000
Total meals/snacks approximately – 6,000
Total free minivan rides – 1,930

People Plus Center Visits – 14,076

Club participants	2,526
Class participants	3,242
Congregate Meals	697
Grocery/Pharmacy deliveries	1,794
Takeaway Meals	2,053
Gleaners fresh produce	1,375 pounds

Volunteer Transportation Network - (FREE Ride program)

Registered Riders total – 753 total
Registered Drivers: total – 136 total
TOTAL rides – 3,287
Mileage driven-total – 33,256

PROGRAMMING at the Center for March!

Short Programming recap:

Our classes are overflowing! We've had to cap our two art classes at 20 people each for the instructor to be able to manage the classes. As of right now we can't take any more for those classes and we are looking to possibly add an additional class. Our yoga classes are also very full on most days with over 20 students. For the first time ever, we had to cap our quarterly balance and falls class at 35 people and start a wait list. The additional Qigong class we just added on Tuesday afternoons is already at 11 people! Our field trip to the movies had 50 attendees! Seniors are ready to be back out in the world!!

AARP Smart Driver Class - *Our February 24 class sold out, so we booked another class for March 31 - 2 spots left.*

Lunch and Learn: Don't Break a Leg! - Monday, March 27, 12:00 pm (our first L&L since 2019! Learn about Osteoporosis and what we CAN do about it from Jeanette Burney, PT, RYT, Body in Tune, LLC, including lifestyle modifications and easy to do at home movements and exercises.

Collette Travel Presentation - Monday, March 20, 1:30 pm

Canyon Country - April 24-May 1, 2024 and London Tower to Eiffel Tower - Enjoy London and Paris, October 4-12, 2023.

New - People Plus Spinners! - club to meet the 2nd and 4th Friday of every month, 10:00 am - 12:00 pm
new fiber spinning club. Bring a spinning wheel or spindle to transform fiber and other own supplies.

World Affairs - will now meet the 1st and 3rd Fridays of every month so dates are set

AAPR Free Tax Aid - Tuesdays 8:30-4, Thursdays 12:30 - 4

Tuesday mornings will be in cafe and afternoon in the activity room. Thursday afternoons will be in activity room.

Wednesday Walkers: In March this group will meet twice and then will be back to every week in April.

On 3/1 the group will meet at People Plus at 9:30 am to plan the April walks.

There will be a walk on 3/15 - Swinging Bridge Brunswick Topsham Loop - Meet at People Plus by 11:30 am.

MEALS:

Women's Breakfast - Thursday, Mar. 2 , 8:30 am

Men's Breakfast - Thursday, Mar. 9, 8:30 am

Lunch - Thursday, Mar. 16, 12:00 - traditional Irish boiled dinner. Join us!

Lunch Out - Tuesday, Mar. 14, 11:30 am

Medicare 101 with Spectrum Generations, Tuesday, Mar. 14, 12:30 pm

Apple Club - no Apple Club in March

Tech help appts - Thursdays with Bill

Hair Cuts - Margarita returns on Friday, March 24.

Save the Date – **Music in April gala and live auction** - Friday, April 28, 5-8pm **Gala/online** auction from April 1 - April 28.

- **Gelato Scoop-a-thon** - Save the Date - Wednesday, April 26

- **Senior Expo Date Set** - Thursday, Oct. 19, 2023!

Current Rentals: Merrymeeting Adult Education is using People Plus for a Line Dancing class Mondays Jan. 30 - March 6, 6-7 pm, Belly Dancing – Tuesdays, Folk Dancing – Fridays, Brunswick Coin and Stamp once per month, Toastmasters – Tuesday. **Private Rentals:** Art workshop - Sunday, 3/5

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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

Celebrating 45 Years!



45 years of community service!

- over 4,000 grocery and meal deliveries
- over 100,000 miles in free rides
- thousands of food pantry pick ups and locally grown food deliveries
- tens of thousands of birthday calls
- thousands of reduced price haircuts
- thousands of classes, clubs, meals and events held at the Center
- thousands of update, exercise & interest videos

Serving thousands of members!



45th *Plus!* People ANNIVERSARY

BOARD OF TRUSTEES

OFFICERS:

Charles S. Evans, *Chair*
David Millar, *Vice Chair*
Tim Keene, *Treasurer*
Jim Burbine, *Secretary*
Annee Tara, *Member at Large*

Mitchell W. Brown
Carolyn Bulliner
Robin Copland
Christine Corriveau
Thomas Farrell
David R. Forkey
Catherine Jarratt
Rodie Lloyd
Christine Munroe
Sonia St. Pierre
Scott Stewart
Kim Watson
Kelsie M. West-Ezzo

Stacy Frizzle-Edgerton,
Executive Director



TRUSTEES

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

45th *Plus!* People ANNIVERSARY

The center that builds community



2021-2022 Annual Report



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

Proud to partner with

Bangor
Savings Bank

Bowdoin

GELATO
FIASCO



Mid Coast-Parkview Health
MaineHealth



BILL DODGE
AUTO GROUP

Edward Jones
MAKING SENSE OF INVESTING

PRIORITY
REAL ESTATE
GROUP

A Division of Maine Community Bank
MECHANICS
SAVINGS

Riley
INSURANCE

ROUSSEAU
MANAGEMENT

Rusty
Lantern
MARKET

LIVE UNITED
United Way

United Way
of Mid Coast Maine

Alfred M. Senter Fund
Senter
PLACE



DOING THE
MOST GOOD

TR **The Times Record**
Local. Legitimate. Journalism.

Community Donors

Ellen Asherman
Richmond & Lillian
Bates
Sam & Sally Butcher
Sally Clifford
Colby & Pat Currier
Margarita Day
Win & Sharon Dodge
Charles & Carol Evans
Marshall Gott Family
Bob & Marge Healing
Mary Hepburn
Jim & Sue Howard
Sara Jones
Richard Kezer
Dana Mayo
O. Jeanne D'Arc Mayo
Vince McDermott

People

Leadership Circle of Giving

Dave & Libby Millar
Nancy Morrell
Richard & Eleanor Morrell
Sandra Morrell Rooney &
Charles R. Rooney, Jr.
Steve & Mercie Normand
Linda Piper
Clayton & Julianne Rose
Ann & David Swanson
Deanne & Bob Thibeault
Katharine Watson
Estate of Harry Welzel in
Memory of Jane Welzel
Suzan Wilson & Daniel
McLaughlin

Foundations

Brunswick Rotary Community Fund
Nathaniel Davis Family Fund
Alex Labbe Foundation
John & Elizabeth Mace Charitable Trust
Maine Street Foundation
Dana L. Mayo Family Fund
Ann & David Swanson Charitable Trust

Business Partners

Androscoggin Bank
Avita Memory Care &
Sunnybrook Senior Living
Bar Harbor Bank & Trust
Big Top Deli
Brackett Funeral Home
First Parish Church
Goodwin Motor Group
Highland Green
Kelly & Kelly Commercial
Development
Maine State Music
Theatre
Norway Savings Bank
Town of Brunswick
Town of Harpswell
Unitarian Universalist
Church

Spectrum Generations Partnership

- Aging & Disability
Resource Center
- Meals on Wheels
- Commodities
Supplemental
Food Program
- Community Dining
- Volunteer
Transportation
Network Support

spectrum
generations

TEEN CENTER NEWS

SUPPORTING YOUTH SINCE 2005
BRUNSWICK AREA
teen **CENTER**



We bought a minivan!

Thanks to a successful fundraising campaign, we were able to purchase a new minivan for the People Plus Center! It will be used to transport teenagers to and from the Teen Center program in the afternoons & summer, and also during the daytime to support senior members with trips, meal deliveries and other transportation needs. Thanks to everyone who donated!

1,455
teen visits

4,000+
drinks

2,000+
meals

5,000+
snacks

41
new members

video game
tournaments
galore!

thousands of
tacos served!

many "new
Mainers"
welcomed!

Teen Center
pick-ups &
drop-offs!

Teen Center Advisory Committee

Tom Farrell, Chair	Carolyn Bulliner	Catherine Jarratt
Tim Keene, Secretary	Lisa Copland	Jane Millett
Chris Balestra	Kate Foye	Fraser Ruwet
Carol Briggs	Carol Israel	Teen Representatives

Jordan Cardone,
Teen Center Coordinator

Stacy Frizzle-Edgerton,
Executive Director

Who We Are

45th People
The center that builds community
ANNIVERSARY

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

Hi!

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 M. 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
- Bolos**, 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)
- Darling'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
- Filp**, 406-2122, 20% off Tuesdays
- Hearts & Hands Reiki**, 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 Link 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
The center that builds community
ANNIVERSARY

Plus!

(207) 729-0757
PeoplePlusMaine.org
Like us on Facebook



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

Join People Plus today and you can:

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

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

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

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

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

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

FMI or to register call 729-0757

Health and Safety Precautions. We follow CDC guidance and upgraded the facility for optimal air circulation. Many activities are available via video or Zoom. Your health & safety is our primary concern.

Join TODAY!

People Plus Membership is open to all adults (over 18). 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.

- 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 ^{Plus} Partners

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


■ **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.



45th
people
ANNIVERSARY

PEOPLE PLUS MEMBERSHIP APPLICATION

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

Name (1) _____
Email _____

Name (2) _____
Email _____

Mailing Address _____

Phone _____
Emergency Contact _____

Phone _____
Emergency Contact _____

City _____

Birthdate _____
Birthdate _____

(name) _____
(name) _____

State _____ ZIP _____

☐ Female ☐ Male

☐ Female ☐ Male

(relationship) _____
(relationship) _____

☐ Female ☐ Male

☐ Female ☐ Male

Volunteer Opportunities at People Plus

I'd like more information about:

☐ Lunch Crew:
cook/setup/cleanup

☐ Reception:
check-in/phone

☐ Volunteer driving:
rides to appts/shopping

☐ Meals on Wheels

☐ Teen Center

Cash/Check (Payable to People Plus)

Membership Dues: \$ _____

Additional Donation*: \$ _____

(*donations above membership dues are tax deductible)

Total: \$ _____

Yearly Dues (Scholarships Available)

☐ Brunswick (___ New ___ Renew): \$30

☐ Other towns (___ New ___ Renew): \$35

☐ **Lifetime Member** (65 or over): \$300

OFFICE USE: ☐ Account ☐ Data ☐ Card Sent