

Board of Directors:

Chairperson: Kathy Chase

Vice-Chairperson:
Larry Dyer

Financial Admin:
Peter Kahn

Assistant Financial Admin.
Stephanie Bennett

Secretary:
Maria Reid

Directors at Large:

Kathy Chase (26)
JoAnn DeClercq (26)
Larry Dyer (25)
Ray Farnham (24)
George Hersom (25)
Peter Kahn (24)
Lorraine Moulton (Honorary)

Director:

Rita J. Seigny
Mon-Fri 11-4 PM

Office Administrator:

Cathy Gavin
Tues & Fri 10-3 PM

Office Assistant:

Lorraine Moulton opens our
Center daily at 8:45 AM

Welcome Desk Volunteers:

Taryn Allen
Morgan Demers
Suzi Franklin
Doris Morgridge
Lorraine Moulton
Barbara Riley

Office and Lounge Open

Mon-Fri 9:00 AM – 4:00 PM

**Beautiful Function Hall
available for rent
Call Center 207-646-7775 x2**

Yearly Membership:

\$35 Per Person

Have an idea for an article?
Contact Rita Seigny, Director
RitaS.WOCAM@gmail.com

Greetings Members!

We are now well into our summer schedule and if you look at all the events, fundraisers and programs listed on our monthly calendar, you can see how busy our staff, volunteers and members are with all the upcoming items to complete.

Grants are one of the alternate fundraising paths the Board is now investigating. We have had this in our goals for a long while, but to do it successfully the tools we needed were either out of reach or so labor/time intensive or expensive we could not justify the volunteer hours nor the cost. However, we are now looking at newer demographic programs with search and analyzing algorithms that can provide the research information needed to write a successful grant request and can quickly search through hundreds of thousands of 990 filings of foundations to find out who they donate to and for what - in order to match to the requests of nonprofits who are looking for specific areas of funding help. This process would be overwhelming work for most nonprofits, and especially difficult for smaller ones like ours that depend almost entirely on volunteers.

There are foundations that are formed with a pool of money that allows them a reduction on their taxes. They MUST give a percentage of that money away to qualified nonprofits every year in order to get/keep the tax reduction. These are the foundations our qualified nonprofit, Senior Needs Committee of Wells and Ogunquit should be applying to for grants.

The Board is looking into search foundations that offer the expertise, analytical programs, training, and support to help us accomplish our grant writing goals. It is not inexpensive, but due to new technology the prices are reasonable for what is offered.

The Board will interview anyone that believes they can work on a team to be trained to write grants. Our goal is to put together a group who can be trained for and work on grants by end of year or before. The Board will choose at least four more to help those on the Board who are willing to commit. Applications will be available on August 15 at the Center.

Sincerely,

Have a great summer everyone!

The Wells Ogunquit Senior Center Board of Directors
Kathy Chase, Chair, JoAnn DeClercq, Larry Dyer, Ray Farnham, George Hersom,
Peter Kahn, Lorraine Moulton

Come Join Team Fearless as we demonstrate:



Team Fearless Martial Arts & Fitness
1509 G Post Rd Wells, Maine 04090
207-216-7647 Fitness@teamfearless.info

Our Mission :

The mission of Parkinson's Boxing is to improve the quality of life of people with Parkinson's disease through a non-contact, boxing-based fitness curriculum.

Who We Are :

Parkinson's Boxing is the first gym in this area dedicated to the fight against Parkinson's. In our gym, exercises are largely adapted from boxing drills. Boxers condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents. Parkinson's disease is the opponent. Exercises are rigorous and will extend the capabilities of the participant.

Prove It ! :

Our clients attest, and academic institutions, such as University of Indianapolis and Butler University, report and document the improved quality of life among our boxers. Discovery of a cure may be many years away but in the last seven years, there is evidence that progress is made in all stages of the disease by participants in the 'Parkie' Boxing program.

Presentation at Center
on August 11th @10am
Come find out
something new
Information

Baby Boomer's Blog ~ August 2023

Baby Boomer's Blog represents all of us who are born between 1946 and 1964 with a message of optimism, health and wellness, personal growth, and youthfulness.

Communication:

Why do people communicate? What are you trying to accomplish? According to Tony Robbins, a motivational speaker and coach, the real reason we communicate is: "We want to create or enhance a positive feeling."

When I feel good about something, I like to share my good news or experience with others. Sharing our positive experiences helps us to feel even better about the situation. Sometimes, I share my sadness with another person knowing that he/she will help change my mood. I again want to feel good.

What do you really need before you start a conversation? Are you looking to blame? Are you looking to dump your grief? Are you looking for attention? Stop before you talk to someone if you are angry, hungry, lonely, or tired and decide what you need. As you gain more knowledge of what you need, you will ask with elegance and in a way that supports both of you.

I ask myself – can I communicate in a way that makes me feel better? How about the person that I am talking to – does that person feel better? Stress can cause a louder voice and body language that is withdrawn and shallow.

Change your belief systems.

Four core beliefs that will change the way you communicate.

1. People are not their behaviors. We are more than what we do. Separate the behavior from the person.
2. There is always a positive intent behind someone's behavior.
3. People do the best they can with the resources they have.
4. The meaning of communication is the response you get. Try another approach until you find that both of you understand. Everyone sees and hears words their own way. There are always two sides to each conversation. **Balance and harmony are key.**

Quote: "Talk to each other instead of about each other."

~Nicky Gumbel



Email: j9yogapractice@gmail.com
Phone: 207-251-9577
YouTube Channel: [YouTube.com/channel/UCW8mAr1GMJ4uZYS4YKa2eWQ](https://www.youtube.com/channel/UCW8mAr1GMJ4uZYS4YKa2eWQ)



Just a Friendly Reminder for our Members...

Please check under your name on your mailing label of this Newsletter. If your expiration date has expired the date will be highlighted in yellow.

Anyone at the Welcome Desk will happily help you renew your membership. Also, if you have a **change of address, tel #, or email, please let us know.**
Thank you!

Volunteer Opportunities:

Need one man per Saturday afternoon to pick up Clynk as our volunteer that does Saturday afternoon will be on vacation on the 5th, 12th and 19th of August.

***Looking for a **Building Committee Supervisor**
We need a person that can oversee at what needs to be done for our building along with working with our contractors. If interested please contact Kathy Chase

New Members to our Center - Please Welcome:

James Fitzgerald
Maureen Goddard
Raylene Grant
Marjorie Osheroff
Gary & Mary Alice Serafini

MISSION STATEMENT:

To promote the well-being of Senior Citizens in Wells and Ogunquit, regardless of sex, creed, race, religion, or the ability to pay.

Recycle your bottles



***Please pick up your **Clynk** bag from the front desk when you visit the Center. Clynk bags can be dropped off at the Senior Center in the back of our building. Please tie up the bags so bottles don't escape.

Thank you to everyone that collects for us weekly– Jeffery M., Ed S., Ken R., Mark H.

CHARLES RIVERBOAT CRUISE

THURSDAY, SEPTEMBER 7TH
\$99 Per Person

Come along for this spectacular day on the Charles River with lunch at the Cheesecake Factory



Cost Includes Transportation, Cruise and Meal
Bus Departs from the South Berwick at 10:00AM

Limited spots available, reserve yours TODAY!

We will begin our day with an 11:30AM arrival for lunch at the Cheesecake Factory located at Cambridgeside Place in Cambridge, MA. There are lots of delicious menu choices, including cheesecake! Following lunch there will be time to explore the Cambridgeside Mall.

At 2:00 PM we will board the boat and enjoy a 70-minute, fully-narrated sightseeing cruise along the Charles River. Sit back and relax while our Captain and Crew entertain us with fun facts and historic sights of Boston and Cambridge. View Beacon Hill, Back Bay, Boston University, MIT, Harvard, sailors, rowers and much more.

For More Information Contact: Maria Reid 508-451-3084
mariasalreid@gmail.com