

## Board of Directors:

**Chairperson:** Kathy Chase

**Vice Chairperson:**

Jennifer Sylvester

**Financial Admin:**

Stephanie Bennett

**Assistant Financial Admin.**

Greg Cuzzi

**Secretary:** Pat Vo

**Directors at Large:**

Kathy Chase (23)

Greg Cuzzi (23)

Ray Farnham (24)

George Hersom (22)

Ann Lamberti (23)

Lorraine Moulton (24)

Jennifer Sylvester (23)

Sue Terwilliger (22)

Judy Vincent (24)

**Director:**

Rita J. Sevigny

**Office Administrator:**

Cathy Gavin

**Office Assistant:**

Lorraine Moulton

**Welcome Desk Volunteers:**

Taryn Allen

Bonnie Guptill

Doris Morgridge

Lorraine Moulton

**Office and Lounge Open**

Mon-Fri 9:00 AM – 4:00 PM

**Yearly Membership:**

\$35 Single / \$70 Couple

**Beautiful Function Hall  
available for rent**

[www.wocam.org](http://www.wocam.org)

Have an idea for an Article?  
Contact Rita Sevigny, Director  
[RitaS.WOCAM@gmail.com](mailto:RitaS.WOCAM@gmail.com)

## Greetings Members and Friends!

The Center's Board of Directors met for their first meeting of 2022 and reviewed the year-end financials for 2021.

Our last year's budget - after struggling with the effects of Covid-19 impacts and restrictions that prevented many of our established fundraising efforts - ended 2020 with a deficit of nearly \$20,000. We entered 2021 with the budget challenge to not only create a path to pay for our bills and expenses in 2021, but also to fill the \$20,000 financial hole from 2020.

New fundraising events were proposed, past successful programs brought back, Board members committed to expanded participation, Staff stepped forward, volunteer members worked tirelessly, and our community supported us. By the end of 2021, we met our goals and raised enough income to pay our bills, stay in line with the projected expenses AND bring us out of the 2020 deficit!

It was a true team effort by Staff and all who contributed through donations, volunteering, being a paid member, or a paying participant in any of our fundraising events. Thank you for being part of the Wells Ogunquit Senior Center team!

The Budget 2022 Subcommittee, made up of Kathy Chase, Ray Farnham, Stephanie Bennett and Greg Cuzzi, will be working on a proposed 2022 Budget and will present a draft proposal at the February 2022 Board of Directors meeting for the entire Board to review and vote on.

### And our next exciting year begins!

The Wells/Ogunquit Senior Center Board of Directors  
Kathy Chase, Greg Cuzzi, Ray Farnham, George Hersom,  
Ann Lamberti, Lorraine Moulton, Jennifer Sylvester,  
Susan Terwilliger and Judy Vincent

### A THANK YO NOTE...from a member:

As we settle into the winter in Maine, I want to thank all those who share their books with us through our little library. It is so wonderful to have it in our building. It is a busy, cozy corner with everchanging selections. One day I found a book written by Elisabeth Ogilvie, a Maine writer from 1944. It has to be one of my favorite books ever. It is the story of a family living on an island off the Coast of Maine. It is called "High Tide at Noon".

I can't not mention the work of the volunteers who keep books organized and updated. Our Town Library is a special place and a superb resource, but sometimes it is nice not to worry about a return date. This is especially so if one wants to share a favorite book with a friend who would love it as well. So, a big THANK YOU to all who share.

Message given to me by a member

The older I get the more I realize I have no desire for  
drama, conflict, or any kind of intensity.

I want calm. I want a cozy home, good food on the table and  
to be surrounded by lovely people—**Who Make Me Happy!!!**



Check out this site for great articles of interest for Seniors  
<https://tranquilaging.com/senior-social-clubs-maine/>

## BABY BOOMER'S BLOG

February 2022

### Plant the Seed of Love in Your Heart.

*Love stretches your heart and makes you big inside.*  
~ Badrul Hisham

According to Inspirational Speaker, Author and Coach, Jen Oliver, there are many missing pieces to the puzzle to our self love and how to become inspired with life itself. Interestingly, the more information that we search for can actually have a negative effect on our outlook. Think of dieting! How many diets have you tried? What is the newest fad to losing weight after retirement? I've think I am up to fifteen different diets – from Atkins to the Plan Z diet. None of these diets provide more love for me.

Our love comes from within. It doesn't come from validation from others. It doesn't come from material things. Do you ever think a certain car, chocolate cake, a house, a sweater, or a degree will provide you with happiness? Yes, we all think this from time to time. It provides happiness for perhaps 3 minutes, 3 hours, 3 days or 3 months, and then we no longer feel that same satisfaction.

Love....

We are responsible for our own life! Only you can move your life forward. Go for it! What matters is now. You are enough. You are good enough – so start thinking big! Feel it! Know it and Hear it! The way through challenges is to ask yourself ..."What is the next right move?" One step at a time. KISS (Keep it Simple Silly). Keep your cup full. You have so much to give.

Can you list 3 to 5 things every night that you are grateful for?  
Keep a journal...Be grateful.

Practice **STOP** during the day. It takes just a moment of your time.

**S** = Stop what you are doing and put all your attention on what you are doing.

**T** = Take a few deep breaths.

**O** = Observe your thoughts, feelings, surroundings, and emotions.

**P** = Proceed with change, or proceed as you were (more fully aware).

Stop more often this month and notice.  
Notice how wonderful your life is!!

Janine Robichaud from Soulful Pathways

[j9yogapractice@gmail.com](mailto:j9yogapractice@gmail.com) or call 207-251-9577

Look for Zoom and in-person classes at the Senior Center.



## Volunteer Opportunities:

Days of Warming –Host or Hostess  
Helping serve on Days of Warming

## New Members to our Center -

### Please Welcome:

Adrienne Angelo  
Bernadette Clark  
Ronald Durham  
Colleen & David Foster  
Frances Mailhot  
Linda Small  
Mary Ellen Peabody  
Doreen Taylor  
Pamela Trafton

### Artist Take Note:

The Wells/Ogunquit Center at Moody (Senior Center) is offering the opportunity to area artists to display their artwork as follows:  
2 artists per month to display up to 10 paintings (each) for a 2 month period (min) and 4 month (max per 12 month period)  
Jan Feb/Mar Apr/May Jun/Jul  
Aug/Sep Oct/Nov Dec/  
\$25 per month per artist -  
10% commission on sales.  
Please contact Lisa Roderick

### 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.

### Just a Friendly Reminder for our Members...

Please check your address label under your name on the mail panel of this Newsletter. If your expiration date has expired the date will be highlighted. 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!

**ALL**  
**NEW 100 CLUB RAFFLE**

**JUST \$20/ TICKET !!!**  
**ONLY 100 TICKETS SOLD !!!**  
**\$1000 TOTAL GIVEN AWAY**  
**14 CASH PRIZES TO WIN EACH \$25 OR MORE**  
**TOP PRIZE \$500 CASH**  
**FEB ~ APRIL ~ JUNE ~ AUGUST ~ OCT ~ DEC**  
**Drawing on the 3rd Friday afternoon 3- 5 pm**  
**Wine, Cheese, Coffee & Snacks Reception with Ticket**  
**Tickets at front desk**