

Board of Directors:

Chairperson: Kathy Chase

Vice-Chairperson:

Jennifer Sylvester

Financial Admin:

Stephanie Bennett

Assistant Financial Admin.

Larry Dyer

Secretary:

Vacant

Directors at Large:

Kathy Chase (23)

Greg Cuzzi (23)

Larry Dyer (25)

Ray Farnham (24)

George Hersom (25)

Peter Kahn (24)

Ann Lamberti (23)

Lorraine Moulton (24)

Jennifer Sylvester (23)

Director:

Rita J. Sevigny

Mon-Fri -11-4pm

Office Administrator:

Cathy Gavin

Tues & Fri -10-3pm

Office Assistant:

Lorraine Moulton— opens our Center daily at 8:45am

Welcome Desk Volunteers:

Taryn Allen

Bonnie Guptill

Doris Morgridge

Lorraine Moulton

Office and Lounge Open

Mon-Fri 9:00 AM – 4:00 PM

**Beautiful Function Hall
available for rent**

Call Center 207-646-7775

Yearly Membership:

\$35 Per Person

Have an idea for an Article?

Contact Rita Sevigny, Director

RitaS.WOCAM@gmail.com

Greetings Members!

Our new year has begun, and with it comes the building of the 2023 Budget for our Center. An annual budget not only is the guideline for our spending and fundraising each year, it is also a requirement for our mortgage and for most grant applications.

At the last Board Meeting in December, the Board assigns a Subcommittee consisting of the Board Chair, a couple of Board Members, the Financial Administrator, and the Building Committee Chair, to prepare a Draft Budget that will be reviewed and voted on for acceptance by the full Board at our February Meeting.

Expected costs, unexpected expenses, new equipment, and additional expenses for programs, events, maintenance, services or expansions have to be considered. More importantly, the means to pay for all expenses has to be set.

The goal is always to have an annual budget that will result in a positive balance at the end of the year. The fundraisers we do all year are planned in the budget that will accomplish that goal.

In addition, the 2023 Budget will create a new Reserve Fund used to set money aside for future equipment or structural replacement needs, such as our heating/air conditioning systems, kitchen cabinets, stove, windows or doors.

The Board will be looking at a process to recruit and train volunteers. Be sure to attend any of our monthly Board Meetings and bring your ideas or thoughts!

Board Meetings are the third Thursday of each month at 4 pm in the Center's Function Room.
See you there!

The Wells Ogunquit Senior Center Board of Directors
Kathy Chase- Chair, Jennifer Sylvester -Vice-Chair (and acting Secretary),
Greg Cuzzi, Larry Dyer, Asst. Financial Administrator, Ray Farnham, Peter Kahn,
George Hersom, Ann Lamberti and Lorraine Moulton



Volunteer of the Month of February

Sandra Hill



Sandy faithfully comes in twice a week Tuesday and Thursday mornings and leads the exercise class. This class has been very successful and that's all due to her friendliness to other members. Sandy always has a smile on her face along with a positive attitude. Sandy also helps with the newsletter process monthly.

Please Congratulate her when you see her friendly face in exercise class or at Days of Warming selling the 50/50 tickets.

I'm asking for nominations of members you feel deserve this honor of recognition. See Rita

Baby Boomer's Blog

~ Self Care/Self Love ~

February 2023

How do you navigate your busy life? I need to be sure to take care of myself in order to take care of those that I love. (This includes me.) I also want the best bang for my buck. The quicker I can destress the better off everyone around me feels.

Stress harms our body, as you might know, but it also harms our mind, our learning, our spiritual connectiveness, kindness, the brain, the gut and breath. Stress is any challenging change. According to Holmes and Rahe Stress Scale, a self-assessment tool for measuring stress you are experiencing. Different stresses carry more weight, or creates more of a risk, for you and your body. According to the Scale, it is interesting that going to jail, and a death of a loved one, are equal in number (63 points). On the lower side of things Christmas, vacation and change in eating habits are all minor in number (13).

A few effective strategies that you can do that will allow you to manage your stress level and reduce the stress response include:

1. Maintaining a healthy social network – deepen your connections.
2. Engage in regular physical exercise.
3. Getting an adequate amount of sleep each night.
4. Using the acronym "STOP" [Stop, Take a breath, Observe and Proceed].
5. Recognize your triggers and the symptoms that precede the moment before the event and after the event. (Look for the signs.)
6. Remember that all events have a beginning, middle and end. When you are off track, reconnect, regroup and renew.



Janine Robichaud from Soulful Pathways

Email: j9yogapractice@gmail.com

Phone: 207-251-9577

YouTube Channel: [YouTube.com/channel](https://www.youtube.com/channel/UCW8mAr1GMJ4uZYS4YKa2eWQ)

UCW8mAr1GMJ4uZYS4YKa2eWQ

February Fun Facts to ponder on as we look forward to Spring.

February is month of celebrations. It is often thought that a groundhog can reveal how much longer winter will last. This short month provides a special time to **show affection with or without a Valentine.** February also is a time to celebrate leaders, past and present; Presidential.



Volunteer Opportunities:

Days of Warming – setting up the tables at 9am or take down of tables after the meal around 1pm every Saturday.

Looking for a man or two willing to pick up recyclable bottles from the Wells Transfer Station on a weekly basis. If we had a few more men we could cover each day. The returnable program has brought our Senior Center over \$6,000 annually. Currently, we have Lorraine, Mark H., Stephanie & Butch B. Please contact myself or Kathy Chase if you can pitch in a day or two. **THANK YOU!**

New Members to our Center -

Please Welcome:

Joseph & Annie Beauchemin
Pauline Boyce
Drew Conger
Nancy Crompton
Barbara Forbes
Sarah Holt
Pam Kyskow
Shirley McDonough
Kathy Millet
Jan Peterson
Laurie Sprague
Joyce Viacelli
Elizabeth Wilde
Carlene Winn
Nancy & Ted Zuzolo

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.**

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.

This is one opportunity you can help our Senior Center—
Recycle your bottles

***Please pick up your **Clynk bag** from Lorraine 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.

