

## Board of Directors:

**Chairperson:** Kathy Chase

**Vice-Chairperson:**  
Vacant

**Financial Admin:**  
Stephanie Bennett

**Assistant Financial Admin.**  
Peter Kahn

**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. 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  
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 Sevigny, Director

## Hello members and friends!

The Board is pleased to welcome a new member to the Board of Directors, JoAnn De Clercq. JoAnn was featured in last month's Newsletter introducing her as a candidate for the Board. The election this week confirmed her place at the Board table.

We, on the Board, look forward to working with her.

The proposed amendment to the By-Laws that was also on the ballot was approved.

The Capital Improvement Fund is for money set aside each year in savings to build up a reserve to fund big capital replacements such as a new roof, windows, and HVAC systems, that all eventually must be replaced. The amendment helps ensure the monies will only be spent on items approved by the Board, after vetting and a formal vote.

The Center is financially stable and our fundraising income is meeting or exceeding expectations. It has been, and will continue to be, a very busy season for our organization and our member volunteers have been the reason for our success.

Our membership is growing and new faces appear nearly every day. While established members *have* been making the Center the current success it is – new members bring different ideas, energy and a desire to *also* have the chance to make the Center successful. This consistent cycle of fresh energy and ideas from new members, blending with the accomplishments, skills and experience of established members, guarantees a bright future for the Center. So, established members – open your thoughts and arms and welcome the help new members are willing to give. New members – respect and learn about the work that was done and the experience that was earned by established members before you arrived. The future success of the Wells Ogunquit Senior Center is assured when *all* of us work together.

### 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

Many of us celebrate the Fourth of July every year with fireworks, barbecues, concerts and parades. Growing up, you may have heard that we celebrate Independence Day on July 4 because that's the day the Founding Fathers signed the Declaration of Independence, but that's not technically true. Although the Declaration was adopted on July 4, 1776, it wasn't signed by most people until a month later. Interesting fact.

Every 4th of July the Liberty Bell in Philadelphia is tapped – although not actually rung – 13 times in honor of the original 13 American colonies.



## Baby Boomer's Blog ~ July, 2023

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

### How do you Spell Success?

Many Baby Boomers decide after turning 60 years of age to pursue a new hobby or career. Some of us (not me...but some people) are retiring early from their money-making jobs towards a career, hobby, or volunteer position that is different from what they are accustomed to. I made this transition in my fifties. I left a corporate desk job to begin teaching, guiding, and leading yoga.

What is your purpose? Are you living a life that creates a feeling of success? When you describe yourself to a new friend or an acquaintance, how do you describe yourself? Are you balanced?

Author, Peter Colwell, shows you how to continue to feel successful throughout your life. Enjoy the journey as you work towards your own self-purpose by using the acronym

### SUCCESS.

**Strive:** Set specific personal goals to pursue.

**Understand:** What is the emotional and physical clutter that gets in the way of your progress?

**Create:** Turn your thoughts and ideas into action by writing them down and giving yourself a timeline.

**Condition:** See your success mentally, emotionally, and physically.

**Envision:** Visualize your desires and act as if you already have them.

**Savor:** Celebrate your baby-steps, achievements and progresses.

**Soar (S.O.A.R.):** Safe (be real), Organize, Accountable and Respectful (to yourself and others).

Challenge yourself to a new idea, belief, or even approach the same old thing differently. It's up to you.

"Success is a road that is always under construction." ~  
Lily Tomlin

Email: [j9yogapractice@gmail.com](mailto:j9yogapractice@gmail.com)  
Phone: 207-251-9577



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



## Volunteer Opportunities:

See Rita for an opportunity  
Clynk and hall rental closer  
July 21 or 22nd to assist during Yard Sale  
July 29th— bakers needed for Blueberry Fair

### New Members to our Center - Please Welcome:

John & Dorothy Andrews  
Paul Beaudoin  
Christine Dominick  
Barbara Ingraham  
Betty Ann Judd  
Emma LeBlanc  
Joanne May  
Darlene Normand  
Gerri Otenti  
Janet Pardus  
Fran Poulin  
Helene Roberts

### 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., Ted Z, Mark H.

### 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!