

Board of Directors:

Chairperson: Kathy Chase

Vice Chairperson:

Ray Farnham

Financial Admin:

Stephanie Bennett

Secretary: Pat Vo

Directors at Large:

Stephanie Bennett (21)

Kathy Chase (23)

Greg Cuzzi (23)

Ray Farnham (21)

George Hersom (22)

Ann Lamberti (23)

Lorraine Moulton (21)

Jennifer Sylvester (23)

Sue Terwilliger (22)

Director:

Rita J. Sevigny

Administrative Assistant:

Cathy Gavin

Office Assistant:

Lorraine Moulton

Welcome Desk Volunteers:

Bonnie Guptill

Doris Morgridge

Lorraine Moulton

Office and Lounge Open

Mon-Fri 9:00 AM – 4:00 PM

Membership:

\$30 Single / \$50 Couple

**Beautiful Function Hall
available for rent**

www.wocam.org

Have an idea for an Article?

Contact Rita Sevigny

RitaS.WOCAM@gmail.com

Hello Fellow Members!

The WOCAM BOD met Thursday, May 20th and several important items were brought forward, thoroughly discussed and voted on. Three key items that will be of interest to our membership are:

The mask mandate elimination beginning May 24. The Board voted to replace the currently Posted "Masks Required To Enter" signs with "Masks Not Required, but masks are recommended for those not fully vaccinated". These new signs will be posted at the Center on Monday, May 24th.

The Board also voted to support the decision that mask-wearing is up to each individual and if an individual is more comfortable wearing a mask that is their personal choice. We also agreed that the rules for mask-wearing at BINGO will be determined by those running BINGO because that is the event most attended by people 16 and older – many of whom visit us from various locations.

The financial status for the Center will be a focus for this year. The true effect of the shutdown and the shortfall of income last year due to inability to hold many of our needed fundraisers to the fullest capacity -or at all- are being felt. Normally, we would have a surplus from the last year to get us going in the spring until our bigger fundraisers replaced that surplus, but that has not been the case. While we are back on track for fundraising, the impact of restrictions still in effect, as well as the hesitancy of members to participate, along with suffering losses of some of our longtime volunteers, and the difficulty finding new volunteers, all contribute to slowing our economic recovery. We encourage members to participate in our events and to volunteer in any number of small or large ways. We will recover eventually but participation will move us forward more quickly!

We are increasing membership dues for the first time in 11 years. The Board has visited this issue several times over the last 5 years, and after comparing many other membership costs in the area, we all agreed it is time to raise the dues. As many complaints have been heard about the "single" dues being more per person than the couple dues, it was decided to levy the dues equally per person. The annual dues for each member will increase to \$35.00. This increase in dues is effective July 1, 2021.

Kathy Chase, Chair WOCAM BOD and all the Board Members

I want to **Thank the Spring Tea Committee**— Kendra Fowler, Anne Supenia, Dianne Trachimowicz, Donna Freni, Lisa Roderick, Suzi Franklin, Mariene Benoit—this event raised \$640 for our beautiful Senior Center. More pictures are posted in the Senior Center



Zig Zag: The Path to Creativity.

"Creativity is not a mystery. There are proven techniques for enhancing creativity, and they are within anyone's reach." -Keith Sawyer

There are 8 steps to creativity

- 1. Ask:** Find the right questions. Generate questions to ask yourself, others and mentors. Map your ideas (Mapping is an awesome way to explore questions). Challenge yourself.
- 2. Learn:** Pursue answers through talking, listening and seeking. Reflect and branch out to areas that could bring more information.
- 3. Look:** See things all around you. Dream. Notice how one thought brings answers and another thought brings more questions. Look at the big picture
- 4. Play:** Imagination is fun. Imagination brings a different side of creativity. Playing moves more than your brain...it usually moves your entire physical body. Come up with off the wall ideas...no limits
- 5. Think:** Einstein wrote over 240 scientific papers. Think outside the box. Brainstorm ideas. Examine attributes of each brainstorming idea. Set a timer to force yourself to think quickly without judgment.
- 6. Fuse:** Work on many of the ideas at the same time. Combine the ideas. Draw connections between each idea. Combine the different conversations that you have with many people into one subject or thought.
- 7. Choose:** Believe in yourself. Believe in your intuition. Choose a simple way, a difficult way, a hard to reach way and a middle of the roadway. Define success. Use a discernment chart or a pros and cons chart. Allow someone to be the devil's advocate.
- 8. Make:** Get your ideas out into the world. Draw it. Doodle it. Collaborate with others. Create a vision board with your specific ideas. See it. Feel it. Taste it. Hear it. Smell it and know it. Make a plan of action to look at the vision board each day and move in your baby steps of action to get there.

Each step is a step on its own and in combination with all 8 steps.

**Creativity is a way of living. Practice! Live your life.
Dream big and become YOU!**

Janine Robichaud from Soulful Pathways

J9yogapractice@gmail.com

With over twelve years experience of studying many alternative modalities in order to empower and inspire you, Janine will put you on a path to wellness, happiness and daily peace by offering yoga, qigong and meditation bringing you to a place of an open heart and soul.

Janine teaches daily on Zoom. Yoga Classes at the Senior Center -
Monday nights 6-7pm

Wednesday mornings 9am Hatha Yoga– 9:45am Chair Yoga



Volunteer Opportunities:

Pancake Breakfast to start on June 5th.
Looking for members to assist on Week 2
and Week 3.

New Members to our Center

Please Welcome:

Jane Seigel

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) Oct/Nov/Dec/Jan/Feb/Mar/Apr/May/June/July/Aug/Sep
\$25 per month per artist - 10% commission on sales.

Please contact Lisa Roderick -
lwroderick@gmail.com (207) 646-2926

Meet York Hospital's New CEO— Dr. Patrick Taylor



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...

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!