

Board of Directors:

Chairperson: Kathy Chase

Vice-Chairperson:

Jennifer Sylvester

Financial Admin:

Stephanie Bennett

Assistant Financial Admin.

Larry Dyer & Peter Kahn

Secretary:

Vacant

Directors at Large:

Kathy Chase (23)

Greg Cuzzi (23)

Larry Dyer (25)

Ray Farnham (24)

George Hersom (25)

Peter Kahn (24)

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 Fellow Members!

If you don't know already, our 501c3 non-profit registered corporation, known as "The Senior Needs Committee of Wells and Ogunquit" was officially established in 1998. The early structure of the organization was a President, Vice President, Secretary, Treasurer and members of the corporation. To get the non-profit status from the Federal Government, Articles of Incorporation had to be filed with the State, and By-Laws were established for our corporation. Amusingly, because none of us had actually put together By-Laws for a corporation, we "borrowed" the structure of the By-Laws from the Kennebunk Savings Bank as a guideline and adjusted them to meet our needs and goals. Happily, it all worked!

The next, nearly seven years, was focused on raising funds and getting our Center facility built. The Grand Opening was on July 17, 2004, and the Senior Needs Committee of Wells and Ogunquit began doing business as The Wells Ogunquit Center at Moody (WOCAM) - a Senior Center. The Officers of the Corporation realized we needed a different form of governance for an operating senior center, and moved to establish a Board of 6 Directors with a Chair, Vice Chair, Treasurer and Secretary to replace the President, Vice President, Secretary and Treasurer. Each Board Member would serve a three year term, and the first Board of 6 would be elected by full membership of the organization in staggered terms of 2 for 3 years, 2 for 2 years, and 2 for 1 year, to set up the 3 year cycle of electing 2 Board Members each year. So, our By-Laws had to be changed and amended to have that happen. The By-Laws changes were voted for acceptance by the full membership, and the official Board of Directors was founded.

Today our Board of Directors for the Wells Ogunquit Senior Center has nine members. It is headed up by a Chair and Vice Chair that must be chosen from within the Board. The Secretary and Treasurer/Financial Administrator are appointed by the Board, but they do not have to be Board Members. Two or more Director Seats are open for election to a 3-year term each year at the Annual Membership and Board Meeting held the third Thursday in June. If there are vacancies on the Board, elections for the remaining term time of the vacancies are also held that day.

The By-Laws of our organization vests to the Board of Directors, "all the powers and authority of the Corporation, so far as not inconsistent with the main Non-profit Corporation act or other laws of the State of Maine, the Articles of Incorporation, or the By-Laws." The Board is the governing entity for our organization. Duties include, but are not limited to, establishing an annual budget, hiring staff, maintaining the facility, settling disputes, legal authority for contracts and keeping the general and financial well-being of our Center stable.

Directors are expected to attend the monthly third Thursday 4-5:30 pm meetings, participate in 1 or more fundraising event(s) per year, be a friendly representative from the Board to Members, be an objective decision maker, and always have the best interest of our Center and its membership at heart. Board members are available for more insight into what we do – if a member has a question.

Any member who is interested in becoming a Board Director may fill out a Candidate Application (available in April from the front desk), and once vetted by the Nominating Committee, can run to be elected to the Board by vote of our membership. It is good for our organization to have new people, become Directors. All of us currently on the Board encourage those interested to fill out the Candidate Application this April and run for a seat on the Board.

Join us!

The Wells Ogunquit Senior Center Board of Directors,
Kathy Chase, Chair, Jennifer Sylvester, Vice Chair and Secretary, Greg Cuzzi,
Larry Dyer, Ray Farnham, Peter Kahn and Lorraine Moulton

One of my favorite quotes is from author Edith Wharton.

In spite of illness, in spite of even the archenemy sorrow, one can remain alive long past the usual date of disintegration if one is unafraid of change, insatiable in intellectual curiosity, Interested in big things and happy in small ways.

So, I write to you with the above in mind as Torrey and I make yet another change by moving to MA to be nearer our daughters in Tewksbury. It is another wrenching as we have found this ocean community in Wells, after only four years, to be an extraordinarily welcoming place and this senior center leads the way!

As I continue to "disintegrate" (my Mom used the word decrepit) I realize I am still alive, unafraid of change and interested in life in big and small ways. In spite of illness or sorrow, I can find meaning and so can you.

This senior center offers much "meaning!" Needs are being met over and over. I leave an empty chair on the Board of Directors and I urge you to consider filling it and/or getting involved in the many activities offered here. There is also a need for a Board Secretary.

You will be challenged, fulfilled and happy in small ways. Give it a try.

God bless us all as we muddle through these "golden" years!!



Jennifer and Torrey Sylvester

Baby Boomer's Blog

March 2023

From Snowfall to Sunshine

From snowfall to sunshine... We, who live in New England, expect the unexpected. We have experienced astronomical flood tides, snowstorms that are from 3" near the ocean to two feet across Route One, freezing record cold and windchills that forced us to hunker under our covers for 24 hours straight, and the worst of all (for me) is freezing rain.

This crazy winter is beginning to transform into spring. The gentle softness of spring is a blessing. The rough cold winter takes a turn (finally), and we begin to see the sun, moisture, warmth, and movement. I notice more people are walking the beach now, restaurants are taking reservations again, shops are open longer hours and gardeners are turning over the soil getting ready to plan their harvest. It's a time of year that most of us become lighter, busier, warmer and feel dry. I know I use more lotion, Chapstick and moisturizer.

If you are one that decides winter is your way of staying in, hibernating and eating lots of comfort foods, you will find it tough to transition into this lively springtime season. If you are looking to make this transition smooth and easy – here are a few suggestions:

1. Sip on immune boosting teas, dandelion teas, nettles, or tulsi tea. These teas allow your body to hydrate, restores and helps with congestion.
2. A Neti Pot is my go-to this month when I need to clear my sinuses.
3. Change up your diet. I always tell you to eat in season. What are the vegetables that are in season this month? They are lettuce, spinach, asparagus, kale, radishes and all greens.
4. Get outside and move. Hike, walk or sit by the ocean.
5. Don't forget the oils. Oil before you shower will increase the amount of moisture. Your pores open in the shower and your body lets in all the wonderful oils.
6. Breath work is a way to feel unstuck. Long deep exhales to release toxins.
7. Find a sleep routine that allows you to fall asleep before 10pm and awake with the sun.



YOGA SERIES

5 Week Countdown to Spring! Yoga, Meditation & More SOULFUL PATHWAYS -Five Weeks to Spring Countdown

This Yoga Series includes Yoga, Meditation and Ayurvedic studies.

Week 1: Introduction to Ayurveda and a discussion about the 3 doshas, Yoga and meditation

Week 2: Make space for Spring, cleanse and declutter. Yoga and Meditation

Week 3: Nutrition and the 6 tastes to add to each meal. Yoga and Meditation

Week 4: Look to Nature, movement and getting outside. Yoga and Meditation

Week 5: Breath and Meditation to move into Spring. Yoga and Meditation

Limited class size.....**Tuesday night 5:30 to 6:45pm**..... 300 Post Road, Wells

\$65 for the series (20% off for Soulful Pathways Monthly Members)

Janine Robichaud from Soulful Pathways

Email: jyogapractice@gmail.com

Phone: 207-251-9577



Volunteer Opportunities:

March 6th—11:30-12:30pm—1st Tea
Social Committee volunteers

New Members to our Center -

Please Welcome:

Lucinda Bailey

Donna Bouchard

Cynthia Bradish

Barbara Chase

Lucy Hardy

Nancy Lapierre

Debbie Travis

Francine Wooley

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!

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.

