

Board of Directors:

Chairperson: Kathy Chase

Vice-Chairperson:
Jennifer Sylvester

Financial Admin:
Stephanie Bennett

Assistant Financial Admin.
Peter Kahn

Secretary:
Maria Reid

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
Suzi Franklin
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 x2
Yearly Membership:

\$35 Per Person

Have an idea for an Article?
Contact Rita Sevigny, Director
RitaS.WOCAM@gmail.com

WOCAM BOARD MESSAGE FOR MAY NEWSLETTER

Greeting Fellow Senior Members!

Because we are a Senior Center run, owned, and operated by Seniors of many ages, this message is specifically for **YOU**.

At our recent Board Meeting there was a discussion about part of our road sign that says we are **"Multi-generational"**.

When it was originally decided to place that on our sign it was because the recognized ages of "seniors" ran from 55- 100 or more, covering 45+ years. It was -and still is -impressive that our membership should cover multi, 20-year generations meaning 55-75, 65-85, 75 – 95 and potentially 85 -105 (not so uncommon anymore). The legal age of "Senior citizen" for most applications begins at 55 and continues until we die. Because the age group of seniors is so wide, there are natural differences between the generations in experiences with music, politics, life-styles, food choices, society, family, entertainment choices, economies, and others, that each of us *lived through* growing up, and moving through our family and work years. That gives our membership a huge and beneficial variety of what and how we have learned and what we enjoy.

Multi-generational is on our sign because at the time those of us putting the center together recognized the value of the wide diversity of life experiences covering the largest age group we have in our society: Seniors. There is no other designated age group that has experienced all we have. Multi-generational can not be applied to ANY other age group but ours. So, when someone asks, "Why is multi-generational on your sign?" It is because we are proud to be a Senior Center catering to our 55 to 100 + age group (whose) life experiences cover *multi-generations*.



Have a Happy May, multi-generational membership!
The Wells Ogunquit Senior Center Board of Directors

Kathy Chase, Chair, Jennifer Sylvester, Vice Chair
Greg Cuzzi, Larry Dyer, Ray Farnham, Peter Kahn
and Lorraine Moulton

CREATING A DAILY PRACTICE

Our new nature-based arts programming was inspired by the thousands of yellow tulip bulbs that are planted each year across the US and world by people of all ages in schools and communities. A daily creative practice based on the life cycle of a yellow tulip is a way for people of all ages to connect with their natural surroundings, senses and themselves. Everyone has access to nature. Taking two minutes or ten minutes to quietly sit, observe and reflect creates an opportunity to be in the "here and now". Engaging in a daily creative practice also develops self-awareness, promotes positivity and fosters hope.

Hope Happens

The core missions of The Yellow Tulip Project is to smash stigma associated with mental illness and to build community to remind people that there is help and hope for those living with mental illness. Any material or content provided by The Yellow Tulip Project is for general informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment.

If you have a medical or mental health question or concern, you should -
Consult a physician or other mental health professional.



Baby Boomer's Blog

(Baby Boomer's Blog represents all of us who are born between 1946 and 1964)

A message of optimism, health and wellness, personal growth, and youthfulness.

Happy Mother's Day...

According to Dr. Nancy Lonsdorf, an author and medical doctor who practices Ayurveda, health and vitality can be available to all of us, even as we age. Consider adding oils as we move into May. Adding oils to your daily intake such as, on your body before or after you shower, on your feet before you fall asleep (wear a pair of cotton socks to prevent oils settling in your sheets) – create health by applying some simple habits. When we take in all the nutrients from the earth, light from the sun, light from our own creativity, pranayama or breath, taste from the six food groups, exercise – especially in nature, smells from your daily meals, and learning to really listen, help keep our bodies aligned and balanced. The channels open within our body and are happy. The mind, body and spirit feel connected. When the channels feel sluggish, we feel sluggish as well. I want to touch upon the vital mind, because I recently went through a period of some stress that caused my mind to have 'brain fog', forgetfulness and lack of concentration. Here is what I learned:

1. Enough nutrition...less sugar and more healthy fats (avocado, nuts).
2. Going to sleep and waking up at the same time each morning.
3. Meditation or some quiet time.
4. Calming and balancing the Vagus Nerve.

Sleep is very important for vital health as we move from winter into spring. Spring can be more unsettled for many of us, and less calm and smooth. Unbalanced weather creates an unbalance in our inner body as well. Taking a walk, using bath salts, drinking warm chamomile tea, or backing off on social media, helps with calming down before you head to bed. This will help with the transition to Spring. "REM sleep has also been shown to be particularly important for enhancing our ability to retain emotional memories and for allowing the hippocampus to turn short term memories of the day before into long term ones." Norman Doidge



Email: j9yogapractice@gmail.com
Phone: 207-251-9577
YouTube Channel: YouTube.com/channel/UCW8mAr1GMJ4uZYS4YKa2eWQ



Many things you can do to support our beautiful Senior Center— please share with family and friends



Volunteer Opportunities:

Crafter's & Baker's needed for the upcoming **Pie and Plant sale on May 20th**

Pancake breakfast volunteers— commit to one Saturday morning per month— please let Rita know if interested

*****Volunteer Receptionists needed -afternoons**
Our receptionist greets everyone coming through the door with a smile and a welcome -help answer phones, answer questions from members, help members register and sell tickets for raffles, make coffee and put out cart for members to enjoy at a low cost
*****Looking for dependable member or members that can be called on- to work our rentals when needed— you would receive cash from the rental-welcoming and closing of the Center— following check off list.— see Rita**

New Members to our Center -

Please Welcome:

Linda Barrett
Jackie Baugher
Joseph & Martha Boudreau
Mary Finnegan
Marie & Peter Gamache
Peter Grisworld
Carol Hickman
Anne & John Maragus
Elaine & Jeff Moesel
Barbara Riley
Joan Smith
Dean Trondle
Jone Thurston
Judith Tilli
MeShell Willett
Eldon Woodman

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

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!