

## 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)

Ann Lamberti (23)

Lorraine Moulton (24)

Jennifer Sylvester (23)

**Director:**

Rita J. Sevigny

**Office Administrator:**

Cathy Gavin

**Office Assistant:**

Lorraine Moulton

**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**

[www.wocam.org](http://www.wocam.org)

**Yearly Membership:**

\$35 Per Person

Have an idea for an Article?

Contact Rita Sevigny, Director

[RitaS.WOCAM@gmail.com](mailto:RitaS.WOCAM@gmail.com)

## Greeting Members!

The colorful trees remind us that our Fall season is upon us, and so is the time we say “see you next Spring” to many of our fellow member friends. Thank you for being part of our Center!

The Board is pleased to state that we have had a busy and very full summer with many programs, events and fundraisers. Most of the Board (who are also volunteers) were able to attend our Volunteer Appreciation Day and the whole Board says “Thank you” to our many, many volunteers who keep our Center running! It was a great event put together by Rita & Avita!

Remember to say “Thank you” to our Staff when you can. Yes, they get paid, but all of them also volunteer at different events during the year (above and beyond requirement), and that is coming from *their* heart to us! A nod of thanks, a pat on the back, a hug or a handshake is always appreciated from *your* heart to them!

Wells Ogunquit Senior Center is paying its bills, providing a safe and comfortable environment, entertaining our members, networking with our community, and offering programs and services to members. Also, the Board is happy to report that we are currently on budget.

Restructuring the way we do our events, fundraisers, programs, and the use of our volunteers is a huge undertaking that the Board has taken on. Each month we are gathering more information on how our current system works, meaning – who does specifically what – the way successful events run - and why. The goal is to provide a path to follow when transitions are planned, or unexpected, in any of our programs – and how to continue those programs as seamlessly and as successfully as they have always been. Simply put, how to keep what’s working, working. We are in the gathering mode right now and will report our progress as we can.

Sadly, the Board will be discussing appointing a replacement to our Board to finish out Judy Vincent’s term as she has resigned from her Board duties. Thank you for serving, Judy. We will miss you.

We appreciate our members and invite all of you to join us at any of our monthly meetings which are held the 3<sup>rd</sup> Thursday of each month in the Function Room at 4pm.

Enjoy the foliage while it lasts!

**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, George Hersom, Ann Lamberti and Lorraine Moulton

## BABY BOOMERS BLOG

November, 2022

The month of November is still Autumn, even though I can feel the coolness of winter sneaking in. Our days can be dry, rough, windy, cool and clear. This month is the transition month between true Fall and Winter. For me, this is a rough month. I need to set intentional chores on my ‘to-do’ list to prepare. I start putting away all my outside furniture, stack wood, pull books to read, puzzles to create and warm recipes to make. If I try to avoid these tasks, I fall into a feeling of being imbalanced. Imbalance strips away my energy, causes sleepless nights, digestive issues, inflexibility, and fog brain.

I invite you to join me in embracing the change.

Fill your days with warmth, oils and lotions, stable routines (bedtime routines and meal eating times) and seasonal foods.

“Be good to your skin. You’ll wear it every day for the rest of your life.” ~ Renee Rouleau

Here is a sample of foods to eat as you stock your pantry for late fall and winter.

**Breakfast:** Look for grains like oatmeal, tapioca, cream of wheat, cream of rice, and grits

**Lunch and Dinner:** Eat steamed vegetables, hearty grains, soups and stews. Dig out the crock pot, rice cooker and wok. Look for basmati rice, brown rice, beets, carrots, garlic and squash as you do your grocery shopping.

Have you ever tried cooking with Ghee? Look for my YouTube video on how to make this simple – although overly priced – butter. Ghee is clarified butter. It doesn’t burn like butter and contains high concentrations of Omega-3s. Ghee supports a healthy heart and cardiovascular system.

The next time you are at your grocery store swing by the dairy case and buy some unsalted butter to create your own nutty butter.

**“Almost everything will work again if you unplug it for a few minutes. Including yourself.”..~ Anne Lamott**

Janine Robichaud from Soulful Pathways

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:

Help with setting up tables and chairs for Veteran event—Nov. 9th

### New Members to our Center -

**Please Welcome:**

Donald Bernard

Sheila Cerroni

Jo Ann Dodd

Tom & Cheryl Hurley

Peter Kahn

Donald McDermott

*I've  
So much to be  
THANKFUL  
For*

George and Carol and all the volunteers agreed to extend the game

**Great News!!!**

Bingo will go to November 30th  
No game the day before Thanksgiving



### Just a Friendly Reminder for our Members...

Please check under your name on the mailing label 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!

### 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. 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.