

Board of Directors:

Chairperson: Kathy Chase

Vice-Chairperson:

Larry Dyer

Financial Admin:

Peter Kahn

Assistant Financial Admin.

Stephanie Bennett

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 10-4 PM

Office Administrator:

Barbara Switzer

Mon & Thurs. 9-2 PM

Welcome Desk Volunteers:

Taryn Allen

Jackie Bauger

Morgan Demers

Joanne Dewitt

Suzi Franklin

Marie Gamache

Doris Morgridge

Barbara Riley

Pat Vo

Back-up volunteers for desk

Connie Bemis

Maria Reid

Nancy Zuzulo

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

Greetings Members and Friends!

The Board is pleased to report that our center has received two substantial checks, one from the Town of Wells and one from Ogunquit. These are grants that we applied for during their respective budget processes and then were voted for approval by voters during each towns' Annual Town Meeting. So if you know friends or family in Wells and Ogunquit who voted at town meeting, please take the opportunity to say "Thank you"!

We will begin advertising for the 10 hour a week Volunteer Coordinators position the end of October and are looking for applications to be submitted by Monday, November 20th, close of day. A Board Committee will review the applications and those chosen for interview will then be scheduled the last week of November and first week of December. Position is planned to begin no later than the first week of January - and earlier if possible.

Applications and job descriptions are available on Friday October 27th at the front desk, or by email request. Application must be filled out, signed and returned to center to be considered. It will be a lively job and we wish all applicants good luck!

The Board reports that it has been a very successful fundraising year (thank you to all our volunteers!) and the financial health of the center is good!

On another positive note, our Grant Writing Team is doing a terrific job analyzing what is needed to put them in the strongest position to apply successfully for grants. Support information such as our membership statistics and demographics are essential in many grant requests. They are working to create a new membership application that will allow our center to gather that valuable information.

Happy Thanksgiving month everyone!

Sincerely,
The Wells Ogunquit Senior Center Board of Directors

Kathy Chase, Chair, Larry Dyer, Vice Chair, Peter Kahn, Financial Administrator,
George Hersom, Ray Farnham, Jo Ann DeClercq and Honorary Member, Lorraine Moulton



You have the power to Outsmart the Scammers

Incidents of fraud are on the rise, and scammers' tactics are becoming more complex. While no one is immune, there are steps you can take to Outsmart the Scammers.

Join us for this presentation and learn about the following strategies:

- How to spot certain red flags that may indicate a fraudulent encounter
- Resources you can turn to in the event you or a loved one is targeted
- Steps you can take now to help protect yourself and your loved ones

Call 207-384-5793 or email diane.bessette@edwardjones.com to RSVP and receive webinar details.

Jackie Pampinella
Financial Advisor
P.O. Box 471
South Berwick, ME 03908
207-384-5793

*Source: The Federal Reserve and Edward Jones estimates. The contents of this presentation are for informational purposes only. Edward Jones doesn't offer health insurance. However, we believe discussing the impact of health care costs within your retirement strategy is important, especially considering that rising health care costs may affect many investors approaching retirement. While the information is believed to be accurate, its accuracy and completeness are not guaranteed and are subject to change without notice. You should rely on Medicare for complete program details. For more information on Medicare, visit www.medicare.gov.
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Save The Date

November 3, 2023
10:00 am

Wells Ogunquit Senior Center
300 Post Road
Wells, ME 04090

Baby Boomer's Blog

November 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.

Inner Body Balance

The season is certainly changing. Our bodies will ebb and flow to try and harmonize and create balance within us. After the expansion, warmth and joy of summer, autumn can be a bit of shock. We are affected by the amount of daylight, foods that we harvest and weather. When we pay attention to the changes around us, we can make the transition with more ease.

This inner balance begins with a big breath. Let your body sigh. If your body, mind, and spirit are asking to spend some time alone...listen to that inner voice and respect your inner knowing. Look within and reflect. Fall is a time to reset your boundaries. Say yes to all they want and let go of what is no longer serving you. Instead of setting appointments and dates randomly, be more discreet. In Chinese medicine the element that is associated with the fall is metal. Metal is strong, as you can imagine, allowing us to maintain the strength needed as we let go of what we no longer want.

One last thing that the fall season brings.... colds and flu season. By continuing to breathe the fresh air in nature, dressing in layers and eating seasonal foods your body will transition and from the heat of summer to the blustery fall winds without causing illness, disruption and keeping your immune system from weakening.

Quote: "The weather just went from 90 to 55 like it saw a state trooper."

Email: j9yogapractice@gmail.com

Phone: 207-251-9577

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



This class is free to members of South Coast Senior College and members of Wells Ogunquit Senior Center.
Friday: November 17, 10-12 noon

Reflexology is the application of appropriate pressure to specific points and areas on the feet, hands, or ears. Reflexologists believe that these reflex points correspond to different body organs and systems, and that pressing them creates real benefits for the person's health. In this introduction class we will go over the history of reflexology, how it works, the health benefits, finding providers, and some points that can be used at home to help headaches, anxiety and stress, and sinus issues. Please wear comfortable clothing and willing to provide hands and feet for learning purposes.

Instructor Cheryl Sigouin

I have been a licensed massage therapist since 2011 earning certificate from Seacoast Career Schools. I specialized in deep tissue massage, muscle therapy and stretching, Reflexology, Guasha and Reiki. I strongly believe in focusing on an individualized approach to massage looking at what techniques fit each person specific needs and develop a plan to treat and provide self help techniques.

Volunteer Opportunities:

Looking for members that would assist in setting up and taking down of tables and chairs for upcoming - Days of Warming 2024
Host and Hostess- wanted for Days of Warming



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., Ken R., 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.**



We're going to be a drop off for Toys for Tots- please drop off unwrapped items in the box- this will be given to children in the area

I've So much to be
THANKFUL
for