

Board of Directors:

Chairperson: Kathy Chase

Vice Chairperson:

Jennifer Sylvester

Financial Admin:

Stephanie Bennett

Assistant Financial Admin.

Greg Cuzzi

Secretary: Pat Vo

Directors at Large:

Kathy Chase (23)

Greg Cuzzi (23)

Ray Farnham (24)

George Hersom (22)

Ann Lamberti (23)

Lorraine Moulton (24)

Jennifer Sylvester (23)

Sue Terwilliger (22)

Judy Vincent (24)

Director:

Rita J. Seigny

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

Membership:

\$35 Single / \$70 Couple

Beautiful Function Hall

available for rent

www.wocam.org

Have an idea for an Article?

Contact Rita Seigny

November Greetings from the Board of Directors!

This summer & fall have been amazingly busy for all of us on the Board and at the Center. Many projects and events were planned and completed successfully.

Thank you, as always, to the many, many volunteers it takes to be the vibrant organization we have become.

On that note, Cathy Gavin, our Office Administrator, has been working with Rita and the Board on a mass mailing to be mailed out to approx. 4000 residents and commercial locations in Wells and Ogunquit. The mailing, designed wonderfully by Cathy Gavin, contains an explanation of our request for support, an area to fill out information for donations, as well as with a self-addressed return envelope.

This mailing project was originally proposed for last year, but due to the struggles with Covid and the impact on our businesses and residents, caused us to wisely choose to postpone it. Our area's successful summer, and the opening up of our economy and personal lives, brought the project forward again.

Cathy has worked diligently to compile the information and to complete the complicated process required by the Post Office to get these letters printed and mailed. We all hope this fundraising effort will be as successful as our summer and fall projects have been.

Have a great Thanksgiving all!
The WOCAM Board of Directors



Bob Robinson, our all-round building and equipment maintenance person, in charge of our Center's building, grounds and equipment, is the heart and health of our facility. Bob joined the Senior Needs Committee of Wells and Ogunquit back in the early 2000's, well before this Center was begun. His background was in Firefighting, but his knowledge about structures, construction, facilities, equipment, and the ability to converse effectively with others in those fields was an asset that we, working to build a Senior Center, recognized. When Bob joined the Building Committee he quickly became the go-to person in the planning, bid preparation and reviews, and then overseeing the construction process (being the Committee's eyes and ears) as the Center was built. His knowledge and ability to work so well with everyone kept us (and the builder) on task. Once the Center was built, Bob continued as the Chair of the Building Committee.

Nearly 20 years later, Bob is still the man we depend on to stay on top of what needs to be repaired or replaced inside and out. Every contract we have, such as landscaping, snow plowing, repairs, alarm, heating and cooling systems, pest control, propane bids, phone, cable and many others, are researched, negotiated, and skillfully presented by Bob to the Board of Directors for approval. He is the primary reason for the great condition of our Center and what is required to keep it comfortable and safe.

Simply put, besides just being a great guy to know and call a friend, Bob Robinson is critical to the welfare of our home away from home – the Wells Ogunquit Senior Center – for which we are all very grateful.

The Wells Ogunquit Senior Center Board of Directors is proud to choose Bob Robinson as the recipient of our **Lifetime Volunteer Award**. **Thank you Bob!**

BABY BOOMER'S BLOG

November 2021

HOW TO INCREASE YOUR IMMUNITY

Let's all stay healthy. The Senior Center wants to stay open for everyone to enjoy spending time with friends, exercising, participating in book clubs, Bridge, Mah Jongg and other popular activities. Each one of us desires this wellness. Staying healthy begins with a strong immune system!

Doctors say, "get your flu shot", "get your booster vaccination", "protect yourself against shingles"

But, there are many more ways to increase your chances to stay healthy this winter. Your diet and lifestyle are two factors to look at when we want to keep ourselves healthy. Your diet and lifestyle along with your shots, boosters, vitamins, medications and regular checkups can fight off diseases.

Here are some tips to boost your immunity naturally:

1. Stay hydrated. Maintain the moisture in your throat as well as your entire bodily systems.
2. Foods that are high in Vitamin C are a good choice to add to your diet. Foods such as leafy greens, cauliflower, sweet potatoes, oranges and squash.
3. Drink tea...Ginger Herbal Tea.
4. Sleep tight! Stick to a regular bedtime routine.
5. Dedicate time for yourself each day to manage stress. Try listening to music, spend time with friends, do yoga and more.
6. Exercise. Exercise helps with #4 (sleep) and #5 (stress). Moderate exercise will power up your vitality!

I hope this helps.

To learn more contact me.

Janine Robichaud from Soulful Pathways

J9yogapractice@gmail.com or call 207-251-9577

With over 12 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 are offered on Monday, Wednesday and Friday. Call or write to Janine to see if there is room in the studio. Limited classes.

\$50/ Monthly — First Class Free — \$15. drop in fee



Volunteer Opportunities:

Volunteers do not necessarily have the time; they just have the heart.

Elizabeth Andrew

New Members to our Center -

Please Welcome:

Joanne Hayes
Kathy Fleming
Audrey & Jerry Gostanian
Mark Gallup
Mary Gelfand
Kathleen Vuto

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 Jun/Jul Aug/Sep

\$25 per month per artist -
10% commission on sales.

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

MISSION STATEMENT:

To promote the well-being of Senior Citizens in Wells and Ogunquit, regardless of sex, creed, race, religion,

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.



We want to take a moment to **Thank all the Center Members and Community Members** that have made our program a success. We collect bottles year round—bags are available at the Senior Center. Bags can also be dropped off behind the Center if you're not comfortable dropping off at Hannaford's.

Thank you again!