

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)

Judy Vincent (24)

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

Yearly Membership:

\$35 Per Person

Have an idea for an Article?

Contact Rita Sevigny, Director

RitaS.WOCAM@gmail.com

Greetings fellow Wells Ogunquit Senior Center Members!

Our second annual Golf Tournament is the latest of our many, many successful fundraising events this year! More than \$6500 was a net profit for our Center! Thank you to all our volunteers, and please notice the poster listing our sponsors for this event located on our board by the front desk. A personal "thank you" to any of the sponsor businesses you happen to use or go into would be nice as well.

Of course, we know that the backbone of our fundraising successes is – YOU GUESSED IT! – our Volunteers! The Board is pleased that our amazing Center volunteers are deservedly being celebrated with a lunch and music on Friday, September 30th, 11:00 a.m.-3:00 p.m. Remember to sign up!

The Board is working on a complicated, but much needed, project to assure the smoothest possible transitions when Senior Center major programs, events or functions, that are currently run by volunteer leaders, have an (either unexpectedly or planned) change of leadership. While it is a tough topic it is a necessary one for our Center's successful future. We are only looking at key volunteer positions as our organization has policies and procedures for our hired staff changes. Key volunteers are those who are currently running or working in critical positions, major events programs, or multiple events programs or positions. We do not have a standard process to replace key volunteer leadership positions. The growth of those positions has become nearly unmanageable and certainly not maintainable. The responsibilities of those positions as they currently exist would make it impossible to find replacements. A reorganization of how we do things is what needs to occur.

The first step was to identify those major areas, and the Board chose 5 broad categories with key volunteers that run them. They are Bingo, Building Maintenance, Receptionist, Financial Administration, and Multiple Event Coordinator. The second step, which the Board is working on, is to outline and define what jobs are done in each of those categories and describe in detail what is being done in those jobs to complete them. By understanding how each project or program is done we can put together a "Job Description" for smaller pieces of a bigger project that we can offer as manageable volunteer positions – such as teams. Some of the projects have grown too big (and tiring) for the individuals managing them and burnout is likely. To prevent that from happening, we are exploring how to make huge or multiple projects into smaller packages that more volunteers would and could be willing to do. Setting up that process will help in transitioning what are now huge projects into smaller pieces that can transition a little at a time without disrupting the entire project, program, or multiple events.

Again, **volunteering is the strength of our organization**, and we recognize and value that strength. To help prevent burnout and ensure comfort levels of volunteers, we must figure out how to break down the work into rotating teams whenever possible or into a series of smaller events. Our future likely depends on it. We will update members on this critically important project and its process.

Regards to All,

The Wells/Ogunquit Senior Center Board of Directors:

Kathy Chase, Chair, Jennifer Sylvester, Vice-Chair, Greg Cuzzi,

Larry Dyer, Asst. Fin'l. Admin., Ray Farnham, George Hersom,

Ann Lamberti, Lorraine Moulton and Judy Vincent



BABY BOOMER'S BLOG

October 2022

Go for the GUSTO...

Last month I talked about filling your basket as we transition into the Fall Season. Gather and store...getting ready to renew and rediscover where you want to be in six months. October brings the beginning of this change in attitude, energy and outlook. Empower yourself by getting all the energy, gusto, and happiness you can into your everyday life.

In Qigong we call this, "Qi or Chi". This energy comes from the five senses. Using the five senses to balance your well-being for the next several months,

I suggest these five things:

From October to February, Vata qualities will dominate. (There are three Doshas that I talk about: Pitta, Vata and Kapha). Vata qualities are cold, dry, unstable and light. I think we can all agree that the weather conditions are quite unstable from October to February. Where do you find energy? In yoga we call this, "Prana".

1. **(Sight):** Give your eyes a break with looking at the beauty all around your house and community, and even a walk on the beach.
2. **(Taste):** Eat warm, cooked foods. Take a break with a few deep breaths.
3. **(Smell):** Do you know how to use a Neti Pot? As cold and flu season begins, keeping healthy with a Neti Pot – or eucalyptus in the shower is a must!
4. **(Hear):** Soft music and quiet meditations. Perhaps put the phone, TV or computer away for a few hours each day.
5. **(Feel):** To stay grounded and focused you can try a little oil massage before you shower. This oil massage, Abhyanga, is great for the lymphatic system, anxiety, and ADHD.

Janine Robichaud from Soulful Pathways
J9yogapractice@gmail.com or call 207-251-9577
Look for Zoom and a variety of in person classes at the Senior Center.



Suzi's Art Adventures!

Announcing a new date for a new session of Fun With Art.

Starting Tuesday, Oct. 18 and running until Tuesday, Dec. 6, 2022.

We will be holding art lessons and fun opportunities from 1:00 PM until approximately 4:00 PM each week. Sign-ups start now. The class will be limited to the number of members who can safely fit into the Craft Room with their materials.

The cost is \$15 per session and Suzi will provide the materials for each session and the surfaces to be used for the class. Our last class series included Watercolor, Acrylic, and Colored Pencil lessons. The reason for the variety of media and surfaces we used was to enable each person to discover the media they felt most comfortable using. Many of our lessons will help students with basic skills as well as a wider knowledge of what is available.

If you have always wished you could do art, this class is for you. You do not have to be a talented pro to make something beautiful!

I can teach you to paint! Why not just try it?

Questions: Suzi, mefppsp@yahoo.com - 646-3269



Volunteer Opportunities:

Bakers needed for the upcoming October Harvest Fair– October 22nd

New Members to our Center -

Please Welcome:

Adam Bramwell
Adrienne Grant
Joan Holloway
Carole Nickerson

The Leaves They Are a-Changing'

With the autumnal equinox in late September, foliage season has officially begun across much of the U.S.

Did you know that the foliage color is triggered by the amount of daylight (not weather)?



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.



October 22nd, 2022

Enter into our

Pumkin Decorating Contest

and win CASH applications available at front desk