

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 11-4 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

Hello Members!

Amazingly, Fall is upon us!

The Center has been hopping all summer and the Board thanks all our outstanding member volunteers- and Staff! - for the spark, the smiles, and the willingness to share your time and energy supporting your center!

It has been a successful and expanding year so far. Our membership has grown, our programs expanded to begin trips, bring in Senior College classes and we have formed an enthusiastic and capable Grant Writing Team.

The Board is hoping to recruit a candidate for a Volunteer Coordinator position who will find, train and be responsible to create and keep a pool of volunteers available for new programs and to relieve many of the longtime volunteers who could use a break now and then. We will be advertising the position late fall.

The Board is pleased to let our membership know that we are on a sound financial track to end 2023 on a positive note, if we continue performing as successfully as the first three quarters of 2023!

The Grant Writing Team, headed up by Board member JoAnn DeClercq, has asked the Board to prepare a prioritized list of needs for the center so that the team can begin researching grant money that may be available to fund them. We will happily provide that as soon as possible!

Sadly, June Messier passed away recently at 92 years young! June was one of our first Treasurers, worked tirelessly to help get the center built and was an amazing fundraiser with a STRONG presence and a tough "will do" attitude. She played a pivotal role in the success of getting this center up *and* running. June Messier will be missed, but not forgotten! Thank you, June!

Enjoy the brisk air, cerulean blue skies and colorful foliage of Autumn!

Kathy Chase, Chair
Larry Dyer, Vice Chair
JoAnn DeClercq
Ray Farnham
George Hersom
Peter Kahn
Lorraine Moulton, Honorary Member

Southern Maine Planning and Development Commission

Larry Dyer, Board member, is serving as the liaison for the Center to the Southern Maine Planning and Development Commission.

The Commission is trying to make digital access available to everyone who wants to be connected. It is hoped that we can help all overcome any barriers such as income, age, geography or identity to the online world, We want to provide access for all to such things as telehealth, disability benefits, and community connections to support aging.

Stop by the front desk for your survey ~

You can fill out a hard copy when you enter the Center and leave it at the desk
Thank you for taking the time to respond.

Baby Boomer's Blog

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.

October 2023

A soothing and Stable Fall Season

Autumn is dry, rough, windy, cool, subtle, and clear. Many people are affected by the extreme weather patterns. For some it is the windy weather that is rough on the ears, skin, and emotions. For others, the cold can chill them to the bone. I think it is the change in weather patterns that I struggle with at times. I will open windows during the day and in the morning, I am adding an extra blanket.

Here are some suggestions to travel through this time of change with ease. The tips will maintain your internal sense of equilibrium as you transition into fall.

Begin with your diet. From the six ayurvedic tastes (sweet, sour, astringent, pungent, bitter, and salty) eat more of the sweet, sour, and salty foods. Let me know if you would like a list of sweet, sour, and salty foods. This makes your fall shopping a little bit easier.

A routine is crucial for the fall season. One way to cause more confusion and anxiety to your fall transition is overdo your daily routine. Learn to say, 'No' Stop filling your plate and remember to add self-care to your list of chores.

Massage your skin with sesame oil or other herbal oils that are calming. This massage can take place before you shower to calm your nervous system, awaken the tissues, and ground your energy. Maybe a foot massage is all you need.

Yoga and Meditation are two resources that are a wonderful addition to the daily exercises that you may do each day. Try justten minutes of these ancient practices to stabilize your transition. Dress appropriately. Is it cool when you wake up? Dress in layers. Remember your ears can be super sensitive to the cool and windy weather.

Dig out your tea pot. Add herbal teas during the day.

"The most creative act you will ever undertake is the act of creating yourself." ~Deepak Chopra



Email: j9yogapractice@gmail.com
Phone: 207-251-9577

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



"Volunteerism is the voice of the people put into action. These actions shape and mold the present into a future of which we can all be proud." – Helen Dyer

Our volunteers are priceless– thank you for all you do daily!!

Volunteer Opportunities:

Needed—Clynk volunteers for Friday and Saturday

Bakers needed for the upcoming Pumpkin Fair~ October 28th– drop off on Friday afternoon prior or day of event.

Crafter's wanted for the upcoming Fair tables \$25 for 6' table



New Members to our Center - Please Welcome:

Victoria Aldridge
Maryellen Braunstein
Robert & Jeanne Corduck
Sally MacFadden
Julie Merwin
Debrah Morrison

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.**
Thank you!