

Board of Directors:

Chairperson: Kathy Chase

Vice Chairperson:

Ray Farnham

Financial Admin:

Stephanie Bennett

Secretary: Jean Beattie

Directors at Large:

Stephanie Bennett (21)

Kathy Chase (23)

Greg Cuzzi (23)

Ray Farnham (21)

George Hersom (22)

Ann Lamberti (23)

Lorraine Moulton (21)

Jennifer Sylvester (23)

Director:

Rita J. Sevigny

Administrative Assistant:

Cathy Gavin

Office Assistant:

Lorraine Moulton

Welcome Desk Volunteers:

Bonnie Guptill

Doris Morgridge

Lorraine Moulton

Office and Lounge Open

Mon-Fri 9:00 AM – 4:00 PM

Membership:

\$30 Single / \$50 Couple

**Beautiful Function Hall
available for rent**

www.wocam.org

Have an idea for an Article?

Contact Rita Sevigny

RitaS.WOCAM@gmail.com

Greetings fellow Members!

We, on the Board, have regretfully accepted Jean Beattie's resignation from the Board of Directors. Jean was an active member and an exceptional Secretary for the Board – always keeping the minutes professional and assuring they were filed appropriately for the Center's records. We will miss her input and wish her well in other aspects of her adventures in the Center!

Thank you, Jean!

The Board voted in the new budget for 2021 at the February Meeting. Our budget plan remains conservative but with an expanded expectation for some growth in participation and demands in the coming year. The Fundraising Committee is working with the Board in creating new fundraisers and events to our already busy efforts to raise the monies needed to support our many programs and services to our ever-growing membership. All of us should appreciate the enthusiasm of the Fundraising Committee.

We will be looking to appoint a new Board member to finish out Jean Beattie's term which ends in 2022. Our By-Laws allow us to do that if a vacancy mid-term occurs. Anyone wishing to fill that position assignment, as well as the Secretary to the Board, can submit a request to do so to Rita at the Center or call any of our Board members to find out more about the job. Best wishes for a smooth end to winter and warmer temperatures arriving in March!

Kathy Chase, Chair
And all the members of the Board!



PROTOCOL FOR AN ACTIVE WOCAM MEMBER EXPOSED OR DIAGNOSED WITH COVID19

I. **IF A MEMBER (OR GUEST)** of the Wells Ogunquit Senior Center is notified of exposure to someone with COVID19 AND WAS AT CENTER AFTER BEING EXPOSED:

1. **DO NOT COME TO THE CENTER FOR 10 DAYS FROM THE DATE OF EXPOSURE**
2. Call the Center AS SOON AS POSSIBLE at 207-646-7775 and tell Rita Sevigny or Cathy Gavin, or call Kathy Chase at 207-468-9747. Give them your name, your address, phone number, tell them the date of your exposure you had to a person with COVID19, when you were last at the CENTER and what activities you participated in while at the Center.

*If at the Center prior to exposure, no action has to take place.

*** IF THE MEMBER HAS BEEN IN THE CENTER AFTER THE EXPOSURE THEN:**

3. THE CENTER STAFF WILL LOOK AT THE SIGN IN SHEET FOR ANY AND ALL DAYS THE EXPOSED MEMBER WAS AT THE CENTER AFTER THE EXPOSURE AND IMMEDIATELY CONTACT ALL OF THE PEOPLE ON SIGN IN SHEET WHO WERE ALSO AT CENTER THOSE SAME DAYS AS WAS THE MEMBER THAT HAD THE EXPOSURE.

STAFF will explain to the members they call on the sign in sheet, that a fellow member at the Center had been exposed to a person with COVID19 and had been at the Center since then on the same day as they were. That may have exposed those at the Center on the same day to the virus. STAFF will advise the contacted member that they must stay away from Center for 10 days and to call their Doctor to ask what further action they should take.

II. **IF YOU, AS A MEMBER, HAVE BEEN DIAGNOSED WITH, OR TESTED POSITIVE FOR, COVID19,** and have been at the Center within the last 5 days before testing positive or being

Diagnosed with an active case of COVID19:

1. **CONTACT THE CENTER'S STAFF OR KATHY CHASE IMMEDIATELY.**
2. The Center will close immediately for two days. The Center will have the cleaners in to clean the Center.
3. All names on Contact Sheet for those 5 days will be called and told they may have had direct contact with someone with an active COVID19 case and should contact their Doctor and anyone else they have come in contact with during the 5 days prior to explain they may have been exposed to COVID19.
4. **THE MEMBER WITH COVID19 SHALL NOT COME BACK TO THE CENTER FOR 10 DAYS FROM DIAGNOSIS, UNTIL FEELING WELL AND AFTER COMPLETING A NEGATIVE COVID19 TEST.**

Remember to wear masks when coming into the Center, and while in the Center unless eating. Follow the rules for the games and events. WASH your hands and SANITIZE them often and before you sit down to play a game, and each time after you return to table.

**Protocols and rules subject to revisions with changes in requirements or guidelines.*

Stay safe, be well and enjoy our beautiful Center!

WOCAM BOARD OF DIRECTORS

Baby Boomer's Blog- February 2021

Yes, we are all aging...if you were born between the years of 1946 and 1964 you are a Baby Boomer. Join me, Janine Robichaud, as we travel together figuring out how to stay healthy, well-balanced and youthful in the years to come. I know what it's like to wake up with aches and pains, worry about aging parents, and schedule more doctors' appointments for eyes, ears, bumps and lumps. This Blog came about as more and more of us are looking to stay young. There are now 76 million people born between 1946 and 1964...many of us are retired or nearly there. So, how do we stay connected? How do we stay healthy, balanced, strong, flexible and sane? Travel with me as we explore ways that keep active and feeling young. This month's Blog covers arthritis and joint pain. Our cartilage begins to break down, and our bones begin to rub together. OUCH! Yes, this can be so very painful, which results in knee replacements, hip replacements, shoulder surgery....you got it...where there's a joint...there is a problem. Many times arthritis comes from an old injury. Mine comes from carrying wood inside to stack for the woodstove. I would carry way too much and lean back to be sure the stack didn't tumble out of my arms; hence, injury and arthritis settled in.

Below are some suggestions I have for a maintaining joint flexibility:

1. Maintain a healthy weight.
2. Daily exercise (yoga, qigong, line dancing, walking, swimming or hiking).
3. Talk to your doctor about heat or cold treatments.
4. Eating foods that are rich in fresh fruits, vegetable and whole foods can help boost your immune system and overall health.
5. Knowing your limit—balance activities and rest.
6. Use good posture. Learn how to sit and stand without slouching can improve your strength and put less stress on the joints.
7. Meditation can improve your awareness of where you have pain and lessen the pain with your breath and relaxation.

Janine Robichaud from Soulful Pathways J9yogapractice@gmail.com Janine created "Soulful Pathways" with over 12 years experience of alternative methods in order to empower and inspire you. Her mission: Leading you to an awareness of Self and then empowering self healing. Janine uses her past experiences, strength and hope, along with ongoing research, to guide you to your mental, emotional, physical and spiritual destiny. Her favorite modalities to create this awareness are yoga, qigong, meditation and numerology.



Classes at the Senior Center are
Monday evenings 6-7pm
Wednesday mornings 9am Hatha Yoga
9:45am Chair Yoga

Volunteer Opportunities:

Assist in Warming Days on Saturday's

New Members to our Center —

Please Welcome:

Robert Benson

Richard & Janet Johnson

Donna Prokos



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. Also, if you have a **change of address, tel .# or email, please let us know.**

Thank you!

Due to COVID 19, please remember to wear face masks. We have several masks available in the lobby for a donation and please always remember to wash your hands.

Stay safe!

Lastly, please sign in when entering the Center – there is a sign in sheet at the door. 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.