

## Board of Directors:

**Chairperson:** Kathy Chase

**Vice Chairperson:**

Ray Farnham

**Financial Admin:**

Stephanie Bennett

**Secretary:** Pat Vo

**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)

Sue Terwilliger (22)

**Director:**

Rita J. Seigny

**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](http://www.wocam.org)

Have an idea for an Article?

Contact Rita Seigny

RitaS.WOCAM@gmail.com

## Hooray! Hooray ! Its finally May!!! Greetings from the WOCAM Board of Directors!

We are pleased that we had our first meeting that included our newest member, Susan Terwilliger and our new Secretary to the Board, Pat Vo. We appreciate them joining us!

The Board is reporting that while our Financial status is still behind where we would have been before Covid19, the hints that the CDC will be lifting many more restrictions soon is giving us optimism for a healthier fundraising year.

One new exciting project is a partnering with the Wells High School Football Team's Coach Tim Roche, and our Center to hold a Golf Tournament fundraiser this fall. Member of the Board, Greg Cuzzi, is heading up our part along with fellow Board Member, Susan Terwilliger, as well as other Committee Members, to make this a great success for all of us. Anyone interested in putting a team together, or helping in any way, can sign up with Rita at the front desk and she will pass your name along to the Committee. The Wells Football Team is raising their portion for Veterans—specifically to fund an Honor Flight for a Veteran. Because we have many Veterans in our membership this Tournament will be doubly beneficial for them.

All of us on the Board are looking forward to a full summer with all our Members returning to actually see everyone's smiling faces and MAYBE even a hug from someone!!!!  
Meanwhile, enjoy all the flowers in May!

Kathy Chase, Chair WOCAM BOD and all the Board Members



### Meet Lorraine Moulton:

Lorraine just celebrated 87 years young. Lorraine amazes us with all that she does for our Senior Center. Lorraine has been a WOCAM member since 2004. She wears many hats here at the Senior Center— she is an employee and a tireless volunteer. Lorraine is a Board of Directors Member, and she sits behind the Reception Desk daily to greet our Members and visitors. Lorraine also heads up our Clynk Program which raised \$2,803 last year during the pandemic, and Clynk is projected to yield more this year. In 2019 Clynk brought in \$6,709.25 thanks to Lorraine. Additionally, she runs the "100 Club" which brings in approximately \$13,000 annually for our Center. Happy Birthday Lorraine! And, thank you for all you have done and continue to do for WOCAM each and every day...

## BABY BOOMER'S BLOG

*"The Earth Laughs in Flowers" ~Ralph Waldo Emerson*

*"Laugh and the world laughs with you, snore and you sleep alone." ~ Anthony Burgess*

Five common essential oils used in aromatherapy for managing stress, improve sleeping habits and aches and pains.

Aromatherapy is becoming more popular for managing our daily stresses. Have you ever gone into a home and immediately the smell of their home reminds you of a past memory?

I remember having tea with my grandmother, and whenever a friend will brew a pot of Peppermint Tea, it will bring me right back to my childhood. Who remembers the smell of Jean Nate? How can we forget that citrus smell. Jean Nate was introduced in 1935 by Revlon..."refreshing and invigorating".

Essential Oils are natural oils found in plants. Each oil has its own fragrance that create health benefits from a couple drops in your bath, adding a drop to oil as a massage, or creating more crafty items like soaps, salves and candles.

### Here is a list of the most popular essential oils:

1. Lavender Essential Oil-Easily the most widely used essential oil. Perfect for relaxing and falling asleep. Add a few drops of lavender to a spray bottle and mist your pillow before bedtime.
2. Frankincense Essential Oil-Used to clean the air and keep the house smelling fresh. Add a drop to your moisturizer and receive the benefits of soothing skin irritations
3. Peppermint Essential Oil-This minty oil helps to boost your mood, keep you awake and sooth your tummy. A few drops in the toilet to keep the bath room smelling fresh and clean.
4. Rosemary Essential Oil-Wonderful for the hair, keeping your hair healthy I like to add a drop to an oil base and add it to my hair, keeping my hair shiny and less frizz.
5. Sweet Orange Essential Oil-This sweet smelling oil uplifts your mood. Add a drop or two to the diffuser and let the mist create a happy home. Add it to a spray bottle to clean your counters adding a citrusy aroma.

Essential Oils are a wonderful way to uplift your mood, help de-stress your body, even help with aches and pains. They are potent so less is more.

Start with a diffuser and let your room fill with memories...  
"The answer is blowing the wind" by Bob Dylan.

Janine Robichaud from Soulful Pathways

[J9yogapractice@gmail.com](mailto:J9yogapractice@gmail.com)

With over twelve 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 -

Monday nights 6-7pm

Wednesday mornings 9am Hatha Yoga- 9:45am Chair Yoga



## Volunteer Opportunities:

Bingo to start on **Wednesday, May 5th**. If interested in volunteering call George Hersom at 207-651-4894 or the Senior Center 207-646-7775.

Volunteers needed for Bingo 4:30-7:30pm. Fundraising Committee- May 11th, 3pm.

Plant and Pie Sale- May 15th—Bakers needed along with seedlings and crafts.

Pancake Breakfast to start on June 5th.

### New Members to our Center

**Please Welcome:**

Nancy Armstrong

Patricia Deming

Kerry Ellen Enright

Johanna & Joseph Carregal

Irene Robichaud

### 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.

### 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 Senior Center – there is a sign in sheet at the door. Thank you!!**