

## 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:**

Cathy Gavin

**Tues & Fri 10-3 PM**

**Office Assistant:**

Lorraine Moulton opens our Center daily at 8:45 AM

**Welcome Desk Volunteers:**

Taryn Allen  
Morgan Demers  
Joanne Dewitt  
Suzi Franklin  
Lorraine Moulton  
Doris Morgridge  
Barbara Riley

**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](mailto:RitaS.WOCAM@gmail.com)

## Greetings from the Board of Directors!

Amazingly, summer is coming to a close already, and a busy summer it has been! Our fundraising events have been many, and only successful because of the volunteers who have stepped forward to generously donate their time and energy.

Our appreciation never gets old, and we can't say "thank you" enough!

As you know, Rita has been working on our annual Volunteer Celebration Day to be held on **Friday, September 22**. It will be a fun time with food and entertainment for all of our members who have volunteered over the last year to support, and thank those who - in turn - have supported our center.

So, Volunteers—please save that date and come to YOUR party! You deserve it!

The Board will be setting up a grant writing team(s) this month. Members of the Board and those who apply to be considered for this team will form either one or two teams, depending on the number of who apply.

We have purchased membership into a Grant writing Foundation. Our membership comes with training for two people on the use of a research database program, provide training for one person on grant writing (that can be shared with the rest of the team) and access to support for five years. It is a strong move into the grant writing arena that we believe will benefit our Center with funds from previously not-tapped sources. Programs in education, health, travel, and even infrastructure grants will be our focus. It will be a learning curve to move it forward, but the Board agrees this is worth the effort and cost.

If anyone is interested in participating in the Grant Writing Team(s), applications to apply are available at the Center.

Cathy Gavin, our Office Administrator, will be leaving us and moving on to another adventure. We thank her for three plus years with us and all the successful projects she has accomplished!

**Thank you, Cathy!**

As well, the Board is pleased to say our Financial Status continues to be sound and in accordance with our budget.

### Happy Summers end all!

Kathy Chase, Chair, Larry Dyer, Vice-Chair, JoAnn DeClercq, Ray Farnham, George Hersom, Peter Kahn, Financial Administrator, and Lorraine Moulton

## Attention All Volunteers

**A Thank You Celebration** from the Board of Directors  
**Friday-September 22nd, 2022– 11-2pm–** Music by Shades of Grass/  
Hot Dogs/Hamburgers/Salad—provided by Avita of Wells  
Along with Wine/Beer or Soda.

Please **RSVP by September 18th, 2023**

Sign up sheet will be by the front desk/\$10 Guest

**Thank you to all the volunteers for Bingo, pancake breakfast, exercise, Newsletter, Tea Social, Fashion Show, Yard Sale, Fairs, bakers, receptionist, etc.**

**It takes many hands and you haven't gone unnoticed— Rita Sevigny, Director**

"We often take for granted the very things that most deserve our gratitude."  
~ Cynthia Ozick

**We ♥ Volunteers**

## 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. September 2023

"Accept who you are in the moment, but acknowledge who you want to become" ~teabag quote  
Getting yourself back into moving forward. Get a momentum, set a goal and find the action steps to move forward. We each need to accept ourselves where we are right now.

Do you struggle with low self-esteem? Jay Shetty explains that our ego can either sabotage us or gives us an extreme high.  
Our ego tells our brain that we are either the best person in the world, or the worst thing ever! Our ego pushes us to the extreme. The ego wants to be the very bottom or the top of the top.

How honest are you? Honesty keeps you from those extremes. Honesty allows you to understand what you are good at, best at and where you struggle.

Personally, I love to help people understand their highs and lows so that I can experience the part of me that needs this understanding as well. The part of me that needs growth and change comes forward as I help others move forward in life. I learn about myself when I help others.

Service work (Karma yoga) happens daily in my life. All I want is to be a small drop in vast ocean and be part of positive change. There is a balance of wanting your life to be smooth and right verses only service work. Where do you fall on this scale? Are you looking for people to acknowledge you, or pay you well, or give back (even the score) or say thank you? I am looking for the change within myself as I help others.

When I live in the present moment, I live in service. I live in the awareness of my process, preparation and practice. I have no control over the result. Each of these three P's are in my control. I live my best life, move forward by telling, exploring and listening to stories. Our stories. Our own unique stories. Listen and Learn.

Having purpose and meaning in our lives helps guide us through the ups and downs and creates structure in our day to day life.



This will move you forward.

Email: [j9yogapractice@gmail.com](mailto:j9yogapractice@gmail.com)

Phone: 207-251-9577

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



## OGUNQUIT PLAYHOUSE

### Calling all theater lovers!

Our friends at the Ogunquit Playhouse have generously offered our members two half-price tickets! **Limited two per member** – this allows others to get in on this membership perk.

**We have 30 available for each of the remaining shows, ANY AVAILABLE SEAT for \$40 each!**

"The DaVinci Code", then "Tootsie".

Please contact Maria Reid for more information and to order your tickets 508-451-3084 or email [mariasalreid@gmail.com](mailto:mariasalreid@gmail.com).

## \*\*\*Volunteer Opportunities:\*\*\*

\*\*\*Looking for a **Building Committee Supervisor**  
We need a person that can oversee at what needs to be done for our building along with working with our contractors. If interested please contact Kathy Chase  
\*\*Volunteer for upcoming Golf tournament call Rita  
\*\*Volunteer coordinator needed to assist Rita

### New Members to our Center - Please Welcome:

**Maureen & Robert Bordeaux**  
**Anne Carta**  
**Jean Ellis**  
**Carole Gianquitto**  
**Alan McGoldrick**  
**Alice & Henry Newell**  
**Mary Ellen Peabody**  
**Cheryl Reed**  
**Peter Sasso**  
**Carolyn Schwartz**  
**Penny Scire**

### 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.**

