

## Board of Directors:

**Chairperson:** Kathy Chase

**Vice Chairperson:**

Jennifer Sylvester

**Financial Admin:**

Stephanie Bennett

**Assistant Financial Admin.**

Greg Cuzzi

**Secretary:** Pat Vo

**Directors at Large:**

Kathy Chase (23)

Greg Cuzzi (23)

Ray Farnham (24)

George Hersom (22)

Ann Lamberti (23)

Lorraine Moulton (24)

Jennifer Sylvester (23)

Sue Terwilliger (22)

Judy Vincent (24)

**Director:**

Rita J. Sevigny

**Administrative Assistant:**

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

**Membership:**

\$35 Single / \$70 Couple

**Beautiful Function Hall**

**available for rent**

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

Have an idea for an Article?

Contact Rita Sevigny

RitaS.WOCAM@gmail.com

## Greetings from the WOCAM Board of Directors!

While the feel in the air may signal the beginning of change in our seasons, the Board is pleased to let our members know that the state of the Center is stable and steady. We have been increasing our membership, many of our fundraising events have been more successful than budgeted, and most of our planned fundraising looks doable.

This year, as we have said in the past, is a rebuilding year – meaning we are focused on bringing our financial status back to pre-Covid numbers. It is likely that can be achieved due to the commitment, focus, and willingness of our Volunteers and Staff to get the job done. With camaraderie and fun it can happen - try it! Many of us have made great friends being on fundraising teams. Thank you to all our Volunteers and we hope to see you at the **VOLUNTEER CELEBRATION** coming soon!

The Board votes on Board Members at the first meeting following the Annual Meeting. At the August 19<sup>th</sup> meeting the Officers of the Board were officially re-elected/elected, and the Financial Administrator and Asst. Financial Administrator re-appointed/appointed to serve for a year. Elected were: Chair, Kathy Chase, Vice-Chair, Jennifer Sylvester, Secretary Pat Vo, and Stephanie Bennett and Greg Cuzzi were re-appointed as Financial Administrator and Assistant Administrator, respectively. Our next Board meeting is scheduled for Sept. 16th and we would love to have Members attend!

### Have a great finish to your summer!

Kathy Chase, Chair, Jennifer Sylvester, Vice-chair  
Greg Cuzzi, George Hersom, Ray Farnham, Ann Lamberti, Lorraine Moulton,  
Susan Terwilliger, Judy Vincent



## Membership contact information

We have updated our procedure for maintaining accurate and up-to-date Membership information. We have taken the information previously noted on your Membership Card, as well as in our database, and merged it into a new Member Information Sheet which are in Books at the Center's Reception Desk. We ask that the next time you come to the Center, please ask to view your Member Information Sheet, and take a moment to check it for accuracy and any other changes. If updates are needed, please write them legibly right on the sheet itself. Also, you will notice we now ask that you provide us with an Emergency Contact name and telephone #.

Please keep in mind when reviewing your Information Sheet that several members joined the Center as couples, and information for both people were written on one Membership card. Now that there is one membership fee per person, we have created one Information Sheet per member. Some couples' Membership Cards have two phone numbers and/or two emails. In some cases, it can be difficult to determine which telephone # or email belongs to which person. So, if you joined as a couple, you may have 2 telephone numbers and/or emails listed on your individual Information Sheet. If one of the telephone numbers or emails is not yours, simply cross it off. We will then update our database as well as your Information Sheet.

Thank you and feel free to call or email Rita Sevigny (RitaS.WOCAM@gmail.com) or Cathy Gavin (CathyG.WOCAM@gmail.com) with your updated information, or if you have any questions. Thank you.

## BABY BOOMER'S BLOG

### Gather, Finish And Begin To Renew!

#### September 2021

As you look forward toward fall there are some important changes that you should consider. September is considered a "nine" month. Nine represents finishing up loose ends, completing the projects that you started back in early summer, gathering vegetables from your garden to freeze, can or cook, and reflecting on what is working and what to toss in the garbage.

The best way to begin this process of gathering, tossing, and reorganizing is to retreat. Quiet your mind through a morning routine that you stick with for the full month of September – and perhaps throughout the fall.

Let's look at some simple ways to begin this process of self-inquiry, self-care, self-love and self-examination. Again, my favorite method is to retreat. I have scheduled a fall retreat for many years with a small group of like-minded people who encourage and challenge one another. However, since 2019 I decided this can be done at home, alone.

A retreat is a gift you give to yourself. A retreat will allow for rest, rejuvenation, reflection, renewal and rejoicing - celebrating life. Retreating is simply putting your busyness of day-to-day living on hold for a brief hour each morning. Putting away from your today list, away from thoughts of the future, and away from holding onto the past.

I challenge you, with my help if necessary, to take one hour (or build up to one hour) and fill your morning with reflection.

Here are some suggestions in no particular order:

1. Find your spot. Find a place that you connect with in your home, away from the TV, phone, and noise.
2. Be consistent...be on time.
3. Bring to your space all the elements or 5 senses (a candle, water, music, beads, a plant and/or a picture, a daily reader).
4. Keep a journal handy, you may or may not want to jot down your thoughts.
5. Set up your cozy nook. Keep what you need there so you are not searching each day.
6. Sit still for 10 minutes or more... Then, reflect on your reading, reflect on your thoughts, be open to everything that comes to mind...
7. Stay present by using your breath. Stay present for this short amount of time. Increase your presence, increase your awareness, increase your gratitude for life.

Janine Robichaud from Soulful Pathways  
[J9yogapractice@gmail.com](mailto:J9yogapractice@gmail.com) or call 207-251-9577

With over 12 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 are held on  
Mondays and Wednesdays



**Labor Day** is a special occasion to honor all workers. Please know that your efforts make a huge difference in the success of your team.

# Labor Day

## Volunteer Opportunities:

**Golf Tournament – October 17th**  
**Harvest Fair– October 30th**

### New Members to our Center

#### Please Welcome:

Donald Bridges  
Elizabeth & Robert Chabot  
Maureen Defelice  
Bernard Gold  
Loraine Ryan  
Annie Yoder

#### Artist Take Note:

The Wells/Ogunquit Center at Moody (Senior Center) is offering the opportunity to area artists to display their artwork as follows: 2 artists per month to display up to 10 paintings (each) for a 2 month period (min) and 4 month (max per 12 month period) Oct/Nov Dec/Jan Feb/Mar Apr/May Jun/Jul Aug/Sep

\$25 per month per artist -  
10% commission on sales.  
Please contact Lisa Roderick -  
[lwroderick@gmail.com](mailto:lwroderick@gmail.com) (207) 646-2926

Currently, artwork hanging in our Senior Center is from **Lisa Roderick**.



We want to take a moment to **Thank all the Members and community** that have made our program an success. Bags are available at the Senior Center. Bags can also be dropped off behind the Center, if you're not comfortable dropping off at Hannaford's  
Thank you again

### 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!