

Senior Needs Committee of Wells & Ogunquit



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PERMIT No.15

## SENIOR CENTRAL

Office and Lounge Open  
Mon-Fri 9AM-4PM

Membership \$30 Single/\$50 Couple

Beautiful Function Hall for Rent  
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www.wocam.org



Where Seniors Shine

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300 Post Rd. Rt. 1  
Wells, ME 04090

Mailing Address:

P.O. Box 987  
Wells, ME 04090

Email:

wocam2016@gmail.com

## WOCAM NEWSLETTER

### Varano's 9th Annual Benefit Dinner

Once again, our friends at Varano's are doing something great! On November 1, we are the lucky recipients of a dinner benefitting The Center. Varano's Restaurant is hosting the dinner at 60 Mile Road in Wells. Tickets to the event are \$20 and can be purchased at The Center, Billy's Chowder House, or at Varano's.

- ◆ Roasted Green Beans
- ◆ Chef's Choice Dessert
- ◆ Coffee, Tea, or Soda

There will be Door Prizes and a Cash Bar!

Every year, tickets sell out. Be sure to get yours before they're gone.

*Our thanks go to Dick and Sherri Varano and all of their staff for this wonderful event.*

The menu will include:

- ◆ Caesar Salad
- ◆ Garlic Bread
- ◆ Chicken Cacciatore
- ◆ Baked Cod with Lemon Butter
- ◆ Penne Marinara
- ◆ Herb Roasted Potatoes



### Easy River to Entertain at The Center

Easy River, the band that was the first to perform at our Warming Saturdays, is back! This bluegrass ensemble is dear to our hearts as they are not only talented musicians, but philanthropists as well. Once again, they are giving of their time and service to benefit others.

Don't miss your opportunity to hear them play one last time before they hit the road. Tickets are only \$10, and are free to Veterans. All proceeds benefit The Center. November 12. Doors open at 2:00 pm. Performance starts at 3:00.



**WOCAM**  
Newsletter  
November 2017  
Volume 14 Issue 11


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**Did you know that smoke detectors expire just like milk?** Check the manufacture date on yours. If it is older than 8-10 years, it needs to be replaced. The testing mechanism for the alarm may still work, but their ability to detect smoke will have diminished. Dust and debris build up in the unit causing failure. Vacuuming your smoke detector once a month can help. Also, change your batteries when you change your clocks for daylight savings (Nov. 5!). Wells Fire Department gave us some batteries. If you need a battery or two, come by the office.



**PULMONARY REHABILITATION PROGRAM**  
at Kennebunk Center for Health & Rehabilitation



**Charles Carlin, RRT**

**Specialized Staff & Advanced Training**


**Pulmonologist** from Chest Medicine on staff/consult  
**Respiratory Therapist** on staff/consult  
**Advanced Practice Registered Nurse (APRN)**

Coordinated effort and establishment of working communication between all involved parties including hospital, practitioner, skilled nursing facility, and home health

**Program Goals** Manage Respiratory Symptoms (dyspnea, fatigue)  
Increase the ability to perform activities of daily living  
Provide education to patients and families

**Therapies Offered:**

- Physical
- Occupational
- Speech/Language
- Respiratory



158 Ross Road, Kennebunk, ME 04043  
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"We are pledged to the letter and spirit of U.S. policy for the achievement of equal housing opportunity throughout the Nation. We encourage and support an affirmative advertising and marketing program in which there are no barriers to obtaining housing because of race, color, religion, sex, handicap, familial status or national origin."



#### 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.




# Inquiring Minds Want to Know....



**Dear Editor:** -Do you have a simple project that I can do to help The Center? **BE**  
**Dear BE:** Absolutely! Annually we sponsor an ongoing collection of cans and bottles which are recycled through the CLYNK program. Center Member Lorraine Moulton spearheads this effort and has raised more than \$5000 annually to help add funds to The Center account. A trailer is in the back of the parking lot for people to drop off bags of bottles and cans that can be recycled for deposit refunds. As your guests leave collect those empties and bring them down. Better yet, come help Lorraine with the sorting! And THANKS! -K

## What's Up in November? Please check calendar for daily activities

Wed. Nov. 1 5:00pm	Varano's Dinner
Sun. Nov 5	Daylight Savings. Move your clocks backwards 1 hour.
Sun. Nov. 12 2:00pm	Musical Group <u>Easy River</u> , Veterans admitted free.
Fri. Nov. 17 noon	Audiologist, Dr. Matthew Lewandowski, Au.D, CCC-A, Presentation on Hearing and Free Screenings
Sun. Nov. 19 11 am	8th Grade Dinner at Wells Middle School
Thurs. Nov. 23	Thanksgiving—Center is CLOSED
<u>December</u>	
Tues. Dec. 5 ???	Billy's Chowder House Dinner—Waiting for Confirmation!
Thurs. Dec. 7	Traditional Holiday Dinner by Huntington Commons
Sun. Dec. 10	Christmas Party
Fri. Dec. 15	100 Club



**Board Of Directors**

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# Special Events

## How's Your Hearing?

Hearing Health Presentation by Dr. Matthew Lewandowski, Au.D, CCC-A



- Anger, fatigue, stress and depression
- Avoidance or withdrawal from social situations
- Loneliness
- Reduced alertness and increased risk to personal safety
- Reduced job performance and earning power
- Diminished psychological and overall health

The U.S. Preventive Services Task Force (USPSTF) recommends that anyone over the age of 50, **regardless of their hearing status**, should have their hearing screened annually (at least for a baseline).


### Free screenings after the Presentation.

*Be sure to sign up for your 10 minute slot!*

According to the American Academy of Audiology, about 36 million American's are experiencing hearing loss. Studies by the Better Hearing Institute suggest that untreated hearing loss can lead to some or all of the following:

- Office Staff**
- Office Manager:  
Liz Eickmann
- Office Assistants:  
Doris Hanlon  
June Messier
- Activities & Newsletter**  
Liz Eickmann
- Volunteer Receptionists**
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Contact me for a **FREE Home Analysis!**



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Director of Sales


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**York Hospital in Wells**

Emergency & Walk-in Care  
8am-8pm 7 days a week



## Send a Smile!

Call or send a card. Anniversary, Birthday, Get Well or welcome someone new to the Center!

### Anniversaries Wishes !

Elizabeth & Ray Farnham 2  
 Richard & Dolores Fairburn 10  
 Sheelagh & Ralph McClean 10  
 Carol & Fred Forni 11  
 Joanne & Donald Dewitt 12  
 Betty & Bob Kreie 24  
 Marcia & Raymond Coleman 25  
 Tom & Sue Kerekes 28

### Happy Birthday, November Babies!

Ellen Robinson	1	Christina Turner	15
Wini Mason	2	Robert Bailey	17
Elizabeth Farnham	3	Helen D. O'Connor	18
Patricia Minichiello	3	Joseph Mayhan	19
Lorraine Montalto	4	Mary Collins	20
Barbara Allen	5	Patty Gorman	20
Marcia R. Hamlyn	5	Mary Jane Gurney	20
Carol Hersom	8	Joan Sherman	20
Sheila Madigan	8	Bob Kreie	20
David Gordon	8	Kathy Chase	21
Joyce Chapman	9	Myriam Roderman	22
Sara Glassman	9	Betty Tacy	22
Anne R. Mosey	9	John Mahoney	22
Noreen Bausewein	10	Joseph Petrucelli	22
Norman Levey	10	Nova Gibbs	25
Ana Cook	10	Joan Anderson	26
Joan Sutter	11	Katherine Reardon	26
Barry Wolfson	12	Joan Ruby	26
Richard Willett	12	John Anderson	26
Marion Bojas	13	Marla McCurdy	28
Paul Doherty	13	Winifred McDonough	28
Paul E. Nadeau	13	Paul Gelinis	29
Joanne S. Tomao	15	Carol Delle Chiaie	30

### Welcome New Member

Winifred McDonough



## 8th Grade/Senior Dinner

Every year the 8th grade students at Wells Middle School provide meals for the Seniors in our area. They do a Traditional Thanksgiving dinner. The students prepare and serve the food, dressing in black pants and white shirts for the event. In the past IGA of Wells has donated turkeys for this event. Many seniors have made donations to the 8th Grade Class to help them meet their needs for class activities for the year.

This is a wonderful opportunity for cross-generational interaction. It is a learning experience for our youth, and a great meal for our seniors. Be sure to attend if you would like to take part in this wonderful Wells Community Tradition.

**November 19 at 11:00 at Wells Middle School**



*Please consider donating money for this event. Donations will go to the Eighth Graders at Wells Middle School.*

## Tools We Can Use

There are several tools we can use to promote The Center. With the right advertising, we can bring in more members and improve the participation for activities and trips. Two of the tools we can use are Facebook and Email.

If you have a Facebook page, be sure to "Like" us on Facebook. Look for "Wells Ogunquit Center at Moody." By having a new page, we can advertise to people outside our membership. Hopefully, having the Facebook page will help us grow in our numbers. Tell your friends to "Like" us, and share our posts on your page. That is one helpful, and free way to help our Center.

Also, If you have an email, be sure to let us have it! Reminders and last minute cancellations can be sent.

If you are not currently on Facebook or using Email, **don't worry!** We will continue to put out this newsletter and advertise in more traditional ways. However, by adding new tools to our kit The Center will reach new people.

## Seeking Volunteers

- **Are you strong and hardy?** Be part of the Table Crew. The tables go up and down through the week for classes and events. We need help putting them up and taking them down.
- **Do you like to socialize?** Once a month we need help preparing the newsletter for mailing. The job includes folding, and labeling. If several people do it, it could be a nice social activity.

## Chase & Hamlyn Gravel Wells, ME

207-646-8795

Come experience the all-inclusive Holiday lifestyle. Bring this ad for a free full-course luncheon or dinner. Learn about the national Holiday travel program and tour our beautiful and vibrant independent living community.



## Sentry Hill

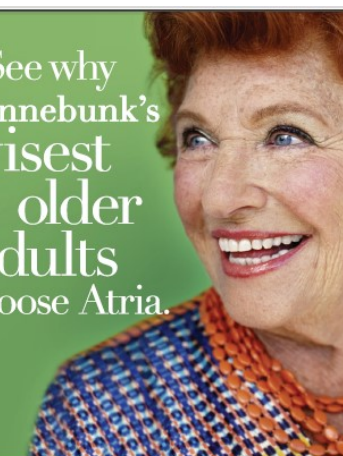


Successfully Serving the Seniors of York County since 1989 with comprehensive supported living

Call today to schedule a visit to see for yourself and enjoy a meal 2 Victoria Court, York ~ 207-363-5116 ~ sentryhill.yorkharbor.com



See why Kennebunk's wisest older adults choose Atria.



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Call 207.985.5866 today to schedule a tour and complimentary lunch.

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## CLAY HILL FARM RESTAURANT

MODERN CUISINE • CLASSIC SETTING  
220 Clay Hill Rd., Cape Neddick, ME

Welcome Seniors!

Present this coupon to receive 20% off your food with a 5:30 reservation.  
Tel: (207) 361-2272




# Activities and Programs

## AYLI Schedule

Renee will be here on the **1st and 3rd Wednesday of the month** at the Center from **10AM—Noon** to provide the AYLI vouchers for \$6.00 each. Enrollment is free and you may purchase up to 10 vouchers at any one time. A \$6.00 voucher buys you a great meal at a few of our area restaurants. This is a great way to get out for a bite at a very reasonable cost.

*And.... Vicki, the Resource Specialist from So. Maine Agency on Aging* will be available to assist you. If you call her for an appointment at (207)396-6549 she'll meet with you here at the Center.

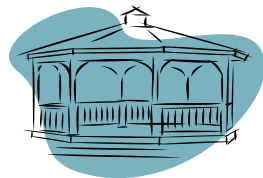


**Ray Farnham**, is our VFW and American Legion representative. He will assist veterans with locating services and benefits in our area. Ray is available at the Center by appointment. Please call his home phone at 646-8521 to schedule a personal appointment.

Also, many services are readily available at the **Sanford Veterans' Center** at 628 Main Street, Springvale. 207-490-1513.

## Wells Harbor Concerts

Every Saturday July thru Labor Day  
6:30 pm.



Made possible with your

Harbor Road, Wells

In case of rain: Ward Gym @ Jr. High on Route 1, Wells  
For more information call: 646-5596

Mon-Weds.  
7am—5pm



By Appointment  
Thur. & Fri.

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## Computer Help or Brush-up on Your Card Skills / Learn a New

Bob Howard will be available by appointment only Thursday mornings from 9-10AM for assistance with computer questions/issues for a small fee.




Pinochle Class will be held 9-10AM on Fridays. For more information call the Center 646-7775

## Line Dancing

Instructor Diane Anderson  
Monday (Beginners) 1:00-2:30  
Thursday (Advanced) 1:00-2:30



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**Q: Why did the witches' team lose the baseball game?**  
**A: Their bats flew away**

## Home Instead Senior Care

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## In The Know and On the GO!

*We are all on our own path to  
Wellness And Balance*



*Gentle/Adaptive Yoga*

Mon 2:45-3:45      Weds 9:30-10:30  
With Janine Robichaud  
Work on Alignment, Strength  
Balance and proper Breathing  
Use a chair Or bring your own mat!

\$4/members and \$8/non-members  
Find Vitality, Inner Peace And Joy!!

## Brush Up BRIDGE CLASS by Bob Howard

Bridge Class continues the 13 week cycle on Thursdays from 10AM to 12PM with Bob. The class covers the following conventions:

- ♣2/1
- ♥Transfers
- ♣Blackwood
- ♥Rozenkrantz
- ♣Openers 2nd Bids
- ♦LTC (Losing Trick Count)
- ♠Stayman
- ♦Bergen Raises
- ♠Responsive Bids to Openers
- ♦Review

Just \$2/Class! Come learn or brush up skills!

## Durgin Pines Rehabilitation - Nursing Care



*Getting Better, Going Home*  
9 Lewis Road, Kittery

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durginpines.com



## EASY MONEY FOR WOCAM

WOCAM has joined Flipgive. Flipgive is an online marketplace. Places like Target, Walmart, Amazon, Macy's, and Kohl's are hosted on the marketplace. The list of vendors is long. If you buy items through the marketplace, The Center gets a portion of the profits. That portion varies according to the vendor. Some as much as 12%! This service only works by shopping online through the Flipgive marketplace.

To benefit The Center, type into your web-browser: <https://www.flipgive.com/f/469561>

## BROADWEIGH DANCE

Thursday mornings from 9:15 – 10:15  
\$6.00 per class.

The Studio is located at  
2 Finson Road, South Berwick.



**We have a wonderful line-up of shows for you this year @ Ogunquit Playhouse.**

2017 SEASON ANNOUNCED  
*Mamma Mia!*  
*Bullets Over Broadway*  
*Ragtime*  
*Heartbreak Hotel*  
*From Here to Eternity*

(207)646-5511

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

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