

**Penobscot Shores Wellness Committee  
Meeting Minutes  
February 3, 2022 @ 11 AM – Dining Room & Zoom**

- Attendees: Mary Kate Cole, Diane Plourde, Brenda Smith, Connie Waitowitz, Phyllis Hartkopf, Larry Theye, Betty Becker-Theye, Sally Gillett, Ken Gillett, Joe Goodfield, Joyce Goodfield, Joy Bowles, Jennifer Craig, Court Dwyer, Joyce Crawford, Mary Sargent & Steve Bowler.
- Call to Order by Brenda & Mary Kate
- There was approval of the minutes of the first Wellness Committee Meeting from January 6, 2022, as submitted in the Penobscot Shores February 2022 Newsletter.
- Brenda thanked all residents who stated that they want to be a part of the Wellness Committee and thanked all who completed the Health and Wellness survey. The group gave a special thanks to Brenda Smith for developing and tabulating the results of the Health and Wellness Survey.
- The Health and Wellness Survey results were reviewed; they had thirty responses. The first column is the average; the second column is how many people gave it a “5” as top priority.
- Subcommittees will include:
  1. General Health- Brenda Smith as chair, Connie Waitowitz, Chandler Barbour, Barney Lutsk, & Diane Plourde
  2. Exercise- Joy Bowles as chair, Connie Waitowitz, Helga Burd, Barney Lutsk, & Mary Kate Cole
  3. Nutrition- chair to be decided, Connie Waitowitz, Barney Lutsk, Jennifer Craig, & Brenda Smith
  4. Mental Health- Mary Kate Cole – chair, Joyce Goodfield, Connie Waitowitz, Joy Bowles, Ken Gillette, Diane Plourde, Shirley Jarvella, Court, Betty Theye, Sally Gillette, Ellen Bishop & Joyce Crawford.

Sub-committee chairs will set meetings and come back to the larger Wellness Committee with a report. All residents are welcomed to participate in the subcommittees.

- Wellness Committee Meetings will occur on the 2<sup>nd</sup> Wednesday of the month at 1:30 PM.
- The group applauded Brenda and Mary Kate for their efforts in bringing the Wellness Committee to life and pulling the survey together in such a timely manner.
- Adjourn at 11:36 PM