

MENTAL HEALTH Subcommittee Meeting Notes- February 23, 2022

In attendance: Connie Woitowitz, Sally Gillett, Ken Gillette, Shirley Jarvella, Diane Plourde, Mary Kate Cole.

Reviewed what is included in Mental Health:

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

During the meeting we:

1. prioritized the items on the list based on the survey results;
2. listed and identified which topics are already being addressed or should be turned over to the Activities Committee;
3. identified who would like to work on which priority items; and
4. established smaller groups to work on the various areas.

Specific action items are in blue.

The group reviewed the survey results and categorized the results as follows: (red are priority based on survey)

Mental Health

- Complete resident directory- Shirley Jarvella will work on this -----
- Classes:
 - Art instruction
 - Intro to jewelry making- Joy Bowels
 - Senior College classes here. Brenda will address this.
- Guest speakers
 - Recognizing depression
 - Keeping an active mind
 - Smart phone/tablet/computer instruction
 - Lifelong learning opportunities
 - AARP programs

Guest speakers continued:

The group also wants to encourage people to tell their stories. This is something Shirley will address this as she contacts people during the development of the resident directory.

Mary Kate will speak to Steve about who should schedule speakers.

Volunteerism: The group felt this is a personal choice and should be left up to individuals. This will not be included in responsibilities of the Mental Health committee.

It was agreed that no activities should be pushed on residents. Everyone should decide for themselves what they want to participate in and how involved they want to be.

Mary Kate will be responsible for getting information to Steve for the Wellness Resident Portal.

Library: Wellness information including Mental Health information – There is an established group of people who maintain the library: Sally Gillett, Betty Becker-Theye, Nancy Boyd and Joyce Goodall. Diane said she would also like to help. Mary Kate will reach out to Betty to establish a wellness section.

Social

- Beef up book club- Mary Kate will mention this to Trish Bonness
- Bridge groups
- Dominoes
- Card games
- Pictionary
- CharadesBoard games

Social continued

Book club, bridge and dominoes are all going strong. This group feels we need to hold off any other games until we can safely socialize

Mary Kate will turn these items over to the Exercise Subcommittee

- Drive to walks off campus
- Community resources- BSC, YMCA

Activities Committee

- Planning group activities
- Annual play reading
- Slot machines
- Ping pong
- Travel programs
- Bangor Symphony
- Bingo
- Movies
- Happy hours
- Trivia nights
- Boat excursion
- Music and dance programs

This list of activities was given to Connie for the Activities Committee to address.

The Penobscot Shores web page was discussed by the group and how we can get people to look there for information.

The next Mental Health subcommittee meeting will be Wednesday, March 30th at 2pm.