

MENTAL HEALTH Subcommittee Meeting Notes

March 30, 2022, 2 pm

.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.

In attendance: Betty Becker-Theye, Sally Gillett, Diane Plourde, Connie Woitowitz, Shirley Jarvella, Joyce Goodfield, Ken Gillett, Court Dwyer, and Mary Kate Cole.

Action items are marked in blue.

Old business:

Mental Health

- Resident Directory- Shirley Jarvella and Sally Gillette developed the “Directory Appeal” to be sent out first to see if there is enough interest to warrant going forward. They will use Steve’s benchmark of about 50% participation. If we reach that level, then they will develop a more detailed form. **Shirley will edit the “Directory Appeal” form and forward it to Mary Kate. It will then be forwarded to Steve for distribution.**
- Classes
 - Intro to jewelry making- Joy Bowels- Mary Kate spoke with Joy about this class. **Joy would like to hold a class in the fall. Prior to that time Joy will let residents know what will be included in the class and what tools each participant will need during the class.**
 - **Senior College classes to be held here at Penobscot Shores- Brenda will address this.**
 - Use classes that have been on zoom and share them here.
 - Belfast history put together by Ed Lietner. It is an extensive course with 5 classes, 2 hours each,.

- Guest speakers
 - Recognizing depression
 - Keeping an active mind
 - Smart phone/tablet/computer instruction- Ken Gillette had a session and plans on offering one-on-one assistance in the future.
 - Lifelong learning opportunities
 - [AARP programs – Court worked with and developed AARP Programs. He went into detail about a program called “We Need To Talk”](#)

[How to approach classes and guest speakers will be discussed at the next Wellness Committee meeting on April 6th at 11:15.](#)

- Web Page Resident Portal

[Mary Kate is responsible for getting information to Steve for the Wellness Resident Portal.](#)

- Library

Betty Becker-Theye, Sally Gillette, Joyce Goodall.and Dianne Plourde have taken on the responsibility of organizing and maintaining the non-fiction section of the library. This includes: Wellness information such as Mental Health information – [They will continue to organize this section and solicit wellness books from residents.](#)

New Business-

Betty brought up the fact that the staff has made many changes and adaptations to the way things are accomplished to keep us safe in the past

2 years during the covid pandemic. She will work with others in the group to come up with a way to show our appreciation.

Mary Kate is obtaining information from Acadia Hospital about mental health subjects and will have that information ready for the next meeting.

Ken wanted to know what we could do to make sure residents are “checked in on” Mary Kate will bring this up at the Wellness Committee meeting.

Ken also was concerned with the placement of the television by the NuStep. The TV will be placed on the wall, if appropriate, after a trial period.

There was some discussion about the Resident Portal and how we can get residents to use it more often. It was decided that as time goes by, more residents will use it as they realize how much information can be found there.

Again, the Wellness Committee meeting is scheduled for Wednesday, April 6th at 11:15 am.

The meeting was adjourned at 2:55 pm.