

**Penobscot Shores Wellness Committee**  
**Meeting Minutes**  
**April 6, 2022 @ 11 AM – Dining Room & Zoom**

- Attendees: Mary Kate Cole, Diane Plourde, Brenda Smith, Larry Theye, Sally Gillett, Ken Gillett, Joy Bowles, Jennifer Craig, Barney Lutsk, Stacey Hall, Mary Sargent & Steve Bowler.
  
- Call to Order by Brenda & Mary Kate
  
- There was approval of the minutes of the first Wellness Committee Meeting from February 3, 2022, as submitted in the Penobscot Shores February 2022 Newsletter.
  
- Subcommittees Reports:
  1. General Health- Brenda met twice with the group and talked putting in a popular wellness resource section, minutes of the first meeting, drop in clinics, and preventing diabetes to the PS Resident website portal. Stacey gave information on vaccinations for older adults and cards for tracking. Susan Dupler recommends carrying a card on you with health information. Water testing results are posted on the Resident Portal along with eye health information, MaineHealth diabetes and resources for aging well. Radon testing, browntail moths and clothes dryer cleaning were referred to Building & Grounds. Three radon kits were purchased and one is out to the lab; we should have the results soon. Air vent cleaning will be done every three years. A program on Stroke Awareness has been scheduled for May 4 with Ilene Hawkins and Chandler Barbour. Stacey will arrange to have Abby Harriman from Sleep Study come give us a talk. We are looking to have “Batter of Balance” and workshop on Advance Directives for late summer. A program to check on residents who feel vulnerable was discussed. Making one of the public restroom on the 2<sup>nd</sup> floor accessible with a push button door was discussed. Good RX cards are available at local drug stores and physician offices for possible savings. Next meeting is April 15 of General Health.
  2. Exercise- Joy Bowles discussed the NuStep equipment rollout; pedometers are in and being distributed to residents and staff. The goal of the subcommittee is to get people moving and they are looking for ideas. They will be measuring out the distance for walking the hallways in the Ocean House and talked of a health fair in the fall.
  3. Nutrition- Mary and Diana met and reviewed the nutrition section of the survey with 4 highlighted areas. 1) They talked about having non-breaded fish or seafood 3 times a week; menus are now meeting that goal. 2) As we have access to more local vegetables this summer they will be incorporated as well. 3) Heart Healthy is more of a plain item now; no seasonings. 4) The fruit cup option can be challenging depending on what is available. Feedback can be provided through

the Resident Portal or suggestion box by the mailboxes. Diana has been cautious with pricing and purchasing food due to high costs. As most know, dining services is subsidized by the shareholders. There was good discussion about meals and nutrition.

4. Mental Health- Mary Kate Cole divided out items from the survey and found that many items fall under Activities Committee. Mental Health is very encompassing. A survey will be sent out about doing a Resident Directory. It was suggested to put the Mental Health minutes on the Resident Portal and in the Library; they will be asking residents to share their related books with the Library. A jewelry making class will be offered by Joy Bowles in the fall. Mary Kate is checking with Senior College for programs on tape. Ken Gillet had a program on cell phones and computers to help people with the technology. Court Dwyer is looking to have AARP Programs here. Contacts at Acadia Hospital are being made. When asked about music programs on Fridays, people were in favor.
  5. The group would like to meet monthly until summer. Next meeting is May 11 @ 11:15
- Adjourn at 12:18 PM