

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

- Attendees: Mary Kate Cole, Diane Plourde, Brenda Smith, Larry Theye, Jennifer Craig, Barney Lutsk, & Steve Bowler.
- Call to Order by Brenda
- The minutes of the April Meeting have not been published; they will be in the June Newsletter.
- Subcommittees Reports:
  1. General Health
    - a. The April 15 Stroke Awareness Program was well attended; there were suggestions for making it better such as shortening the program and it might have been better to have Eileen Hawkins ask Chandler questions about his experience. Need to send her a thank you note. The suggestion was to promote Stroke Awareness next year, but have a different topic.
    - b. Radon Testing – still waiting for the results.
    - c. Susan Dupler – ID wallet cards and red pouches for the refrigerator have run short and will be coming later.
    - d. Abby Harriman has been contacted about doing a program on Sleep Issues as We Age.
    - e. It was suggested to have a program on Chronic Pain.
    - f. Amanda Curtis has been contacted about doing “A Matter of Balance” in the fall.
    - g. It was suggested to promote Advance Directives, Assisted Devices and Good RX Cards.
    - h. Having a Health Fair in September was discussed.
    - i. The next meeting of General Health will be June 3 at 10 AM.
  2. Exercise
    - a. Steve is tracking the use of the NuStep equipment as well as the progress of the committee through an Operational Excellence KPI (Key Performance Indicator).
    - b. Mary Kate will be available this Sunday from 11 AM – 12:30 PM to instruct folks on how to use the NuStep. It was suggested to print some testimonials in the newsletter from residents about using the machine.
    - c. Sue Lapham of the Belfast Y has been contacted about doing a program here about senior programs that they offer.
    - d. Community Walks – in addition to Saturday at 10 AM; other walks are being discussed like going downtown.
    - e. Bocce Ball is back on for Tuesdays at 3 PM. Steve will do a One-Call.

f. Summer Promotion – Keep Moving!

3. Nutrition

a. Mary, Brenda, Bim and Diana had an ad hoc meeting. They discussed the four concerns from the survey. #1. having more fish – they set a goal of fish 3 times a week although the chefs are concern with the cost; this will be brought to the Budget Committee to ask for more funds. #2. More vegetables and cutting carbs – Brenda noticed more vegetables and less carbs in the past few days. Brenda gave that good feedback to Diana. #3. Varied fruits – Brenda noticed last night that there was a good variety. #4. Heart Healthy – no seasonings. Chefs do try to accommodate individual needs.

4. Mental Health

a. Mary Kate Cole reported that there was a low response to the Resident Directory so it will not go forward.  
b. We will plan to have name tags at social events.  
c. They are looking into classes from Senior College this fall.  
d. Will look at Zoom classes.  
e. Court Dwyer is looking at AARP Programs for us.  
f. Mary Kate is contacting Dr. Cliff Singer about a program on Depression and the Active Mind.

5. Other

a. A sense of community has changed over the past three years due to Covid.  
b. There was discussion to bring the subcommittees under the overall Wellness Committee and not meet separately; all present agreed to this.

- Next Meeting is June 22 @ 11:15 AM
- Adjourned at 12:10 PM