

Penobscot Shores Wellness Committee
Meeting Minutes
July 13, 2022 @ 11 AM – Dining Room & Zoom

- Attendees: Mary Kate Cole, Connie Woitowitz, Joy Bowles, Brenda Smith, Barney Lutsk, Court Dwyer, & Steve Bowler.
- Call to Order by Brenda
- The minutes of the June 15 in the July Newsletter were approved.

1. Old Business

a. Review of projects completed and in process

i. Speakers for the fall

1. Living with Chronic Pain (Stacey)
 2. Sleeping Well (Stacey)
 3. A Matter of Balance (Stacey)
 4. Coping With Aging - Mary Kate contacted Spectrum Generations, Jennifer Horton, about navigating long-term care insurance. After some discussion the group felt it was more of a one-on-one conversation that folks should have. Aging in Waldo County was brought up as a good resource. Barney will contact Wendy Kasden about a fall presentation.
 5. Living with Depression - Mary Kate contacted Acadia Hospital Angela Fileccia, LCSW, Manager of Healthy Life Resources, on “Recognizing & Living with Depression” and “Emotional Health”. She will look to have a presentation on Thursday, November 10th at 2 or 4 PM.
 6. Coping with Grief – Connie reported that there is no one who can currently do the program.
- ii. Health Fair (Erin) – Steve will email the past brochure/information to Brenda, Mary Kate, Stacey and Erin for a health fair in the spring of 2023.
- iii. KPI on Nu Step – Steve is tracking the use of the NuStep and other wellness activities as a baseline for improvement and changes as needed. The KPI (Key Performance Indicator) Board is in the office near Mary’s Office.
- iv. Senior YMCA programs – Barney has received posters from Sue Lapin that have been put up on the bulletin board. We will look to have Sue here to speak in the fall.
- v. Summer Promotion Keep Moving! - Joy asked to have this taken off the agenda for now.
- vi. Community Garden – Joy sent Steve ideas for a Community Garden Committee and community garden plot for next year to include flowers, vegetables, herbs and berries. The group had a good discussion and talked

about a possible vegetable stand in the lobby. Joy and Steve will get together to plan further.

- vii. Update on 2nd floor Accessible bathroom – Mary – no additional information at this time.
- viii. AARP Classes – Court has contacted the state people and we are waiting to discuss having a driving safety class with Paul Sheridan this fall.

2. New Business

- a. Need new (more) volunteers – no discussion.
 - b. New ideas to be worked on – the group felt we have enough on our plate.
 - c. Red Folders are on the Lobby Table for residents to fill out and place on their refrigerators.
 - d. TRIAD – the sheriff or deputy would be happy to come talk this fall about scams and ambulances.
 - e. We discussed as a routine to have speakers on the 3rd Thursday of the month at 2 or 4 PM.
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- Next Meeting is August 10 @ 11:15 AM
 - Adjourned at 12:17 PM