



# Penobscot Shores

Life with a view

## **General Health & Wellness Meeting Minutes August 10th, 2022 11:15 am in the Dining Room**

- Attendees: Mary Kate Cole, Connie Waitowitz, Helga Burd, Joy Bowles, Diane Plourde, Erin Payson by Zoom & Steve Bowler.
- Called to Order by Mary Kate
- 1. The minutes of the July 13 Wellness Meeting in the July Newsletter were approved.
- 2. Old Business
  - a. Review of projects completed and in process
    - i. Speakers for the fall - Third Thursdays if possible
      - 1. Living with Chronic Pain (Stacey/Erin)
      - 2. Sleeping Well (Stacey/Erin)
      - 3. A Matter of Balance (Stacey/Erin) Stacey is working on lining up speakers on #1, 2, 3 topics.
      - 4. Coping With Aging – Mary Kate has not been successful finding a speaker and will continue her search.
      - 5. Living with Depression – November. Mary Kate contacted Susan Slick of Acadia Hospital who put her in contact with Melisa Friends Adams. Hoping to finalize plans soon.
    - ii. Health Fair TBD in spring 2023 (Erin) – Steve will send along the 2019 Health Fair flyer to Erin as a reference as to what WCGH Departments attended the event.
    - iii. Senior YMCA programs – Steve has been posting them on the bulletin board in the Ocean House.
    - iv. Update to Community Garden Proposal – Joy and Steve will talk with Bobby Sorrentino about garden boxes, fruit trees and blueberry bushes. They will get the topic on the Building & Grounds Committee for a discussion. An organizational meeting of interested parties will be planned for September.
    - v. Update on 2<sup>nd</sup> floor Accessible bathroom – the opener/closer has been installed and we are now waiting for an electrician to connect it.

vi. AARP Classes – Court is working on it.

3. New Business

- a. Need new (more) volunteers
  - b. New ideas to be worked on
    - i. Nutrition – what about having a nutritionist come speak with us about health meals for seniors. Erin will reach out the Nutritional Service at WCGH.
  - c. Steve noted that \$500 has been included in the Activities Budget for Wellness speakers and activities for FY2023.
  - d. Grieving – Erin said that Flic Shooter of Hospice Volunteers does not currently have a grieving group, but hopes to form one this fall. In the meantime, Flic is happy to meet one-on-one; Connie also offered her services as she ran the program before Flic.
  - e. Next Meeting September 14<sup>th</sup> @11:15 in the Dining Room
4. Adjourned 11:47 AM