



THE BUZZELL BUZZ

MARCH 2017

THE DEPARTMENT OF ELDERLY SERVICES

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MONDAY THRU FRIDAY—9:00AM-4:30PM



On Monday, March 20, 2017, Spring will officially arrive!!! How exciting. We are also excited about the many activities that will be available for everyone this month.

First, we would like to thank Peter MacLellan for sponsoring a wonderful meal for our Annual St. Patrick's Day Luncheon. We are happy to say that we will be celebrating it on the official day—Friday, March 17, 2017—12:00PM. But we have even more exciting news, it will be held at the Knights of Columbus and we have a wonderful entertainer—Joe O'Leary. We are also very lucky to have this meal prepared by our specialty chef Lou Cimaglia. Come relax and enjoy an excellent afternoon with good food and friends. Make sure to wear your best green!

On Friday, March 10, 2017 we will be having our Annual Game Day with our great Wilmington High School Medical Careers Group. This event will start at 11:00AM—where we will be having a delicious pizza lunch and play a variety of games with the students. Please sign up at the front desk and join in on the fun.

Lastly, it has come to our attention that there has been calls to many residents about a fund raiser for the Wilmington Fire Department. There is NO fundraiser at this time. Please feel free to call if you have received a call and if you do receive a call just hang up .

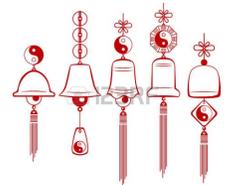
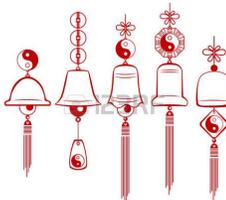
Caregivers Support Group

A reminder that the Caregivers Support group will be held on Monday, March 20, 2017 from 10:30AM to noon at the Buzzell Senior Center. These winter months can be especially difficult for caregivers—Come and join us as we discuss some ideas to cope with the stress of caregiving.

Chime in with Doris

Friday, March 31, 2017 at 10:30 AM

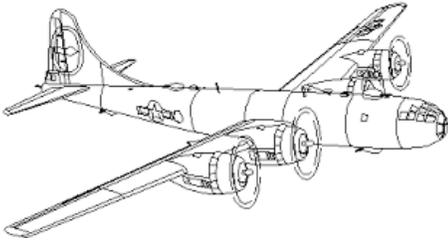
She'll be guiding us through making wonderful chimes - getting ready for Spring!!



Museum of World War II

We are excited to be able to offer a trip to the Museum of World War II on Tuesday, April 25, 2017 at 10:30AM.

The Museum of World War II has the most comprehensive collection of original WWII artifacts anywhere in the world—over 7,000 pieces. The museum focus' on the human, political and military aspects of the war. What also make this experience unique is that most of the exhibits are not under glass— but rather something you can actually touch. We plan to leave the center at 9:00am and visit the museum and then stop for lunch . The cost is \$25.00 per person which includes bus, admission to museum - lunch (will be on you).



Space is limited -

Sign up is on Thursday March 16, 2017.

“Senior Housing”

Presented by

Valerie Gingrich

Thursday, March 9, 2017 at 1PM

Do you have questions and concerns regarding senior housing? Join Valerie Gingrich, Director of Planning and Conservation. She will present an overview of the Facility Master Plan process and how senior housing fits into the mix. She will outline what is meant by “senior housing” and how it would be created. Residents are invited to attend to hear more about our efforts and provide us with guidance and comments.



“Blood Pressure Conversations”

Traci Mello, Town Nurse

&

Intern :Leanne Keegan

Do you have questions about your blood pressure? Join nurse intern, Leanne Keegan and Town Nurse, Traci Mello, on Monday March 13, 2017 at 11:45AM for a discussion on blood pressure. What it is, what causes it to increase and what can be done to better control it. Visuals will be used so that we can see how this works. Each participant will leave with a packet of information to take with them for future reference. Snacks and giveaways will be provided—Please sign up at front desk.

Exercise Updates!

Zumba & Gentle Yoga

are both CONTINUING through the month of March!!!

New Exercise Class— “Brain Body Fitness”

Exercise your brain and your body at the same time! Aerobic, strength, balance and stretching exercises are interwoven with brain games and mental challenges that will make you think, move and laugh. Come join the fun! It will start on March, Friday 24, 2017 at 11:30. Sign up is week of March 6, 2017.



March Birthdays

*We can't help you blow out the candles
on your cake unless you tell us your
special day!*



**Please call the
Senior Center to
confirm your
birthday month
so that we can
mention you in**

Charlotte DeMarco
Tom Mills
Peggy Reese
Mary Carbone
Maureen MacDonald

Dot Getty
Robert Brown
Bob Cornish
Joyce Duff
Joann Roberto
Ann Rich

Kathy Perito
Ann Melanson
Joan Murphy

Mark Ryan
Irene Conlin
Rocco Valente
Frank Devita
Don Rich
Florence Boutwell
Jackie Draper
Tom Mills
Marion Nee



IN LOVING MEMORY

We express sympathy for the loss of our friends

Mary McDonald

GET WELL WISHES

Charlotte Guthrie

“Seniors to Senior “

What better way to kick off “Live, Laugh, Learn” than with a pizza luncheon with a group of other seniors from WHS. Together with English teacher, Lisa Desberg, this group of talented and enthusiastic High School Senior students would love to come over to our Center to talk to some of us about lessons learned. “Senior to Senior” will spend some time conversing back and forth all the while... **LIVING, LAUGHING, AND LEARNING.** During a scheduled follow up meeting the WHS students will share what they have learned. This is a wonderful opportunity to get together with our neighbors from across the common.

The program will meet on **Friday, March 3, 2017 from 10:45am to 2:00pm** and then again on **Wednesday, March 15, 2017 from 12:45 to 2:00pm.** Space is limited. Please sign up at front desk.

“Remembering When...”

A reminder that on Thursday, March 16, 2017 the 3rd session of “Remembering When” will be held at the center at 11:30AM. Fire Lt. Cavanaugh and Director Terri Marciello will continue their program on Fire and Fall Prevention

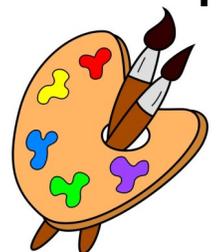


Art Show

**We cordially invite you to join us at our
Annual Art Gallery Show
Buzzell Senior Center
Thursday, April 13, 2017
2:00PM– 4:00PM**

**Come view the beautiful water
acrylics that are created by our
painting students -instructed by
Steve Greco**

Refreshments will be served





Save the dates

Upcoming Day Trips

June 28, 2017 \$55.00/ticket (non-resident \$79.00/ticket)

Peabody Essex Museum

Explore over 200 years of History of Maritime at Peabody Essex Museum. Then you will travel to Gloucester for a delicious luncheon on the waterfront at the Gloucester House Restaurant. After lunch you will visit scenic Rockport with fine shops, and a beautiful seaside view.

July 18, 2017 \$60.00/ticket (non-resident \$89.00/ticket)

Gloucester Lobster Cruise

After departing from the Center you will board the new and luxurious Beauport Princess Cruise Ship for a tour through Gloucester Harbor, followed by a delicious "New England Clam Bake". You will then travel to Salem to view displays of Maritime History of the area.

August 24, 2017 \$55.00/ticket (non-resident \$79.00/ticket)

Boston's Museum of Fine Arts

The trip will start with a tour of the Boston Common, the State House, and the beautiful Public Gardens. Then a delicious luncheon is included at the Venezia Restaurant. This is followed a visit to the Museum of Fine Arts. You will view collections from around the world which includes over 450,00 objects.

Essential Skills for Family Caregivers Series

On March 23, March 30 and April 6, 2017, from 1-3pm, the Department of Elderly Services will be sponsoring **Essential Skills for Family Caregivers Series**.

This 3 part series will be presented by Robin Bromberg, of the MA/NH Alzheimer's Association. The series provides education and practical guidance and tools for those caring for someone with dementia. Please join us to learn strategies for improved daily life, managing challenges associated with dementia and increasing coping skills.

It Starts with Communication-There are many proven communication technique that caregivers can learn to improve day to day life for those with dementia and reduce their own stress. Learn to communicate in a way that minimizes frustrations, decreases anxiety and avoids disagreements.

Understanding Behaviors-Actions or behaviors may be telling us something like "slow down" or "I need something to do". Learn how to understand the message and making changes to avoid outbursts and arguments.

Safety at Home-For someone with dementia, a safe and supportive home can prevent injury and enhance independence and a sense of security. Learn to adjust your home environment and make it dementia friendly.

This program will be held at the Buzzell Senior Center, 15 School St. Registration is required. For further information please contact, Laura Pickett, Case Manager, Dept. of Elderly Services @978-657-7595



2017 Brings Changes to Full Retirement Age

Every worker's dream is having a secure retirement to enjoy the fruits of their labor. Social Security is here to help you secure today and tomorrow. Part of that commitment is ensuring you have the most up-to-date information when you make your retirement decisions." Full retirement age" refers to the age when a person can claim their Social Security benefits without any reduction, even if they are still working part or full time. In other words, you don't actually need to retire from your work to claim your full benefits. Also note that waiting until you're 70, if you can, will bring you a higher monthly benefit. The choices you make may affect benefits your spouse or children can receive on your record, too.

As the bells rang in a new year, they also rang in changes in 2017 for people considering claiming Social Security retirement benefits. For people who attain age 62 in 2017 (i.e., those born between January 2, 1955 and January 1, 1956), full retirement age is 66 and two months. Full retirement age was age 65 for many years. However, due to a law passed by Congress in 1983, it has been gradually increasing, beginning with people born in 1938 or later, until it reaches 67 for people born after 1959. You can learn more about the full retirement age and find out how to look up your own at www.socialsecurity.gov/planners/retire/retirechart.html.

There are some things you should remember when you're thinking about retirement.

You may start receiving Social Security benefits as early as age 62 or as late as age 70. The longer you wait, the higher your monthly benefit will be. Your monthly benefits will be reduced permanently if you start them any time before full retirement age. For example, if you start receiving benefits in 2017 at age 62, your monthly benefit amount will be reduced permanently by about 26 percent. On the other hand, if you wait to start receiving your benefits until after your full retirement age, then your monthly benefits will be permanently increased. The amount of this increase is two-thirds of one percent for each month — or eight percent for each year — that you delay receiving them until you reach age 70.

If you decide to receive benefits before you reach full retirement age, you should also understand how continuing to work can affect your benefits. We may withhold or reduce your benefits if your annual earnings exceed a certain amount. However, every month we withhold or reduce increases your future benefits. That's because at your full retirement age we will recalculate your benefit amount to give you credit for the months in which we reduced or withheld benefits due to your excess earnings. In effect, it's as if you hadn't filed for those months. You can learn more at www.socialsecurity.gov/planners/retire/whileworking.html.

If you pass away, your retirement date can affect the benefit amount your surviving loved ones receive. If you started receiving retirement benefits before full retirement age, we cannot pay the full amount to your survivors. Their benefit amount will be based on your reduced benefits.

You can learn more by visiting our Retirement Planner at www.socialsecurity.gov/planners/retire.



"Happiness doesn't result from what we get, but from what we give."



CONGRATS
Our Couple Married 62 years and more!



POP UP Library



Remembering When...



March 2017



SUN	MON	TUE	WED	THU	FRI	SAT
			1 9:45 AM SBF Exer. 11AM Special Exer. 1:00 PM Country Line Dancing 3:45PM Gentle Yoga	2 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00 PM Game Day	3 10:00 AM Video Exer 10:45AM Senior to Senior 1:00 Cards NO Bingo or Special Exercise	4
5	6 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting	7 9:00AM Zumba** 9:15AM Comp. Class 10:30 AM Aerobics 1230PMWii Bowling	8 9:45 AM SBF Exer. 11AM Special Exer. 1:00 PM Country Line Dancing 3:45PM Gentle Yoga	9 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00 PM Game Day 1:00PM Senior Housing	10 10:00 AM Video Exer 11:00AM Special Exer 11:00AM Pizza/Game Day with WHS 1:00 PM Bingo 1:00 Cards	11
12 Day Light Savings!	13 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11:45AM Blood Pressure Workshop 1:00PM Quilting	14 9:00AM Zumba** 9:15AM Comp. Class 10:30 AM Aerobics 1230PMWii Bowling	15 9:30AM Podiatrist 9:45 AM SBF Exer. 11AM Special Exer. 12:30 Senior to Senior Presentations 3:45PM Gentle Yoga No Line Dance	16 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 11:30 Remember When 1:00 PM Game Day 1:30 Commissioners Sign up 10:00 for WWII	17 10:00 AM Video Exer 11:00AM Special Exer St Patrick's Day 	18
19	20 9:30AM Blood Pressure 9:45 AM SBF Exercise 10:30AM Caregivers Support Group 11AM Special Exercise 1:00PM Quilting	21 9:00AM Zumba** 9:15AM Comp. Class 10:30 AM Aerobics 1230PM Wii Bowling	22 9:45 AM SBF Exer. 11AM Special Exer. 1:00 PM Country Line Dancing 3:45PM Gentle Yoga	23 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00 PM Game Day 1-3PM Alzheimer's Association Part 1	24 10:00 AM Video Exer 11:00AM Special Exer 1:00 PM Bingo 1:00 Cards 11:30AM Brain Body Fitness	25
26	27 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting	28 9:00AM Zumba** 9:15AM Comp. Class 10:30 AM Aerobics 1230PM Wii Bowling	29 9:45 AM SBF Exer. 11AM Special Exer. 1:00 PM Country Line Dancing	30 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00 PM Game Day 1-3PM Alzheimer's Association Part 2	31 10:00 AM Video Exer 11:00AM Special Exer 10:30AM Doris Craft 1:00 PM Bingo 1:00 Cards 11:30AM Brain Body Fitness	
Reminder: Day Light Savings—March 12th!!						



TOWN OF WILMINGTON

PRESORTED
STANDARD
US POSTAGE PAID
WILMINGTON, MA
PERMIT NO 10

CURRENT RESIDENT OR



ACTIVITY PROGRAMS

MONDAY

BLOOD PRESSURE CLINIC 9:30
SBF EXERCISE 9:45 - 11
SPECIAL EXERCISE 11-12
QUILTING 1:00

TUESDAY

WALKING GROUP 9:00
ZUMBA 9:00
COMPUTER CLASS 9:00
AEROBICS 10:30
Wii BOWLING 1:00

WEDNESDAY

CRAFT CLASS 9-12
SBF EXERCISE 9:45 - 11
SPECIAL EXERCISE 11-12
COUNTRY LINE DANCING 1:00
CARDS 1:30-4
FUN SINGERS 3:00
GENTLE YOGA 3:45

THURSDAY

WALKING GROUP 9:00
ACRYLIC PAINTING 10:00
AEROBICS 10:30
KNITTING/CROCHETING 11:00
CERAMICS 1:00
CRIBBAGE/GAME DAY 1:00

FRIDAY

VIDEO EXERCISE 10-11
SPECIAL EXERCISE 11-12
BINGO 1-3
CARDS 1:00-4

DAILY

GAME ROOM -SOCIALIZATION
KITCHEN 9-4:30

SPECIAL PROGRAMS

PODIATRIST

3RD WEDNESDAY OF THE MONTH
9:30

SHINE COUNSELOR

CALL FOR PERSONAL
APPOINTMENT

HOME DELIVERED MEALS

MONDAY-FRIDAY
COST \$2.00
CALL FOR INFO
978-657-7595

COMMISSIONER'S MEETING

3rd THURSDAY OF EVERY MONTH
AT 1:30 PM

SENIOR VAN

SERVICES

MONDAY THRU FRIDAY
PICKUPS FROM 9:00 AM THRU 3:00 PM. MUST
CALL TO SCHEDULE PICKUP AT LEAST 48
HOURS IN ADVANCE. VAN SERVICES A 13
MILE RADIUS OF WILMINGTON.