



THE BUZZELL BUZZ MARCH 2015

THE DEPARTMENT OF ELDERLY SERVICES

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MONDAY THRU FRIDAY—9:00AM-4:30PM

Terri's Notes

Due to all the snow we are having and the on going concerns for the protection of our roofs and home damage, scam artists are taking advantage of these difficult and tenuous times. Bedford Police shared that men, who are reported to be from Maine, have followed the snowy weather down to the Boston area and are soliciting for shoveling and snow removal services door to door; these people don't have any lettering on their truck, don't have insurance, and don't have a company name. Police in Billerica and Concord are investigating similar reports, and police are telling residents to demand credentials and proof of insurance from any snow removal company soliciting door to door.

Better Business Bureau recommends the following tips when hiring a snow removal contractor:

Get several estimates. Prices can vary widely and are usually based on the amount of work involved in clearing your property. Also ask the contractor about additional charges and price options. Beside the quoted price, there may be some additional charges during large storms.

Go with your gut. If an offer seems too good to be true, it probably is. Resist high-pressure sales tactics, like the "good deal" you'll get only if you hire the contractor on the spot. Be wary of any contractor who demands full payment up-front.

Ask for references, and check them out. Check with your Better Business Bureau for contractors' BBB Business Reviews before you hire. Check that the contractor is properly licensed and registered by your state or local agency.

Do not agree to the terms of the contract over the telephone. The contractor should provide you with a written agreement. Before signing the agreement, double check the work included the time frame, and the business's liability insurance coverage.

For more information you can trust, visit bbb.org/boston . Don't forget to check out **BBB's new website!**

Also, remember to set your clock ahead 1 hour before you go to bed on Saturday, March 7th (one step closer to Spring!) It's also a great time to update your File of Life information, which are available at the center. And don't forget to change the batteries in your smoke alarms.

Inclement Weather Policy

The Department of Elderly Services storm policy states that when the Wilmington Schools are closed due to inclement weather, all scheduled Senior Center activities are also canceled for the day. No meals are served and the van will not be available. The center will remain open for emergencies.

Check Us Out Online!

Have you seen our website? You can download the *Buzzell Buzz* and stay updated with everything happening at the Buzzell Senior Center!

Find us at www.town.wilmington.ma.us/Pages/WilmingtonMA_Elderly/index

St. Patrick's Day Lunch Event

Tuesday, March 17, 2015—12:30 PM

On St. Patrick's Day, the Buzzell Senior Center will be having a delicious homemade corned beef and cabbage luncheon to celebrate this special holiday! This lunch is sponsored by Peter MacLellan. We are so fortunate for Peter's continued generosity. 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!

Sign up starting on Tuesday, March 3, 2015.



Heart Healthy Discussion!

March 24, 2015 @ 1:00PM

Please join UMASS Lowell Senior Nursing Students on **March 24th, at 1:00PM**. These students will be discussing heart healthy foods, heart healthy exercises and ways to modify your lifestyle!

There will be trivia and fun prizes!

Blood Pressure clinic will start the event.

**** Please sign up or call the center by
March 17th! ****

(Snow date—March 31st @ 1:00PM)

A Huge Thank You!

The Department of Elderly Services would like to send a huge thank you to the amazing volunteers who made beautiful Valentine's Day cards and holiday decorations for the members of our center. These decorations and lovely cards would not have been possible without the hard work and dedication from Jennifer Kennedy and Diane Harvey.



Gentle Yoga

April 8th –May 13th (Six week series) - 4:30 PM

Due to popular demand, the Department of Elderly Services is excited to have yoga instructor Joan Lawrence teach a wonderful yoga class on Wednesday afternoons at the Buzzell Senior Center! Join us for a gentle yoga class. The class is primarily on the ground utilizing yoga mats (*chairs available for additional assistance and support*). Joan creates a unique atmosphere with soothing lavender scents, dim lighting and an overall relaxing experience. A guided meditation will be incorporated into the end of your yoga practice.



Limited spots are available. To save your spot, please sign up at the center starting Monday, March 16, 2015.
Please bring a water bottle and a pillow (optional)

COOKING WITH JEAN!
MARCH RECIPE OF THE MONTH— QUICK SHRIMP AND PASTA

INGREDIENTS

- 4 OZ UNCOOKED WHOLE GRAIN ROTINI PASTA
- 8 OZ SMALL UNCOOKED SHRIMP, PEEL AND REMOVE TAIL MEMBRANE
- 4 OZ ASPARAGUS SPEARS, TRIMMED AND BROKEN INTO 2 INCH PIECES
- 1 CUP GRAPE TOMATOES, QUARTERED
- 1/2 CUP LIGHT OLIVE OIL VINAIGRETTE
- 2 MED CLOVES GARLIC, MINCED
- 2 TEASPOONS CHOPPED FRESH ROSEMARY
- 1/4 CUP CHOPPED FRESH BASIL
- 1/4 CUP GRATED PARMESAN CHEESE



DIRECTIONS

COOK PASTA ACCORDING TO PACKAGE DIRECTIONS, OMITTING ANY SALT OR FAT. FOUR MINUTES BEFORE PASTA IS COOKED, ADD SHRIMP; COOK 1 MINUTE. ADD ASPARAGUS TO SHRIMP AND PASTA AND CONTINUE COOKING 3 MINUTES OR UNTIL SHRIMP ARE PINK AND OPAQUE.

REMOVE POT FROM HEAT. DRAIN WELL. RETURN TO POT WITH REMAINING INGREDIENTS, EXCEPT BASIL AND PARMESAN. TOSS UNTIL WELL BLENDED. ADD BASIL AND PARMESAN AND TOSS GENTLY.

FOUR 1 CUP SERVINGS: 1 SERVING = CALORIES (230); PROTEIN (16 GM); CARBOHYDRATES (27 GM); FAT (7 GM); S. FAT (1 GM), CHOLESTEROL (76 MG), SODIUM (766 MG), FIBER (3 GM)

IN LOVING MEMORY

We express sympathy for the loss of our friends

Jim Burbine

GET WELL WISHES

Nancy Brooks
 John Richie
 Marsha Agostino
 Paul Agostino
 Louise Jenkins
 Vannie Henderson

March Birthdays



Terri Marciello
 Peggy Reese
 Mary Carbone
 Dot Getty
 Maureen MacDonald
 Robert Brown
 Bob Cornish
 Lillian Antinarelli
 Kathleen Perito
 Jean Cheney
 Ann Melanson
 Joan Murphy

Dwight Storer
 Mary Bonasoro
 Antoinette Defuria
 Mark Ryan
 Irene Conlin
 Priscilla Mickle
 Leo Barry
 Frank DeVita
 Joyce Duff
 George Flibotte
 John King
 Florence Boutwell

Irene Tarara
 Tom Mills
 Marion Nee

If you would like to acknowledge your birthday—Please fill in the following information, tear this portion off and drop off to Front Desk at Senior Center (please print)

Name: _____

Month of Birth: _____

48 Days to Spring Into Happiness!

In a matter of a few short weeks we will finally be entering Spring!! Thank you to everyone who participated in our program and kept a smile on throughout the cold winter weather!

Upcoming Themes (Let's finish strong!)

March 2-6 (Express Yourself Week)

Paint Night—Monday, March 2, 2015—4:00PM

Showcase your *inner painter* and participate in the Buzzell Senior Center's first ever paint night! At this event you will create a beautiful painting that you can keep! This event will be led by instructor Steve Greco.

No painting experience necessary!

Refreshments & Appetizers will be served.

Tickets are \$5.00 per person -
Limited spots are available—reserve your
spot at the front desk!

March 9-13 (Beach Week)

Indoor Beach Party!

Thursday, March 12, 2015

12:00PM—\$3.00



Let's have our minds fast forward to the summer breeze! Join us for a warm weather inspired lunch.

Wear your best beach attire—prizes will be awarded to the best! **Tickets are \$3.00—please sign up starting Tuesday, March 3, 2015.**

March 16-20—MISSION HAPPINESS!

We did it! Because of all your happiness, positive attitudes and warm smiles, Spring has arrived!

Let's celebrate the start of warmer weather and the possibility of no more snow on the ground!!

Tuesday, March 17, 2015—St. Patrick's Day Luncheon—12:30PM

See Page 2 for more details!

Please sign up at the front desk starting Tuesday, March 3, 2015.



Friday, March 20, 2015—BIG BINGO BASH! - 1:00PM

Join us for the first ever "bingo bash" at the Buzzell Senior Center! To celebrate the first day of Spring as well as the last day of the 48 Days to Spring Into Happiness Challenge, we will be playing bingo with a pizza lunch and raffles throughout.

To play, please sign up at the front desk!



Healthy Eating Workshop

IT'S HERE! And you are invited to join our Healthy Eating Workshop. An evidence-based workshop developed at Lahey Health, tested in three Massachusetts communities, and disseminated throughout the country. The Healthy Eating Workshop is reported and documented as being an innovative, effective, useful, and sensible nutrition program.

Healthy Eating is a five-week workshop, meeting once a week for approximately 2 hours. The sessions are educational and highly interactive. You will learn to develop your individual food plan utilizing the Choose MyPlate plan and how to read a nutrition label.

Sessions will include:

Making smart choices from every food group, finding balance between food and physical exercise and getting the most from your calories.

Topics will include:

Fiber and Whole Grains

Fruits and Vegetables

Protein and milk

Sweets

Portion Control

How to personalize your nutrition plan



Limited spots available—to reserve your spot, please call the Buzzell Senior Center (978)-657-7595

Computer News—March 2015

Please remember, our computer volunteer is here in the computer room every **Tuesday morning** from 9:00 AM to 11:30 AM to answer your computer questions, so feel free to drop in.

As for our Courses, this month we are offering a new topic!

We will have a two week session, and then repeat it again the following two weeks. Our topic this month will be: “The Wonders of the Internet.”

During our two week session, we will essentially take a guided tour of the “Wonders of the Internet”, and look at interesting and useful web sites. We will cover if time permits, a look at setting your own Home page, tabbed browsing, adding and deleting favorites, and hints and suggestions that always bring on the comment from students who say “Wow- I didn’t know that I could do that!”

On March 5th and March 12th we will offer the first session, and repeat it again on March 19th and March 26th. **Remember**, you only commit to **one** of these two sessions.

If you are interested, please sign up or call the front desk as the size of the class will be limited to four students only.



**“No matter how long the winter,
Spring is sure to follow.”**



March 2015



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting 1:00 PM Quilting 4:00PM Paint Night	3 10:30 AM Aerobics 1230PMWii Bowling	4 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing	5 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day	6 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	7 Change Clocks!! (Daylight Savings)
8	9 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/ Crocheting 1:00 PM Quilting	10 10:30 AM Aerobics 1230PMWii Bowling	11 9:30 AM Podiatrist 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing	12 Indoor Beach Party 12:00PM  **No Exercise**	13 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	14
15	16 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/ Crocheting 1:00 PM Quilting	17 12:30 PM St. Patrick's Day Luncheon  **No Exercise**	18 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing	19 10:00 AM Art Class 10:30 AM Aerobics 1:30PM - Commissioner's Meeting	20 1st Day of Spring!!! 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo Bash!! 1:00 Cards	21
22	23 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/ Crocheting 1:00 PM Quilting	24 10:30 AM Aerobics 1230PM Wii Bowl- ing 1:00 PM Heart Healthy Discus- sion (UMass Lowell Nursing Students)	25 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing	26 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day	27 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards	28
29	30 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/ Crocheting 1:00 PM Quilting	31 10:30 AM Aerobics 11:00 AM Healthy Living Series 1230PM Wii Bowl- ing				

Schedule Updates

***The Podiatrist will be at the center on Wednesday, March 11, 2015 at 9:30 AM.**

***The Tuesday/Thursday walking group will be postponed until Spring.**

****All dates in this calendar are subject to change****



TOWN OF WILMINGTON

**PRESORTED
STANDARD
US POSTAGE PAID
WILMINGTON, MA
PERMIT NO 10**

CURRENT RESIDENT OR



ACTIVITY PROGRAMS

MONDAY

BLOOD PRESSURE CLINIC 9:00
SBF EXERCISE 9:45 - 11
SPECIAL EXERCISE 11-12
KNITTING/CROCHETING 11:00
CERAMICS 12:00
QUILTING 1:00

TUESDAY

WALKING GROUP 9:00
(Postponed until Spring)
AEROBICS 10:30
Wii BOWLING 1:00 PM

WEDNESDAY

CRAFT CLASS 9-12
SBF EXERCISE 9:45 - 11
SPECIAL EXERCISE 11-12
CARDS 1:30-4
FUN SINGERS 3:00

THURSDAY

WALKING GROUP 9:00 -
(Postponed until Spring)
AEROBICS 10:30
ACRYLIC PAINTING 10:00
CRIBBAGE/GAME DAY 1:00PM

FRIDAY

VIDEO EXERCISE 10-11
SPECIAL EXERCISE 11-12
BINGO 1-3
CARDS 1:30-4

DAILY

GAME ROOM -SOCIALIZATION
KITCHEN 9-4:30

HAIRDRESSER

LAST WEDNESDAY OF MONTH
CALL FOR APPT.
781-245-6605

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.