

THE BUZZELL BUZZ
MAY 2015



THE DEPARTMENT OF ELDERLY SERVICES

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MONDAY THRU FRIDAY—9:00AM-4:30PM



Terri's Notes

May has finally arrived! The daffodils, tulips and tree buds are blooming, especially refreshing to see after this intense winter we had. To start, I would like to send a special Mother's Day wish to all Great Grandmother's, Grandmother's and Mother's in this beautiful month of May.

On Thursday, June 11, 2015, we will be having a Volunteer Appreciation Brunch at the Tewksbury Country Club in Tewksbury. "Volunteers: The Strength and Heart of Wilmington". This is the department's opportunity to thank the many volunteers that make our center what it is today. The Department is extremely fortunate to have such a large group of volunteers who consistently show their dedication.

We would like to take this opportunity to thank Gayle Regan for her many years of dedicated service to the Department of Elderly Services Commission; her outstanding support to the commission has been able to meet many of the needs for the center. We are fortunate that Mary D'eon has accepted another term for the Commission and we welcome Charlotte DeMarco as a new commissioner to the Wilmington Department of Elderly Services. Their first meeting will be on Thursday, June 18, 2015.

Memorial Day Luncheon

Friday, May 22, 2015—12:00 P.M.

We will be having a nice spaghetti & meatball luncheon on May 22, 2015 to honor our Veteran's.

Tickets are \$3 dollars—if you bring a donation for LOCAL HEROES, Inc. you will get FREE ADMISSION (Please bring item when signing up) *Veterans are free.*

For list of items to donate, please see the bottom of Page 6.



Signups will be on Tuesday, May 5, 2015 at 10:00 A.M. at the Buzzell Senior Center (Stop by the front desk)

Stay Social With Us!

Do you or anyone you know have a Twitter? Follow us [@TheBuzzellBuzz](https://twitter.com/TheBuzzellBuzz) and continuously stay updated no matter where you are.

Let's see how many followers we can get! Help us spread the word!



Upcoming Events at the Wilmington Memorial Library!

Tuesday, May 12, 2015—Book Talk (2:30PM) (This event will be at the Buzzell Senior Center)

Need book suggestions? Come to the Senior Center on Tuesday, May 12th at 2:30 to meet the new Adult Services Librarian, Kim Rowley and to get some new recommendations. Also hear about the authors coming to the Wilmington Memorial Library's 2015 Summer Author Series including Nancy Thayer and Roland Merullo. Bring your library card, Kim will have books to check out!

Thursday, May 21, 2015—“Scollay Square” (2:30PM)

This slide show describes the evolution of the part of Boston where everyone went—but few admitted it! From John Winthrop (who settled here in 1630) to Sally Keith (who entertained here in the 1940s and 1950s) to Government Center today. This show will surprise you with tales of Revolutionary War heroism, scientific breakthroughs, and Civil War courage.

2015 Elder Law Education Program

Tuesday, May 19, 2015—1:00 P.M.

If you have a health crisis, are you prepared? Do you have the Estate Planning documents required to get the care you need and to protect your family and your assets? Certified Elder Law Attorneys Patrick Curley and Lucy Budman will discuss MassHealth (Medicaid) planning and eligibility, asset protection strategies for your home and/or savings, the five-year look back period, and Trusts.

This free presentation is generously sponsored in celebration of Law Day by the MA Bar Association and the MA Chapter of the National Academy of Elder Law Attorneys (MassNAELA). The presentation is ideal for seniors, the children of seniors, or anyone else interested in learning about Estate Planning and Asset Protection.

To sign-up for this program, please contact the Buzzell Senior Center.

Buzzell School Reunion

80 Year Anniversary!

Date: September 20, 2015

Anyone that attended the Buzzell School is invited. Don't forget to bring any photos you may have!

Please sign up at the Buzzell Senior Center .

Movie in May!

“Steel Magnolias”

Monday, May 11, 2015—1:30 P.M.

Six women come together in this hilarious and heartwarming story of life, love and loss in a small Louisiana parish.

Sign up at the front desk!



Are you ready for a **SPLASH?**

The Department of Elderly Services is ready to have a **WICKED** fun summer! We hope that you are ready too! There are a lot of fun events being planned so that we can all

“Splash Into A Happy Summer.”

Together, we can spread happiness and have some fun in the sun!

June 25—Outdoor Event

June 29—Audrey Reed’s “The Ham I AM Part II” (Alzheimer’s Fundraiser)

July 9, 16, 23, 30—Outdoor Yoga w/ Joan Lawrence

July 7—Annual Summer Cookout

July 20—Paint Night

July 30—Ice Cream Sundae Social

Make sure to keep checking our website and upcoming newsletters for more information on this fun program!

IN LOVING MEMORY

We express sympathy for the loss of our friends

John Tsicouleas
Mary Jane Fama
Mabel Daley
Kenneth Ward

GET WELL WISHES

Don Albanese

May Birthdays

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

As we are updating our systems, please call the Senior Center to confirm your birthday month so that we can mention you in future newsletters!

Geraldine Familitti
Irene Conlin
Jeanne Grant
Anne Linehan
Paz Mendoza

Grace Mullens
Charlie Wayman
Frank Puleo
Walter Sevener
Don Albanese



IMPORTANT NOTICE

THE IRS IS NOT CALLING YOU!! More IRS scams have been circulating.

Please be mindful of these two phone numbers which have been reported as scams—**347-389-0029 & 202-239-1716**. Please give us a call if you have any questions or concerns.

Computer News—May 2015

Every **TUESDAY** our Computer help is available in our computer room for “one on one” computer questions. This also includes questions **about i-pad’s and Digital Cameras**, so give us a try if you have questions.

For THURSDAY’S in May, we will again offer three of our “two hour only” Computer Workshops. Each week, we will offer a *different* topic for discussion, and you only need to commit two hours of your time for **any** or **all** of these subjects.

On **May 14th**, the topic will be: **WHAT HAPPENED TO MY STUFF?**

Has this ever happened to you? You spend much time and energy composing and typing an important letter or document or you have received a special photo and you decide to save these to your computer. You hit the “save” button and assume that you will have access to these items in the future. However, when you try to retrieve them, they are gone. Well, this workshop will help you with learning all about **File Management** which is learning and understanding how to save documents or pictures and be able to retrieve them in the future.

On **May 21st**, the topic will be: **GIZMO’S EXPLAINED.**

We hear these terms used all the time, terms like “Facebook” or “Twitter” & “Tweet”, or we hear folks who like to read thinking about buying a “Nook or a Kindle Fire” or perhaps they want to purchase an “I-Pad.” Those that have Digital Cameras may talk about buying a larger “Memory Card” or folks complain about needing a new thumb drive or flash drive. And your say to yourself “What the heck are they talking about”? Well this workshop will hopefully answer those types of questions and more, and take the mystery out of those confusing Computer terms.

On **May 28th**, the topic will be: **HOW TO DO WEB STUFF.**

This day will include the following questions and answers will be explained. Find out:

How to be safe on the web...

How to buy airline tickets...

How to map out a car trip...

How to do something or search out information about some specific topic...etc.etc.

Remember, you can sign up for **any** or all of these workshops as your commitments are only for two hours on any given Thursday. Call or speak to anyone at the front desk to sign up.



Prescription Advantage

Each year thousands of seniors in Massachusetts reach a gap in their Medicare prescription drug plan that is often referred to as the “donut hole.”

If you reach that gap, your prescription drug costs rise dramatically! Don't let this happen to you: **Prescription Advantage** can help! **Prescription Advantage** is a state-sponsored program that supplements your Medicare drug plan to fill that gap.

Call Prescription Advantage *today* at **1-800-AGE-INFO (1-800-243-4636)** and **Press 2** to learn more! Also feel free to call the Senior Center to set up a SHINE appt.

Reading Never Sounded So Good

Monday, June 8, 2015—1:00 P.M.

Do you or does someone you know have trouble reading traditional print because of a disability? Whether the print is too small and it strains your eyes, or if you have trouble holding a book or turning pages, or if you have a reading disability like dyslexia, you are eligible for *free library services* from the Perkins Library.

Debby King, Library Outreach Coordinator, and Gina Russo, Newline Specialist, will provide an overview of all the services available through the Perkins Library including a way to access an audio newspaper.

Upcoming Day Trips!



July 14—Cape Cod Canal's 101st Anniversary Tour (Sign up—May 19, 2015) \$50.00/ticket.

You will be traveling to beautiful Cape Cod, where you'll arrive in Sandwich, the oldest town on the Cape. Get ready to visit the Sandwich Glass Museum, where you'll view real glass blowing artisans creating world renown pieces of art. At noon, you will arrive at the Daniel Webster Inn, for the Grand Buffett. After your buffet you will go on a two hour cruise of the Cape Cod Canal.

August 20—Plymouth Getaway Tour (Sign up—June 9, 2015) \$50.00/ticket.

Travel to Plymouth, Massachusetts, where Pilgrims landed in 1620 and established New England's first English Colony. On arrival you will take a sightseeing tour that will include a visit to Plymouth Rock, a view of the venerable Mayflower II, the Pilgrim Monument and Plymouth's 9/11 Memorial, a most moving and memorable sight. Enjoy a full course luncheon at Plymouth's excellent Hearth & Kettle Restaurant. After lunch enjoy a 75 minute sightseeing Harbor Cruise on the Pilgrim Belle. Your captain will point out many sights of interest, including two lighthouses and Plymouth's spectacular beaches.

September 11—Essex Valley Steam Train and Connecticut Riverboat Trip (Sign up—July 6, 2015) \$60.00/ticket.

This trip features fine cuisine, an authentic Steam Engine Train ride, and a Riverboat Cruise. You will enjoy lunch at the Go Fish Restaurant and then when you arrive in the Town of Essex, CT, you will enjoy the scenery of the Connecticut River Valley, where you'll meet your Riverboat crew and vessel. You'll then cruise the Connecticut River on a relaxing, one hour narrated ride.

Sign-up is at 10:00AM on each chosen date—ALL TRIPS ARE NON-REFUNDABLE—if there are any questions, please contact the Buzzell Senior Center.



April Showers Bring *May* Flowers



Donations for Memorial Day Luncheon

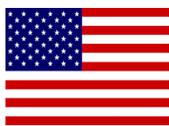
To receive FREE ADMISSION, please bring one of the following items with you when you sign-up at the Senior Center! These just a few items that you can bring—**there is a complete list posted in the Senior Center.** Thank you for all of your continuous support to LOCAL HEROES, Inc.

- Cup-a-Soup
- Peanut Butter
- Jelly (no glass)
- Oatmeal/Granola Bars
- Rice Krispie Treats
- Chex Mix
- Beef Jerky
- Toothbrush
- Toothpaste
- Powdered Drink Mix
- Shampoo/Conditioner
- Package Tuna
- Gum/Candy
- Instant Oatmeal
- Mach 3 Razors
- Stick Deodorant
- Tissues
- Hand/Foot Warmers
- Sunscreen
- Socks
- Crossword Puzzles
- Magazines/Books
- T-shirts/Longjohns



May 2015



SUN	MON	TUE	WED	THU	FRI	SAT
					1 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	2 Annual Town Meeting 10:30AM
3	4 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/ Crocheting 1:00 PM Quilting	5 9:00AM Walking Group 10:30 AM Aerobics 1230PMWii Bowling 2PM—3B Fitness	6 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing Gentle Yoga—4:30PM	7 9:00AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day 1:00 PM “The Funniest Woman EVER”	8 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	9
10 Mother’s Day 	11 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting 1:00 PM Quilting 1:30PM Movie Event “Steel Magnolias”	12 9:00AM Walking Group 10:30 AM Aerobics 1230PMWii Bowling 2PM—3B Fitness 2:30PM—Book Talk	13 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing	14 9:00AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics	15 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00PM Bingo 1:00 Cards	16
17	18 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/ Crocheting 1:00 PM Quilting	19 9AM Walking Group 10:30 AM Aerobics 1230PM Wii 1:00 PM Elder Law Talk 3PM—3B Fitness (Please note time change) Sign up for Cape Cod Canal Trip	20 9:30 AM Podiatrist 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing Gentle Yoga—4:30PM	21 9:00AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day 1:30PM - Commissioner’s Meeting	22 Memorial Day Luncheon—12:00PM *No Exercise**	23
24	25 CENTER CLOSED  Memorial Day	26 9:00AM Walking Group 10:30 AM Aerobics 1230PM Wii Bowling 2PM—3B Fitness	27 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing	28 9:00AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day	29 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00PM Bingo 1:00 Cards	30
31			**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
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 -
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.