



THE BUZZELL BUZZ

OCTOBER 2016

THE DEPARTMENT OF ELDERLY SERVICES

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MONDAY THRU FRIDAY—9:00AM-4:30PM



Terri's Notes

Welcome to the month of October – the cool weather is starting and the beautiful leaves are soon to arrive. First, we would like to thank everyone who supported our Walk to End Alzheimer's. On Sunday, September 25, 2016 at the Paul Revere Park in Boston with many other supporters, we were able to give our donation. It was a wonderful success made possible with everyone's support.

I also want to thank the Harvest Committee, Mary D'eon, Gail Protopapas and Robin Theodos for making our Harvest Breakfast and Raffle such a success. I would also like to thank the many donations from our own talented artisans as well as the many companies that supported our raffle: Red Heat Tavern, CVS, Golden Ginger, Elias Country Store, 99 Restaurant, Café 38, Country Chef, Rocco's Restaurant, Sunrise Kitchen Capellini's Restaurant, Tremezzo's Restaurant, Stoneham Theater, and Edible Arrangements, Celtic Tickets, Red Sox Baseball; because of all this support this event was a huge success.

This is also the time of year that the fuel applications begin. We have already processed over 20 renewal applications. If anyone should need assistance in their renewal applications, please feel free to contact the center at 978-657-7595. You will also see inside this month's newsletter this year's guidelines for the program, which starts on November 1, 2016. Again, feel free to call the center and we will assist you through the process. Let's all hope for a better winter.

We are very much looking forward to our 4th "Wilmington Has Talent" Show that will be held on Saturday, November 5, 2016 at the Wilmington Middle School at 2:00PM. The cost of the tickets will be \$7.00—proceeds will be going to the Wilmington High School Scholarship Fund. You can find out more inside this month's newsletter.

We are excited to share that Zumba and Yoga will be able to continue straight through mid November. The level of energy and enthusiasm that occurs in these classes is very contagious to all that walk in the center. We thank the instructors Kellie and Joan for all their support.



"World Smile Day"

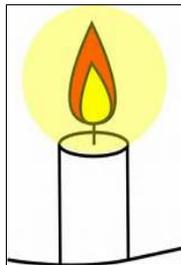


Did you know that Friday, October 7, 2016 is World Smile Day? The Center will be having special giveaways throughout the day that will bring a smile to everyone.

Open Enrollment Information

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan in the mail. *This information is important because it explains changes in your plan for 2017.* During Medicare Open Enrollment (October 15 - December 7), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and Medicare-related health insurance programs. To schedule a SHINE appointment, call the center at 978-657-7595



Candle Light Vigil A Night of Healing and Hope

October 5, 2016

Wilmington Town Common
6:00PM

Sponsored by the Wilmington Substance Abuse Coalition

Join us as we remember those who we have lost to the disease of addiction and come together to reduce the stigma associated with addiction



Veterans Day Luncheon

Wednesday, November 9,
2016

At noon

Come and honor all who have served and who deserve a special day

Tickers \$6.00

All Veteran's are Free

Sign up will be week of October 24, 2016 .

Space is limited

Smoke Detectors

As a reminder, if you or anyone you know needs a smoke detector—please do not hesitate to contact the Senior Center. Terri Marciello and Lt. Bill Cavanaugh from the Wilmington Fire Department will be visiting homes to assist anyone who may need this FREE service.



Halloween Celebration

Monday, October 31, 2016— 2:00-4:00PM

(\$4 per ticket)

Who says "were too old " to dress up? Come on down to the center in your best costume for our Halloween party from 2:00PM– 4:00PM.

We'll have some games and treats—and winners for the best costume!! Come join the fun.

Please sign-up starting Thursday October 6, 2016.



October 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 future newsletters!
(We are updating our systems)

Phyllis Allen
Jim Durkee
Helen Durkee
Bob Veno
Roy Crowell

George Smyth
Rose Crosson
Eula Hilbinger
Dorothy McGrath
Rosemarie Golisano
Gary Briere
Ella Efraimson
Helen Shea

We would like to send a very special happy birthday to...

****Susan Harvey! ****

Susan recently celebrated her 100th birthday! We hope you had a great day!



IN LOVING MEMORY

We express sympathy for the loss of our friends

Jean Mazzocca

Celina Malatesta

Cheryl Ring

GET WELL WISHES

Paul Bergman

Pat Gagnan

Computer News

.We have decided that it was time to make a change from what we normally have done in the past. Rather than conduct classes and presume we know what you are interested in, we will offer help in areas that you decide where the help is needed. So with that in mind, we will offer what we call a "soft schedule" and allow you to spend at least one half hour with Tony on a "one on one" basis. We will offer these "one on one" computer sessions every **TUESDAY and THURSDAY!**

So, if you have questions about Fitbit's, Digital Camera's, Digital Photography, or about i-pad's, i-phones, or any device or topic you may want to talk about, come in and see if we can help you or at least point you in the right direction so that you can get your questions answered.

By the way, have you ever had the need to purchase a greeting card for a special or unique situation and discovered that the greeting companies don't have or sell a card like the one you want? If so, please remember that we have the Hallmark Greeting Card program available for our use. Drop in and we'll help you with making that special card. Just see Tony!

Pop-Up Library

Simplify your Tuesday mornings!

Choose some reading materials while you're at the center. The Wilmington Memorial Library will have a "pop-up" library on

Tuesday, October 25, 2016

Tuesday, November 15, 2016

and Tuesday, December 6, 2016

between 10-11 am.

Adult Services Librarian, Kim Rowley will be there to offer recommendations and have a variety of fiction and non-fiction books and audiobooks for you to checkout with your library card. Don't have a card? We can get you one, just bring a photo ID. Return your items to the library or bring them to the Buzzell the next time the library "pops-up".



Christmas Ornament Class

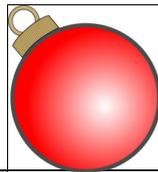
On Friday, October 14, 2016

1030AM

Doris is back!

She is going to get us started thinking about the holiday with her Christmas Ornament Class. For those who have taken her class, Doris is very talented and will bring out our creative talent.

Sign up Monday, October 10, 2016—space is limited



“Preparing for the Winter”

On Thursday, October 6 at 1:00PM, Lt. Cavanaugh of the Wilmington Fire Department will be conducting a program on “Preparing for the Winter”. As the winter months are quickly approaching, Lt Cavanaugh will discuss some safety measures that we should be doing now—

Topics will include:

Carbon Monoxide Detectors

Smoke Detectors

Space Heaters

Lastly, the importance of File of Life

(more information below)



File of Life

What is the File of Life? The File of Life is an informational packet that citizens can keep in their home or with them when they go out. The packet is highly visible to first responders (Fire, Police, and EMS), and contains the person’s medical information in the event of an emergency.

Why should I have one? Keeping a File of Life with you enables emergency medical personnel to better understand your medical history, hence providing you a better level of care. Sometimes medical emergencies can be frightening and you may forget to tell an EMT something pertinent to your medical history. At other times you may be unable to speak for yourself. The File of Life can almost assure that medical personnel will have the information they need to better assist you and therefore enable doctors to better treat you.

Post the red File of Life decal on your door so that emergency medical personnel can identify that you have a File of Life in your home. The smaller version of the file is for your wallet or pocketbook, and the larger magnetic version is for the front of your refrigerator or similar appliance.

The File of Life packets are free; they were paid for by a grant from the Massachusetts Executive Office of Elder Affairs. This program is a partnership between the Wilmington Department of Elderly Services, the Wilmington Fire Department, and the Wilmington Police Department.

Alzheimer’s Awareness Month—Thank you!!

The Department of Elderly Services would like to extend a big thank you to everyone who has donated and helped support such an important cause. All of the beautiful “Forget-me-not” flowers in the lobby are all because of your support!



The Basics: Memory Loss, Dementia, and Alzheimer’s Disease —

What You Need to Know

The number of Americans living with Alzheimer’s disease is growing and growing fast. An estimated 5.4 million Americans of all ages have Alzheimer’s in 2016. On **Monday, October 24, 2016** from 1PM-3PM at the Buzzell Senior Center, the Department of Elderly Services is sponsoring “The Basics: Memory Loss, Dementia, and Alzheimer’s Disease — What You Need to Know”, presented by Robin Bromberg of the MA/NH Alzheimer’s Association. Alzheimer’s disease is not a normal part of aging. This program provides information about the disease and related dementias, the benefit of early detection, causes and risk factors, treatment and services offered by the Alzheimer’s Association. A light lunch will be served. Please contact us to register for this program.



Upcoming Events

La Sallette—Wrights Farm

December 8, 2016

Holiday Dinner at Tewksbury Country Club

December 15, 2016

Give Back Celebration/ New Years Celebration

December 29, 2016



Fuel Assistance 2016– 2017

The Community Teamwork, Inc. Fuel Assistance Program is available to new applicants starting November 1, 2016 and runs thru April 2017. Fuel Assistance can help pay part of your home’s winter heating bill. Any Wilmington resident who is 60 years or older in need of fuel assistance, please call to set up your appointment for assistance in this application process with Terri Marciello (Director)/Laura Pickett (Case Manager) at 978-657-7595. Wilmington residents that applied last year and are receiving renewal applications in the mail may also call for an appointment. Residents under the age of 60 should contact the Billerica Veteran’s Agent (978-671-0968).

Household Size	Maximum Gross Income
1	\$34,001
2	\$44,463
3	\$54,925
4	\$65,387
5	\$75,849
6	\$86,311



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“Wilmington Has Talent”

“Part 4 ”

Sunday, November 5, 2016

2:00PM



Ladies and Gentlemen

Live from the Wilmington Middle School Auditorium

“Wilmington Has Talent”

Come and enjoy an afternoon of music and dance performed by our talented group, under the direction of our own Audrey Reed—

Admission is \$7.00 - tickets available at the Buzzell Senior Center and at the door on the day of the show.

All proceeds from the show will be going to our scholarship fund



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October 2016



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 9:30AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 1PM Quilting	4 9AM Zumba 9AM Walking Group 9:15AM Comp. Class 9:30AM Bocce 10:30AM Aerobics 12:30PM Wii Bowling	5 9:45AM SBF Exercise 11AM Special Exercise 1PM Country Line Dancing 3:45PM Gentle Yoga 6PM Candlelight Vigil	6 9AM Walking Group 10AM Art Class 10:30AM Aerobics 11AM Knitting/Crocheting 1PM Game Day 1:00PM Ceramics 1PM Preparing Winter	7 10AM Video Exercise 11AM Special Exercise 1:00PM Bingo 1:00PM Cards	8
9	10 Center Closed  Columbus Day	11 9AM Zumba 9AM Walking Group 9:15AM Comp. Class 9:30AM Bocce 10:30AM Aerobics 12:30PM Wii Bowling	12 9:45AM SBF Exercise 11AM Special Exercise 1PM Country Line Dancing 3:45PM Gentle Yoga	13 8AM Old Mill Trip 9AM Walking Group 10AM Art Class 10:30AM Aerobics 11AM Knitting/Crocheting 1PM Game Day 1PM Ceramics	14 10AM Video Exercise 10:30AM Ornament Craft 11AM Special Exercise 1PM Bingo 1PM Cards	15
16	17 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1PM Quilting	18 9AM Zumba 9AM Walking Group 9:15AM Comp. Class 9:30AM Bocce 10:30 AM Aerobics 12:30PM Wii Bowling	19 9:30AM Podiatrist 9:45AM SBF Exercise 11AM Special Exercise 1PM Country Line Dancing 3:45PM Gentle Yoga	20 9AM Walking Group 10AM Art Class 10:30AM Aerobics 11AM Knitting/Crocheting 1PM Game Day 1PM Ceramics 1:30PM Commissioner's Meeting	21 10AM Video Exercise 11AM Special Exercise 1PM Bingo 1PM Cards	22
23	24 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1PM Quilting 1PM Alzheimer's Program	25 9AM Zumba 9AM Walking Group 9:15AM Comp. Class 9:30AM Bocce 10AM Popup Library 10:30 AM Aerobics 12:30PM Wii Bowling	26 9:45AM SBF Exercise 11AM Special Exercise 1PM Country Line Dancing 3:45PM Gentle Yoga	27 9AM Walking Group 10AM Art Class 10:30AM Aerobics 11AM Knitting/Crocheting 1PM Game Day 1PM Ceramics	28 10AM Video Exercise 11AM Special Exercise 1PM Bingo 1PM Cards	29
30	31 2PM Halloween Party  Happy Halloween!					

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Don't forget to turn your clocks back 1 hour November 6th!!!



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
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
KNITTING/CROCHETING 11:00
GAME DAY 1:00PM
CERAMICS 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

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.

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