

THE BUZZELL BUZZ **SEPTEMBER 2014**

THE DEPARTMENT OF ELDERLY SERVICES

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MONDAY THRU FRIDAY—9:00AM-4:30PM

A NOTE FROM TERRI

Welcome to September—I can't believe that the summer is already coming to a close, with the weather getting cooler and the kids getting ready to start school. There have been several improvements at the senior center. We have a newly paved parking lot, refurbished wooden floor in large hall and we welcome our new Senior Clerk—Kristen Fogarty. We will be having a welcoming coffee hour on Wednesday, September 3, 2014 at 9:30AM. Come on by and welcome Kristen. You will also see that this month is another busy month with great entertainment and getting back to our class schedules. Our quilting class will be starting up again on Monday, September 8, 2014 at 1:00PM and there is a new knitting and crocheting class for beginners that is on Mondays from 11:00AM—12:00PM. Please refresh yourselves with our exercise and programs on the last page of this newsletter.

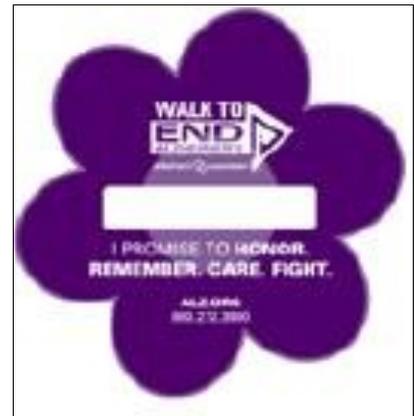
World Alzheimer's Awareness Month

This month, you can help fight the stigma surrounding Alzheimer's disease, educate others and begin to change the way we look at Alzheimer's. Help us to create a conversation across the globe: Speak up about the facts: Alzheimer's is NOT normal aging or "a little memory loss," it is a progressive and fatal disease.

HELP make a difference.

On Sunday, September 28, 2014, the Department of Elderly Services is taking action by joining one of the many World Alzheimer's Day events—If you are interested in joining our Team please let the Front Desk know.

Let's help finish what Audrey started! Buy a "Forget-Me-Not" flower at the front desk. The flowers will be sold for \$1.00 and any other donations will be accepted. The flowers can be dedicated to a loved one who has been or is effected by Alzheimer's. These flowers will be presented in the Buzzell Senior Center Lobby.



****Find us on the Internet!****

http://www.town.wilmington.ma.us/pages/WilmingtonMA_Elderly/index

COMPUTER NEWS FOR SEPTEMBER & OCTOBER, 2014

Welcome back from the summer of 2014!

While you were gone, a lot of interesting things have happened at our Senior Center, and especially in the Computer Room. If you poke your head in, you will notice much has changed. Thanks to Terri Marciello, we now have four (4) new computers installed for our use. In meeting with Terri, it was decided that the best way we can serve you with these new computers, is to concentrate on those of you who have little or no experience with computers and offer some classes to help you get started.

We are sure you now realize that computers are here to stay. You also know that there is so much that can be done with one and so much information out there that you would love to use, but you don't know how to get that information. Yes, you can ask your partner, or children, etc., but we all get the same response from them, which is "they are very busy" and they would love to help, but it's always "later".

Well, we have the time and want to help. Here are our plans: Our computer guy will be here every **Tuesday and Thursday from 9 to 11:30AM**. Every Tuesday starting **September 2nd** will be devoted to "one on one" computer help. Every Thursday will be devoted to computer classes and starting on October 9th, we will offer our "Computers for Beginners" class. This class will run every Thursday for 4 weeks, for two hours, and end on **October 30th**.

If you are not sure, or have any questions about beginning, come in and we'll talk. The door is always open!!

Thank You!!

Everyone at the Buzzell Senior Center would like to send a big thank you to Audrey Reed! Audrey's performance "Ham I Am" and all of her efforts helped raise over 500 dollars for the Alzheimer's Association!! The performance was spectacular!

New Hampshire Turkey Train Trip—October 15, 2014

Join us for an exciting day trip to New Hampshire to enjoy the changing of seasons at the beautiful White Mountains area. We'll be boarding the Scenic Railroad Dining Car where a delicious full course lunch will be served. After our train returns, we'll board the coach bus for local sightseeing and foliage viewing. Arrival back home will be approximately 5:30PM and the cost is \$50 per person. Sign up at the front desk starting September 16th!

Movie Day— Philomena

On Monday, September 22nd at 1PM, join us as we host a movie day! "Philomena", starring Judi Dench and Steve Coogan is a story about a mother of a boy who was conceived out of wedlock and was given up for adoption. Philomena meets a former BBC reporter who is looking for his next big story. Together, the two go on a journey to find Philomena's long lost son. Popcorn and refreshments will be served so be sure to sign up on Tuesday, September 16, 2014 at 10:00AM at the front desk for this event!

- 1 TABLESPOON OLIVE OIL
- 3 ONIONS, DICED
- 2 CUPS PLAIN LOW FAT GREEK YOGURT
- 1/4 CUP GRATED PARMESAN CHEESE
- 2 TABLESPOONS FRESH LEMON JUICE
- 1/8 TEASPOON GROUND RED PEPPER
- VEGETABLE STICKS, CRACKERS AND/OR CHIPS



HEAT OIL IN LARGE NONSTICK SKILLET OVER MEDIUM; HIGH HEAT. ADD ONIONS; COOK AND STIR 5-8 MINUTES OR UNTIL GOLDEN BROWN. REDUCE HEAT TO LOW; COOK 15 MINUTES OR UNTIL ONIONS ARE DEEP GOLDEN BROWN, STIRRING OCCASIONALLY.

MEANWHILE, STIR YOGURT, LEMON JUICE AND GROUND RED PEPPER IN LARGE BOWL UNTIL SMOOTH AND WELL BLENDED. STIR ONIONS INTO YOGURT MIXTURE. COVER AND REFRIGERATE AT LEAST 2 HOURS BEFORE SERVING. SERVE WITH VEGETABLE STICKS, CRACKERS AND/OR CHIPS FOR DIPPING.

28 CALORIES, 2 GM PROTEIN, 2 GM CARBOHYDRATE, 1 GM FAT, <1 GM SATURATED FAT, 3 MG CHOLESTEROL, 22 MG SODIUM, <1 GM FIBER

IN LOVING MEMORY

We express sympathy for the loss of our friends

- Lois Lautz
- Stephen Bavota
- Mary Smith
- Jean Little
- Grace Block
- Norrine Markey
- Charles Amaral
- Frank Powers
- Marjorie Best

GET WELL WISHES

- Frances Bent
- Ed Conrad
- June Thuillier
- Pat Boulton
- Mary Smith



- Frances Bent
- Evelyn Cogswell
- Will Deveau
- Jean Hartka
- Alice Hooper
- Marge King
- Al LaValle
- Lillian Lawler

- Dorothy Robichaud
- Angie Muccioli
- Betty Bourassa
- Emma Williams
- Larry Pinto
- Peggy Lowell
- Fran Marden
- Jean Mazzocca
- Thelma Moore



****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 _____

Don't Ignore Your Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2015.

During the annual Medicare Open Enrollment; October 15-December 7, you will have a chance to CHANGE your plan for next year. The SHINE Program at Minuteman Senior Services can help you understand your plan changes, as well as other options you may have. Make your SHINE appointment early!

DO NOT WAIT UNTIL IT'S TOO LATE!

Trained and certified SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center to meet with a counselor; or you can call the SHINE Program at Minuteman Senior Services, 781-221-7029.

Save The Date! (November 6, 2014) - Minuteman Senior Services

Please save the date for November 6, 2014! Minuteman Senior Services will be visiting the Buzzell Senior Center to present some information regarding MEDICARE Open Enrollment.

Fuel Assistance Program

The Community Teamwork, Inc. Fuel Assistance Program is available to new applicants starting November 1, 2014 and runs thru April 2015. 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/Laura Pickett 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).

Renewal information is being sent out - please feel free to call the center to assist you with this process. All copies can be made at center

Renewal Applications will need the following information:

- Social Security Information – (SS Verification 800-772-1213)
- Proof of Pension – Documents used for your income taxes
- Sign Yellow Authorization Form and back of Green Application Form

****We will start new applicants in October****



alzheimer's association®

Walk To End Alzheimer's

**Sunday, September 28, 2014
8:30AM
DCR Paul Revere Park**

Any donations for our team can be sent to the Buzzell Senior Center!



Fun Day

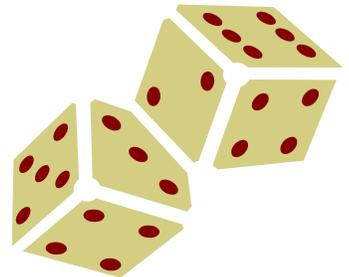
Back by Popular Demand!

FOOD – GAMES – PRIZES

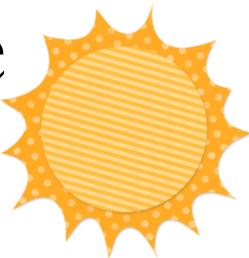
Wednesday, September 10, 2014

11:30AM -3:30PM

**Cost \$5.00
(Gourmet Pizza Lady too!)**



As The Sun Sets On The Summer of 2014...



Thanks for all the memories!



September 2014



| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|---|--|---|---|-----|
| | <p>1</p> <p>Labor Day— Center Closed</p>  | <p>2</p> <p>9:00 AM Walking Group 10:30 AM Aerobics 1:00 PM Wii Bowling</p> | <p>3</p> <p>9:45 AM SBF Exercise 11:00 AM Special Exercise 1:00 PM Country Line Dancing</p> | <p>4</p> <p>9:00 AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day</p> | <p>5</p> <p>10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards</p> | 6 |
| 7 | <p>8</p> <p>9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/ Crocheting 1:00 PM Quilting</p> | <p>9</p> <p>9:00 AM Walking Group 10:30 AM Aerobics 1:00 PM Wii Bowling</p> | <p>10</p> <p>FUN DAY! 11:30-3:30PM</p> <p>ALL SCHEDULED ACTIVITIES CANCELLED!</p> | <p>11</p> <p>9:00 AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day</p> | <p>12</p> <p>10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards</p> | 13 |
| 14 | <p>15</p> <p>9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/ Crocheting 1:00PM Quilting</p> | <p>16</p> <p>Sign up for NH Turkey Train! (10:00AM) 9:00 AM Walking Group 10:30 AM Aerobics 1:00PM Wii Bowling</p> | <p>17</p> <p>9:45 AM SBF Exercise 11:00 AM Special Exercise 1:00 PM Country Line Dancing</p> | <p>18</p> <p>9:00 AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics</p> | <p>19</p> <p>10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards</p> | 20 |
| 21 | <p>22</p> <p>9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/ Crocheting 1:00 PM "Philomena" movie 1:00 PM Quilting</p> | <p>23</p> <p>9:00 AM Walking Group 10:30 AM Aerobics 1:00 PM Wii Bowling</p> | <p>24</p> <p>9:45 AM SBF Exercise 11:00 AM Special Exercise 1:00 PM Country Line Dancing</p> | <p>25</p> <p>9:00 AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 1:30 PM Commissioner's Mtg.</p> | <p>26</p> <p>10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards</p> | 27 |
| <p>28</p>  | <p>29</p> <p>9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/ Crocheting 1:00 PM Quilting</p> | <p>30</p> <p>9:00 AM Walking Group 10:30 AM Aerobics 1:00 PM Wii Bowling</p> | | | | |
| | | | | | | |



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
NUTRITION CLASS
2ND -4TH WEEK
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
CRIBBAGE/GAME DAY 1:00PM

FRIDAY

VIDEO EXERCISE 10-11
SPECIAL EXERCISE 11-12
BINGO 1-3
CARDS 2:30-4

DAILY

GAME ROOM -SOCIALIZATION
KITCHEN 9-4:30

HAIRDRESSER

ONCE A 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.