



THE BUZZELL BUZZ

SEPTEMBER 2015

THE DEPARTMENT OF ELDERLY SERVICES

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MONDAY THRU FRIDAY—9:00AM-4:30PM



Terri's Notes

Do you remember when Wilmington's Buzzell Senior Center was the Buzzell School building? Did you ever attend the Buzzell School as a student? If the answer is yes, you are invited to the Buzzell School 80th Anniversary Reunion! The event will take place on Sunday, September 20, 2015 from 1:00 to 6:00 at the Buzzell Senior Center, formerly known as the Buzzell School. Guests are encouraged to come and bring their spouse along to a fun event where they can reconnect with old school classmates and relive their school days! Former students will be able to enjoy slide shows and music evoking the days when the Buzzell School was first used as a junior high, then later as a grade school. Classic cars from the past 80 years will also be on display! If you are interested in attending this event, please pre-register with the Wilmington Senior Center by calling 978-657-7595 and telling them you will be attending the Buzzell School Reunion. We look forward to seeing you all!



The Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. Held annually in more than 600 communities nationwide, this inspiring event calls on participants of all ages and abilities to reclaim the future for millions. Together, we can end Alzheimer's disease, the nation's sixth-leading cause of death. On Sunday, September 27, 2015, the Wilmington Department of Elderly Services is taking action by joining the Walk to End Alzheimer's Greater Boston Walk. Please feel free to make a donation and place a purple flower in a loved one's memory in our Buzzell Senior Center lobby.

Wilmington Fire Department Local Union 1370 Sponsored Breakfast (Save the Date)
Saturday, October 17, 2015—Sign-up starting *Thursday, October 1st!*

September is National Senior Center Month!

We are so fortunate to have so many great individuals come through our doors each and every day since April of 1986!

Fall Computer News

Welcome back! We hope you had an enjoyable summer and are ready for our special computer program put together just for you. If you're like us, we love to receive and send greeting cards. Having a large extended family, there isn't a month where we don't have a multitude of birthdays, anniversaries, and special occasions that almost beg for a greeting card to be sent. The problem however, is cost! Walk into any card shop and you will quickly be exposed to "sticker shock" when you see the cost associated with those cards you'd love to send.



Well, we have the solution for you. Create your own greeting card! Using the latest *Hallmark Card Studio Program*, and our help in showing you how to operate this program, you will be able to design and create any card that reflects you and your own special way of saying just how you feel. You will be able to explore your own artistic self and reflect your creativity in making a card that expresses your own special way in saying just what you want your greeting card to say to that special person in your life. You will be able to design hundreds of custom projects; and as an added bonus, you will be able to fix photographs that can be added to your greeting card to make it special. **The best part is that this program is easy and fun to learn!**

Tuesday walk-in classes with Tony will begin starting Tuesday, September 1st (9:15AM) - The new greeting card program will begin on Thursday, September 3rd at 9:15AM—spots are limited for this program, please sign-up at the Senior Center.

“Planning For Medicare”

Wednesday, September 16, 2015—3:30pm

Planning for Medicare—Countdown to 65 is a comprehensive seminar that helps people approaching Medicare eligibility understand their health insurance options.

This seminar will cover:

- Explanation of Medicare and Medicare Parts A and B
- Medicare enrollment timeline
- Medigap plans that help supplement Medicare coverage
- Medicare Advantage plans, such as HMOs and PPOs
- Medicare Part D prescription drug plans
- Plans and programs available to early retirees, such as COBRA

Please sign-up by calling or visiting the Senior Center!

Upcoming Events @ the Wilmington Memorial Library

- **Scollay Square—9/17/15 @ 2:30PM**
This presentation describes the evolution of the part of Boston where everyone went—but few admitted it! Presented by David Krub the author of *Always Something Doing about Scollay Square*
- **Shredding Day—9/26/15 @ 9AM-12PM**
Bring your old bank statements, old tax returns, etc. to be shredded on site. Paper clips, rubberbands, and staples do not have to be removed. Truck will be located in the lower lot off of Wildwood Street. (Free to the public)

“Hearing Health & Wellness”

Presented by Mass Audiology—Thursday, September 24, 2015—1:00PM

Join us for the **first** part of two series on September 24th with Mass Audiology! Members from the team will be providing information regarding hearing screenings. On **Thursday, October 1st at 1:00PM**, there will be free-hearing screenings, hearing aid checkups, cleanings, and battery changes too! **(Please call to make a screening appointment)**

Gentle Yoga

Restarting on Wednesday Afternoons September 9th-October 14th - 4:15-5:15PM

Join Joan Lawrence as she leads a wonderful gentle yoga class—a perfect way to unwind after a long day! This class will meet on Wednesday afternoons at 4:15PM. **(No class on September 16th)**

Please call or visit the Senior Center to sign-up!

September 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)

Jean Hartka
Dorothy Robichaud
Rose Raposo
Anna Marino
Rosemarie Bromander
Theresa Lowney
Marge King
Will Deveau
Al LaValle
Betty Bourassa
Larry Pinto
Jean Mazzocca
Angie Muccioli
Peggy Lowell

*hope your birthday
is as awesome
as you are!*



IN LOVING MEMORY

We express sympathy for the loss of our friends

Nicoletta Tummino	Gerald Mace
Ernest Wallent	Richard Rosen
Ann Latta	Alice M. Sullivan
Ruth Bedell	Teresa Brady
Julie Murphy	

GET WELL WISHES

Phyllis Hailey
Ella Efraimson
Verna Richard

Step Towards A Healthy Fall At The Buzzell Senior Center!

The Department of Elderly Services is going to keep you on your toes and moving!
We are excited to present many different health programs and initiatives over the new few weeks to make this autumn extra special!
More details to come!



Walking Challenge

Healthy Snacks & Meals

Informational Presentations

Tips & Tricks

Fun Exercise!

SHINE Open Enrollment Fall 2015

It's that time of the year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: it is important to review, understand and save this information!

During Medicare Open Enrollment, from October 15th to December 7th, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs.

There will be an Open Enrollment Presentation at the Buzzell Senior Center on **Monday, November 30, 2015** at **1:00pm**. More information to come!

Home Modification Loan Program Presentation

Thursday, October 29, 2015 at 1:00pm

Meet Alan Trebat from Community Teamwork as he explains the Home Modification Loan Program, a program that depending on income, provides loans up to \$30,000 to homeowners seeking to make modifications to their homes.

These loans have helped many finance such projects such as home security features, air filtration systems, ramps wheelchair and stair lifts, widened doorways, bathroom and kitchen modifications, and more.

Please sign-up for this presentation by calling or visiting the Buzzell Senior Center!

September Recipe—Zucchini Cookies

Ingredients:

1 c. zucchini, grated	2 c. flour	1 c. chopped nuts	1 c. raisins
1 tsp. baking soda	1 tsp. cinnamon	1 egg, beaten	1/2 tsp. salt
1 c. sugar	1/2 tsp. cloves	1/2 c. shortening	1/2 tsp. nutmeg

Instructions:

Beat thoroughly the zucchini pulp, soda, sugar, and shortening. Add egg. Beat all together. Add flour, spices, nuts, and raisins. Drop by teaspoonfuls onto a greased baking sheet. Bake at 375 degrees for 12-15 minutes.

Thank-you to Grace Mullens for bringing in this delicious recipe!

Upcoming Day Trips!

September 11

Essex Valley Steam Train & Connecticut Riverboat Trip \$60.00/ticket.

Spots are filling fast - sign-up at the front desk!

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.

ALL TRIPS ARE NON-REFUNDABLE

(If waiting list is not available) - Please call if you have any questions.

Powerful Tools For Caregivers Workshop

Information Session

Monday, October 19, 2015—10:30 AM

Caring for a relative, a friend or someone with a chronic illness can be stressful physically, emotionally and financially.

Learn more about this six week session designed to provide you, the family caregiver, with the skills you need to take care of yourself.

The workshop will begin in November.

Please register by contacting Laura Pickett at lpickett@wilmingtonma.gov or 978-657-7595.

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 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.

On Sunday, September 27, 2015, the Department of Elderly Services is taking action by joining one of the many World Alzheimer's Day events—the 2015 Walk to End Alzheimer's. If you would like to help our team and donate, please contact the Senior Center.

Buy a "Forget-Me-Not" at the front desk in order to help **finish what Audrey Reed started!** 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.

The Buzzell Senior Center would like to extend a huge thank you and congratulations to the wonderful Audrey Reed. Audrey's performance "The Ham I AM Part II" raised over \$500 towards this important cause. Her dedication and perseverance is an inspiration to all.



Make sure to head over to our website to watch this year's performance!

"By all these lovely tokens September days are here, with Summer's best of weather and autumn's best of cheer."



September 2015



SUN	MON	TUE	WED	THU	FRI	SAT
		1 9:00AM Walking Group 9:15AM Computer Class 9:30AM Bocce 10:30 AM Aerobics 1230PMWii Bowling	2 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing	3 9AM Walking Group 9:15AM Comp. Class 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day	4 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	5
6	7 CENTER CLOSED  HAPPY LABOR DAY	8 9:00AM Walking Group 9:15AM Comp. Class 9:30AM Bocce 10:30 AM Aerobics 1230PMWii Bowling 2:00PM 3B Fitness	9 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing 4:15PM Gentle Yoga	10 9AM Walking Group 9:15AM Comp. Class 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day	11 Essex Valley Trip 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	12
13	14 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting 1:00PM Quilting	15 9:00AM Walking Group 9:15AM Comp. Class 9:30AM Bocce 10:30 AM Aerobics 1230PMWii Bowling 2:00PM 3B Fitness	16 9:30 AM Podiatrist 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing 3:30PM Planning For Medicare <u>NO YOGA!</u>	17 9:00AM Walking Group 9:15AM Comp. Class 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 1:00PM Game Day 1:30PM Commissioners Meeting 2:30PM Scollay Square (Library)	18 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00PM Bingo 1:00 Cards	19
20 Buzzell School 80th Year Reunion! 1:00-6:00PM	21 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting 1:00PM Quilting	22 9AM Walking Group 9:25AM Comp. Class 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii Bowling 2:00PM 3B Fitness	23 9:45 AM SBF Exercise 11:00AM Special Exer. 1:00 PM Country Line Dancing 4:15PM Gentle Yoga	24 9AM Walking Group 9:15AM Comp. Class 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day 1:00PM "Hearing, Health, & Wellness"	25 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00PM Bingo 1:00 Cards	26
27 2015 Walk to End Alzheimer's	28 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting 1:00PM Quilting	29 9:00AM Walking Group 9:15AM Comp. Class 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii Bowling 2:00PM 3B Fitness	30 9:45 AM SBF Exercise 11:00AM Special Exer. 1:00 PM Country Line Dancing 4:15PM Gentle Yoga			
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.