



THE BUZZELL BUZZ SEPTEMBER 2016

THE DEPARTMENT OF ELDERLY SERVICES

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Terri's Notes

Welcome to National Senior Center Month. I hope that everyone enjoyed their summer, it's hard to believe that Autumn is upon us. As always, there are so many great events to look forward to so try to come and enjoy. We are excited to share that Zumba is coming back on Tuesday's, sign up is on Thursday, September 1, 2016. Also, Carol Hulburt, our ceramics teacher, is back and classes are on Thursdays at 1:00PM. This is just a peek at some of the events that are heading your way this month.

As we end our summer travels and vacations and observe National Senior Center month, let's come together to celebrate our Buzzell Senior Center with a Harvest Breakfast. Come and have a delicious breakfast while enjoying the live sounds of Joe Leary, acoustic musician. Our committee has put together a number of great gift baskets including a Wolfgang Puck Pressure Cooking Oven, Official Red Sox Item, just to name a few for our raffle. This event will be on Saturday, September 24, 2016 from 8:00AM to 11:00AM. Tickets will be \$5.00 per person, sign up at the front desk. Come have fun with your friends while supporting the many activities you enjoy at the center.

Wednesday, September 28, 2016 is Good Neighbor Day. The Wilmington Department of Elderly Services would like to acknowledge that extra special good neighbor, That person that gets your mail, takes out the trash, shovels the walkway, picks up groceries and just goes above and beyond. Please give name and address of this special neighbor to the front desk by Wednesday, September 21, 2016 and we will make sure that your good Samaritan is acknowledged with a special baked treat. There are so many special people that make up our community this is one way that we can give back to those that make Wilmington the top 10 happiest towns in Massachusetts to reside, according to Zippia and Wilmington Patch.

And for a glimpse into the future—save the date—Saturday, November 5, 2016 at 2:00PM, we will be having a live "Wilmington Has Talent Show" at the Wilmington Middle School. There will be more fun and exciting information to follow.

Lastly, we are happy to announce our new updated Elderly Services Website, which can be found at www.wilmingtonma.gov—and click on to departments, then elderly services!



September is National Senior Center Month!

Make sure you come and join in on the fun at our Senior Harvest Breakfast and special surprises throughout the month!

What better place to be than at the Buzzell Senior Center!



Exercise Programs to get Our Hearts Pumping

Walking Group

Tuesday and Thursday Mornings at 9:00AM meet in lobby

Zumba with Kelli

Starts Tuesday, September 13, 2016 at 9:00 (6 weeks program)

Sign up September 1, 2016

Exercise with Priscilla :

Monday/Wednesday—SBF Classes 9:45AM

Tuesday/Thursday—Aerobics -10:30AM

Yoga with Joan

Wednesdays' - 3:45PM



Caregivers Support Group

The role of caregiver can be a difficult one. The Department of Elderly Services is offering a Caregivers Support Group that meets on the Second Monday of every month. If you are caring for a loved one, relative, or friend, come and meet others who understand all that you are going through and who can offer support and provide helpful coping strategies.

The group meets from 10:30 a.m. to 12 noon @ the Buzzell Senior Center. For more information, please contact Laura Pickett @ (978) 657-7595 or e-mail lpickett@wilmingtonma.gov

Alcohol Ink Jewelry Part 2

Friday, September 16

at 10:30AM

Come enjoy Part 2 of Alcohol Ink with Doris and make beautiful and unique jewelry. This unique form of jewelry making will be on display in our front lobby.

Please sign up—limited space available.



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 by the end of September. *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! There will be a meeting on Thursday, September 29, 2016 at 1:00PM

Do Not Wait Until It's Too Late!

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

Tuesday, September 20, 2016 at 7:00PM @ Wilmington Memorial Library

Please join Director, Terri Marciello and Case Manager Laura Pickett of the Department of Elderly Service for a discussion on programs offered at the Buzzell Senior Center as well as the many services the department can provide for Wilmington elders and their families such as home delivered meals, transportation, S.H.I.N.E, fuel assistance, SNAP, File for Life, medical equipment borrowing program and case management services.

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
Jean Mazzocca
Angie Muccioli
Peggy Lowell

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



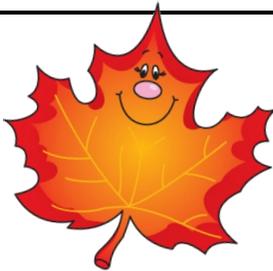
IN LOVING MEMORY

We express sympathy for the loss of our friends

Lois McGrath Albert Berian
Anna Peters Gerald White
Robert Buck

GET WELL WISHES

Eleanora Terenzi
Mary Barbas
Jeanne Giroux



***Harvest Breakfast
Celebrate Senior Center Month
Saturday, September 24, 2016
8 a.m.—10a.m***



At the Buzzell Senior Center to support the Unique Programming at Our Center!

Come join the fun.

***What a great way to start your weekend
Cost \$5.00***

Menu includes

Scrambled eggs, sausage, pancakes, and home fries, juice, coffee and tea

Live Entertainment by Joe Leary, acoustical musician

Raffles: Official Red Sox Item, Wolfgang Puck Pressure Oven

And many more

Sign up at the front desk



Prepaid Funeral Discussion

Tuesday, September 20, 2016

1:00PM

Plan your own funeral? Most of us not only avoid talking about it, we manage to avoid thinking about it. But for those who are interested to get more information for themselves and/or loved ones Margaret Cavanaugh, from a local funeral home, will discuss how to prepare yourselves in thinking to get a prepaid funeral. Some need a prepaid funeral for a "spend Down " for applying for Medicaid and others are interested in making sure they have everything they want and to relieve the stress for their families. Please join in on this discussion and become more aware of what is available and have a better understanding for the future.

Protect Yourself From Medicare Fraud

Did you know that \$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year?

Come meet Pat McMillen, a representative of the Massachusetts Senior Medicare Patrol (MA SMP) Program on **Thursday, September 22 at 1:00 p.m.** and participate in a discussion on how to prevent, detect, report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations.

This **free** information workshop will provide you with the tools to become a more informed and engaged health care consumer.



Day Trips!

Tuesday, September 27, 2016

Norman Rockwell Museum & Red Lion Inn

Please be at center 7:45AM—Bus leaves at 8:00AM

Thursday, October 13, 2016

The Old Mill & Tower Hills Garden Trip—Cost \$50.00

This trip features a wonderful day of great cuisine, an and fabulous scenery Enjoy the foliage while you travel to the Old Mill Restaurant, where you will enjoy a delicious full course luncheon . After lunch you will travel to the Tower Hill Botanical Gardens.

Sign up on Thursday, September 8, 2016 at 10:00 AM

Thursday, December 8, 2016

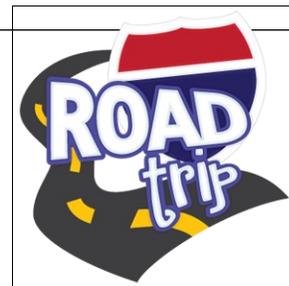
Wright's Chicken Farm & LaSalette Lights Trip—Cost \$45.00

Join your friends on a delightful holiday tour combining a full course luncheon at Wright's Chicken Farm Restaurant and a magnificent Christmas lights Display at LaSalette Shrine.

Sign up Tuesday, November 15, 2016 at 10:00AM

ALL TRIPS ARE NON-REFUNDABLE

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



Alzheimer's Awareness Month

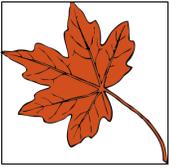


This month, you can help fight the stigma surrounding Alzheimer's disease, educate others and begin to change the way we look at Alzheimer's. Help us create a conversation across the globe. Speak up about the facts. Alzheimer's is NOT normal aging or "a little memory loss", it is a progressive and fatal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

On Sunday, September 25, 2016, the Department of Elderly Services is taking action by joining one of the many World Alzheimer's Day events—the 2016 Walk to End Alzheimer's. If you would like to help our team and donate, please contact the Buzzell Senior Center.

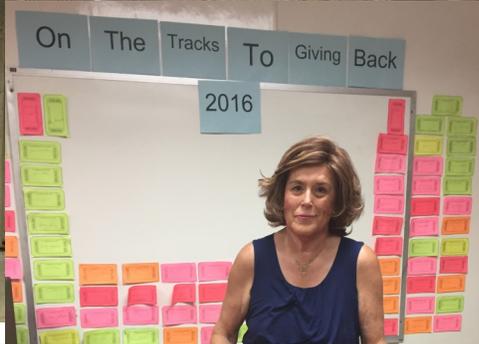
Buy a "Forget-Me-Not" at the front desk . Flowers will be sold for \$1.00 and any other donations will be accepted. The flowers can be dedicated to a loved one who has been or is effected by Alzheimer's. These flowers will be presented in the Buzzell Senior Center lobby. Let's help to continue to make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





“Autumn is a second spring when every leaf is a flower.”

— Albert Camus



September 2016



SUN	MON	TUE	WED	THU	FRI	SAT
				1 9AM Walking Group 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 11:00 Knitting Class 1:00 PM Game Day 1:00PM Ceramics Sign up ZUMBA	2 No Home Meals 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	3
4	5 CENTER CLOSED  HAPPY LABOR DAY	6 9:00AM Walking Group 9:15AM Comp. Class 9:30AM Bocce 10:30 AM Aerobics 1230PMWii Bowling	7 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing 3:45PM Gentle Yoga	8 9AM Walking Group 9:30AM Bocce 10:00 AM Art Class 10:00Sign up Old Mill 10:30 AM Aerobics 11:00 Knitting Class 1:00 PM Game Day 1:00PM Ceramics	9 Essex Valley Trip 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	10
11	12 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting	13 9:00AM Walking Group 9:00AM ZUMBA 9:15AM Comp. Class 9:30AM Bocce 10:30 AM Aerobics 1230PMWii Bowling	14 9:30 AM Podiatrist 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing 3:45 Yoga	15 9:AM Walking Group 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 11:00 Knitting Class 1:00PM Game Day 1:00PM Ceramics 1:30PM Commissioners Meeting	16 10:00 AM Video Exercise 10:30 Alcohol Ink 11:00 AM Special Exercise 1:00PM Bingo 1:00 Cards	17
18	19 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting	20 9AM Walking Group 9:00AM ZUMBA 9:25AM Comp. Class 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii 1:00 Prepaid Funeral 7:00PM Library Presentation	21 9:45 AM SBF Exercise 11:00AM Special Exer. 1:00 PM Country Line Dancing 3:45PM Gentle Yoga Sign up your Good Neighbor	22 9AM Walking Group 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 11:00 Knitting Class 1:00 PM Game Day 1:00PM Ceramics 1:00PM Medicare Fraud	23 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00PM Bingo 1:00 Cards	24 Senior Harvest Breakfast & Fund-raiser 8:00-11:00AM
25 2016 Walk to End Alzheimer's	26 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting	27 7:45AM Bus 9:00AM Walking Group 9:00AM ZUMBA 9:15AM Comp. Class 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii Bowling	28 Good Neighbor Day 9:45 AM SBF 11:00Special Exer. 1:00 PM Country Line Dancing 3:45PM Gentle Yoga	29 9AM Walking Group 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 11:00 Knitting Class 1:00 PM Game Day 1:00PM Ceramics	30 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00PM Bingo 1:00 Cards	
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

TUESDAY

WALKING GROUP 9:00
BOCCE 9:30AM
AEROBICS 10:30
Wii BOWLING 1:00 PM

WEDNESDAY

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

THURSDAY

WALKING GROUP 9:00
AEROBICS 10:30
ACRYLIC PAINTING 10:00
KNITTING 11:00PM
CERAMICS 1:00PM
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
TREADMILL
PUZZLES

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