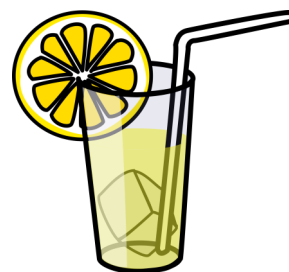




THE BUZZELL BUZZ THE DEPARTMENT OF ELDERLY SERVICES AUGUST 2022



BUZZELL SENIOR CENTER

15 SCHOOL STREET
WILMINGTON, MA
01887

TELEPHONE:

978-657-7595 OR
978-658-2258

MONDAY – FRIDAY
9:00AM – 4:30PM



Department of Elderly Services

Staff Contact Information

Director:

Terri Marciello

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NEWS & UPDATES

Summer is here and so is the heat! With the extreme heat we have been experiencing, please make sure to stay hydrated, check on your neighbors, and stop by the Buzzell Senior Center if you need to cool off. Also, do not hesitate to call us if you need a fan or need any assistance. The center has fans available for those in need.

July was a packed month of fun events! Bingo started back up and it was great to see everyone again. See page two for information regarding our August bingo event. We also had our annual cookout. Big thank you to Mastorilli's for catering the event. It was a day of great food and good laughs. Howie Newman came for a concert performance and our first day trip of the year got rave reviews!

The trip to Crane Estate will be at the end of August, if you missed the sign up date and are interested in attending, please call the center to see if any spaces are available. There will be a sign up for the Charles River Cruise trip this month, please see page 5 for more information about the trip and how to sign up.

Functionally Fit with Paula started in July and meets twice a week on Tuesdays and Thursdays. The class is very popular and filled up quickly. Paula has such high energy and a fun teaching style. Speaking of high energy classes, please note that there will be no Dance & Tone Class for Tuesday, August 2, 2022.

Take a peek at page 4 to see who won the candy raffle and our zoom trivia. There will be another candy raffle for the month of August. Stop by the front desk and submit your best guess! Whoever guesses closest without going over will win the candy. We will also be raffling off a beautiful handmade quilt that was donated to the center. One lucky winner will be chosen on Friday, August 19, 2022.

There are a lot of fun events coming up in August including a special bocce tournament, a build your own ice cream sundae event, and Maureen's crafty creations corner.

Stay up to date on all the new Senior Center building happenings! See page 6 for an update on what has been going on since July.

Stay cool!

SHINGLES VACCINE CLINIC

The Board of Health is offering the Shingles vaccine for any Wilmington senior that is interested. This is a two part vaccine; both doses will be given at the Senior Center. This vaccine is **free** of charge. Please call the Senior Center if you are interested in signing up. The Shingles vaccine clinic will be held on **Monday, August 15, 2022**. Limited space is available. Sign up is required.

BUILD YOUR OWN SUNDAE!



Join us on **Wednesday, August 17 at 1:00PM** to build your own ice cream sundae! We will have delicious ice cream from Richardson's and all kinds of toppings. There will be both indoor and outdoor seating.

Cost: \$3.00

Sign Up: Sign up for this event must be done in person on Wednesday, August 10, 2022 at 10:00AM with \$3.00 due at sign up. Since this is an in person sign up, those signing up must be present during the sign up event *you may only sign someone else up without them present if they live in your household.*

Limited space is available.

MAUREEN'S CRAFTY CREATIONS CORNER

Join Maureen on **Monday, August 15, 2022 at 1:00PM** to make this canvas or photo frame art-work. This class is free to join and all the materials will be supplied.

Sign up will begin on **Monday, August 8, 2022 at 10:00AM**



BOCCE EVENT

When: Tuesday, August 16, 2022 at 11:00AM

Where: This event will be held at Jack Cushing's home. Address will be given when you sign up.
Limited space is available.



Sign up for this event will begin on **Thursday, August 11, 2022 at 10:00AM.**

Speaking of bocce, stop by the center any time you'd like to use our bocce court, no need to call ahead. When the center is open, bocce balls, scoreboard, and rake are located inside the center in the hallway. You may use the bocce court when the center is closed but you will need to bring your own equipment.

GAME NIGHT

Join us for Game Night on **Thursday, August 18, 2022 from 4:30PM-7:00PM**, indoors or outside under the tent. A light dinner, dessert will be served. Don't miss out on the fun!

Cost: \$5.00 per person

Sign up for this event will be in person on **Friday, August 12, 2022 at 10:00AM** with \$5.00 due at sign up. Those signing up must be present during the sign up event *you may only sign someone else up without them present if they live in your household.*

Limited space is available.

BINGO

BINGO is back! Join us once a month for Bingo. No sign up needed, just come on by!

This month, Bingo will be on **Wednesday, August 3, 2022 from 1:00PM-3:00PM.**



Please be sure to bring small bills, preferably 1's or 5's to play!

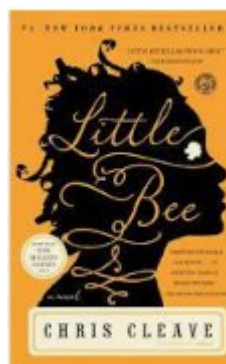
BOOK CLUB

The Book Club meets on the 4th Monday of the month at 1:30PM.

The next meeting is Monday, August 22, 2022 at 1:30PM

If you are interested in joining, please call the center.

This month's book is Little Bee
By: Chris Cleave (2009)



AUGUST BIRTHDAYS

George Allan	Lois MacKenzie	Joann Haskell	Paula Splaine
Roberta Battite	Buddy Molyneaux	Howard Murray	Pat Spurr
Linda Walsh	George Ebert	Rosemary Murray	Paula Samatis
Sharon Gray	Irma Moreau	Adele Passmore	Marilyn West
Cathie Hayes	Jane Palmer	Ed Smith	
Robin Theodos	Frank Carta	Ann Moran	

We can't help you blow out the candles on your cake unless you tell us your special day! Call the senior center to confirm your birthday month so that we can mention you in future newsletters!

CAREGIVERS SUPPORT GROUP

The role of a caregiver can be a very difficult one, especially during these last 2 years. The Department of Elderly Services is offering a Caregivers Support Group that meets on the third Monday of each month.

This months meeting will be on Monday, August 15, 2022 from 10:30AM-12:30PM.

3 PART ALZHEIMER'S SERIES

Do you have some concerns about yourself or a loved one regarding memory issues? The Department of Elderly Services together with the Alzheimer's Association of NH/MA will be presenting a 3-part series to answer some of these questions.

On **Wednesday, August 31, 2022**, the Alzheimer's Association will present the **"10 Warning Signs"**. This 60-minute program will help you recognize common signs of the disease in yourself and others and will include steps to take and how to talk with your doctor. This program will be held at 6:30pm at the Wilmington Methodist Church, 87 Church Street, Wilmington, MA

On **Wednesday, September 28, 2022**, the Alzheimer's Association will present **"Dementia Conversations"**. This 45-minute program will focus on how to approach someone who is experiencing changes in memory, thinking and behavior and will provide tips and strategies for difficult (but important) conversations about changes that may be related to dementia. This program will be held at 6:30pm at the Wilmington Memorial Library, 175 Middlesex Ave, Wilmington, MA.

On **Wednesday, October 26, 2022**, the last of the series will be **"Understanding and Responding to Dementia Related Behaviors"**. This program by the Alzheimer's Association will review caregiver tips and strategies to respond to some common behaviors exhibited by individuals living with Alzheimer's and dementia such as agitations, confusion and more. This program will be held at 6:30pm at the Buzzell Senior Center, 15 School Street, Wilmington, MA.

Registration is required. Please call the Buzzell Senior Center at 978-657-7595 to sign up for these programs. Light refreshments will be served.

ALZHEIMER'S ASSOCIATION®

ZOOM TRIVIA

CONGRATULATIONS TO EDUARDA SPERA!



Eduarda won
General
Knowledge II
Trivia in July

CANDY RAFFLE

CONGRATULATIONS TO CAROL HULBURT

Carol won the July candy raffle. There were 264 Tootsie Rolls in the jar and she guessed closest with 243!

Make sure to stop by the front desk and enter the candy raffle for this month.



One lucky winner will be chosen on
Monday, August 22, 2022.

DEFEND AGAINST SCAMMERS WHO TARGET YOUR SOCIAL SECURITY BENEFITS

Article by Marilenin Vasquez : Social Security Public Affairs Specialist in Lawrence, Mass



Scammers are always finding new ways to steal your money and personal information by exploiting your fears. The most effective way to defeat scammers is to know how to identify scams and to ignore suspicious calls and emails.

One common tactic scammers use is posing as federal agents or other law enforcement. They may claim your Social Security number is linked to a crime. They may even threaten to arrest you if you do not comply with their instructions. Here are three things you should do:

- Hang up right away or do not reply to the email.
- Never give personal information or payment of any kind.
- Report the scam at oig.ssa.gov to immediately notify the law enforcement team in our Office of the Inspector General.

You should continue to remain vigilant of phone calls when someone says there's a problem with your Social Security number or your benefits. If you owe money to us, we will mail you a letter explaining your rights, payment options, and information about appealing.

There are a few ways you can identify a scam call or email. Remember that we will never:

- Threaten you with benefit suspension, arrest, or other legal action unless you pay a fine or fee.
- Promise a benefit increase or other assistance in exchange for payment.
- Require payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card.
- Demand secrecy from you in handling a Social Security-related problem.
- Send official letters or reports containing personally identifiable information via email.

If you do not have ongoing business with our agency, it is unlikely we will contact you. Again, if you get a suspicious call claiming to be from us or law enforcement about Social Security, you should hang up and report it right away to our Office of the Inspector General at oig.ssa.gov.

IMPORTANT REMINDER THIS SUMMER



- Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day. Open your windows at night.
- If you are in need of a fan, please contact the Senior Center.

CRANE ESTATES TOUR



When: Wednesday, August 24, 2022

Tour details: Bus pick up at the Senior Center at 8:00AM. Drive to Crane's Estate in Ipswich, MA for 9:30AM tour.

After the tour, lunch will be at the Village Restaurant in Essex, MA.

Estimated arrival back to the Senior Center is 3:00PM.

Cost: \$40.00

Sign up for this event was on Monday, July 25, 2022 at 10:00AM. If you missed the sign up and are interested in attending, please call the center to see if there is still room available.

CHARLES RIVER CRUISE



When: Thursday, September 8, 2022

Tour details: Estimated departure and arrival back to the Senior Center will be determined closer to the day of sign up.

Enjoy a 70-minute, fully-narrated sightseeing cruise along the Charles River. Your captain and crew will both entertain and educate while pointing out the historic and cultural sights of Boston and Cambridge. Sights include Beacon Hill, Esplanade Park, the Back Bay, Boston University, M.I.T., Harvard and countless sailboats and rowers!

After the tour, lunch will be at the Cheesecake Factory. Menu options will be given at time of sign up.

Cost: \$50.00

Sign up date for this event will be in person on Tuesday, August 23, 2022 at 1:00PM with \$50.00 due at sign up. Since this is an in person sign up, those signing up must be present during the sign up event ***you may only sign someone else up without them present if they live in your household.*** Limited space is available.

ZOOM TRIVIA

Join Kelly for zoom trivia! This months trivia topic is Nature and Wildlife. Test your knowledge, see some friendly faces, and most of all... have fun! We are always interested in hearing your suggestions for zoom trivia topics. If you have an idea, call the center and ask to speak with Kelly. **If you are hesitant to sign up because you have never used zoom, call the center and speak with Kelly.** Zoom may seem intimidating but it is actually very easy and fun to use. Kelly can set up a one on one zoom meeting with you and walk you through all the steps over the phone or just answer any questions you may have.

HOW TO SIGN UP & PLAY: Call the center and give us your email address. We will email you the link to the zoom event. All you need is a pen and paper! I will ask a question and players will write down their answer. Once all players have their answer written down, everyone will hold up the piece of paper with their answer on it. I will be keeping score and whoever has the most correct answers at the end wins!

NATURE & WILDLIFE

WHEN: Tuesday, August 23, 2022
from 11:00AM-12:00PM

Winner will be announced in the September newsletter



PRESCRIPTION ADVANTAGE



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

If you reach that gap, you will see your prescription drug costs increase 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 the gap.

For more information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00 AM to 5:00 PM, or visit prescriptionadvantagemma.org.

UPDATE ON NEW SENIOR CENTER PROJECT

Here's what has been happening since our last Update in the July Newsletter.

- The Senior Center Building Committee met on July 6 with the project architect, Dietz & Co., along with our Owner's Project Manager (OPM). The Committee reviewed the project schematic design narrative (14 pages) and schematic design plans (7 sheets) prepared by the architect. The narrative includes programming and layout overview; interior finishes; exterior details; building envelope; structural systems; heating, ventilating and air condition systems; electrical; and site work. These documents will be given to the independent project cost estimator to assist in preparing the cost estimate.
- Test borings have been done on the site. They will be used to assist the structural engineer in designing the building foundation.
- The OPM expects the preliminary cost estimate to be ready for review at the Committee meeting on August 17. The final cost estimate is expected to be completed by mid-September.
- The next Committee Meeting is Wednesday August 3 at 6 PM in the Town Hall.
- The Committee along with the Town Hall/School Administration Building Committee will be attending the Board of Selectmen Meeting on Monday August 8 to review the status of each project and to discuss the Special Town Meeting, which has been tentatively scheduled for Saturday November 19, 2022.
- The feasibility study and schematic design phase are nearing completion. Stay involved. Attend the Committee meeting on August 3 and the important Board of Selectmen Meeting on August 8. This is your opportunity to show your support for the project. This is your Senior Center. Let's make it what you want.



AUGUST EVENTS

O T X E C Y S Y U R A S P E V F S G A O I A V S
 F K M I R Z R Y I E K B I X P I E U Q Y T I Y N
 C H A R L E S R I V E R C R U I S E T T R Y E Z
 Z U M B A K O G N I C N A D E N I L I U A W F O
 U Y U Z U N U Q B L O O D P R E S S U R E U U O
 L E S D N I A G O Y R I A H C W M O E P U O N M
 A A M T U T C D N E N T T O X O T O S H Y M C T
 R U O T E T A T S E E N A R C S U I I I A D T R
 G R M O K I W Q D J A B W G S I A I C K G A I I
 P E T I E N A T Q N O U E O I M O D R I O N O V
 I K B L S G R A X O I K Q P A O P F E N Y C N I
 A O Z O S I H U K C E R A M I C S O X G E E A A
 O P O N C H H C X A R T S E W I N G E G L A L K
 Q W L N O C L C A N D Y R A F F L E L R T N L C
 A A N Y M U E R I I A U A P Y N L C A O N D Y Z
 O E Y K B C O F S A U A M A M H I A I U E T F M
 G T G A M E N I G H T F E E R M C H C P G O I J
 N Y E P R Q F I D D C J M T Z I U N E A U N T O
 I C A R E G I V E R S S U P P O R T P L F E T F
 B I E A L C L S E G I R U T S Q T I S S D R A C

ZUMBA	BLOOD PRESSURE
SEWING	ZOOM TRIVIA
CHAIR YOGA	CAREGIVERS SUPPORT
GENTLE YOGA	GAME NIGHT
POKER	DANCE AND TONE
HIKING GROUP	CARDS
FUNCTIONALLY FIT	BOOK CLUB
SPECIAL EXERCISE	CHARLES RIVER CRUISE
BINGO	CRANE ESTATE TOUR
ART	BOCCE
KNITTING	CANDY RAFFLE
LINE DANCING	
CERAMICS	
TAI CHI	

9		6			7	5		
	7			9			3	
4	8			2			7	1
2		7			3			
	4			7		1		2
	9	1	4	8	2		5	
7		5		6	4	8		9
	6	9	7					5
	2	4	8		9		6	7

SUDOKU: Use deductive logic to complete the grid so that each row, each column, and each 3 by 3 box contains the numbers 1 through 9 in some order.

The solution is unique



TOWN OF WILMINGTON

CURRENT RESIDENT OR

PRESORTED
STANDARD
US POSTAGE PAID
WILMINGTON, MA
PERMIT NO 10



Please call the center if you are in need of any of the following items...
Male/Female incontinence products, hearing aid batteries size 312, nutritional drinks (ensure, boost),
puzzles, books, DVDs, and puzzle books.

BUZZELL PROGRAMMING

Monday

Tai Chi: 9:00AM

Blood Pressure Clinic: 9:30AM

Special Exercise: 10:30AM

Book Club: 4th Monday of the month at 1:30PM

Caregivers Support Group: 3rd Monday of the month at 10:30AM

Tuesday

Hiking Group: 9:00AM

Dance & Tone: 9:30AM

FUNctionally Fit: 2:00PM

Wednesday

Special Exercise: 9:30AM

Cards & Games: 1:00PM

Poker: 1:00PM

Thursday

Yoga: 9:00AM

Art: 9:45AM

Country Line Dancing: 10:30AM

Knitting & Crocheting: 10:30AM

Ceramics: 1:30PM

FUNctionally Fit: 2:00PM

no class 3rd Thursday of the month

Friday

Zumba: 9:00AM

Sewing: 9:30AM

Chair Yoga: 12:30PM

Poker: 1:00PM