

THE BUZZELL BUZZ

THE DEPARTMENT OF ELDERLY SERVICES

AUGUST 2023

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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Assistant:

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Assistant Case

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Sonja Halliday

NEWS & UPDATES

We hope everyone is enjoying their summer and staying cool! With the extreme heat we have been experiencing, please make sure to stay hydrated, check on your neighbors, and stop by the senior center if you need to cool off. Tips on staying hydrated can be found on the back of this newsletter. Do not hesitate to call us if you need a fan or need any assistance. The center has fans available for those in need.

We would like to take this opportunity to welcome our new Coordinator Assistant, Debra Hurley, who will be starting on Tuesday, August 1, 2023. We will be having a morning coffee hour on Monday August 7, 2023 from 9:30AM to 10:30AM. Come join us in welcoming Debra to the senior center.

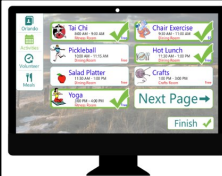
Please note that there will be no Chair Yoga class on Friday, August 11, 2023. There will also be no line dancing instructor for this month. Sam will return after Labor Day. However, the class has decided to continue to meet to dance at the same scheduled time at the center on Thursdays.

Exciting things are happening in Esther's garden! Make sure to take a peek next time you're at the center! Game Night this month is going to be a little different! See more details about this on page 2. Also, we are looking for movie suggestions for our movie day. If there is a movie you would like to see, please let a staff member know.

Stay up to date on all the happenings of the new senior center! Check out page 6 to see the layout of the new building. Also on page 6, find out all the details on our Essex River cruise trip!

Home delivered meals recipients, there will be Minuteman meals for most of the month of August, beginning Monday, August 7, 2023 and ending on Tuesday, August 29, 2023.

REMINDER!



Just a friendly reminder that it is very important to sign in to all events, activities, and classes every time you come to the center. If you do not have a card to scan, please ask for a new one at the front desk.

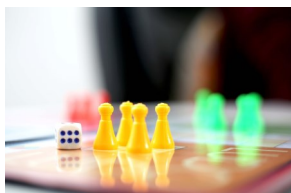
FUN DAY

Fun Day has been rescheduled for Wednesday, October 4, 2023 from 10:00AM-3:00PM

Games will begin at 10:00AM. Come try your luck at horse racing, blackjack, and L-R-C (Left Right Center). A bagged lunch from AJ's Kitchen will be served.

This event costs \$5.00

The sign up for this event was in May, so if you signed up and paid then you are all set. If you have not signed up yet and are interested, space is still available, please call the center.



MAKE YOUR OWN SUNDAE DAY

When: Wednesday, August 9, 2023 at 1:00PM

What is better than an ice cream sundae in the summer! DJ Dan will be here to entertain us too! It's going to be a fun day to cool down and enjoy some good music.



Sign up for this event was in July. If you are interested in attending and have not signed up, please call the center as space is still available.
This event costs \$2.00

ROOT BEER FLOAT DAY

When: Wednesday, August 23, 2023 at 1:00PM

Come join us for root beer floats!

Sign up for this event was in July. If you are interested in attending and have not signed up, please call the center as space is still available.



There is no cost to attend this event.

GAME NIGHT

When: Thursday, August 17, 2023
from 4:30PM-7:00PM

*Sign up for this event will be in person beginning
Tuesday, August 8, 2023*



This month game night is a little different! We will be having G's Eats on the Streets LLC food truck in the parking lot at the center. They have a variety of food choices to order. Menu

and prices will be available to view at the center before the event. Because you will be ordering and purchasing your own meal, there is no cost to attend game night.

SECTION 3A LAW INFORMATIONAL SEMINAR

When: Thursday, August 3, 2023 at 1:00PM

Please join Valerie Gingrich, Director of Planning & Conservation, and Jayne Wierzbicki, Planner/Economic Development Coordinator for an information session on the new Section 3A law that requires MBTA communities to have as-of-right multi-family housing zoning in Wilmington. Valerie and Jayne will provide an overview of the Section 3A requirements and what it means for future development of housing in town. They will also be

MBTA
Communities



interested in hearing your thoughts about where future multi-family housing development may be most appropriate. ***No need to sign up, just stop by!***

POWERFUL TOOLS FOR THE CAREGIVER

The Department of Elder Services is sponsoring "Powerful Tools for the Caregiver" presented by Minuteman Senior Services. By taking care of your own health and well-being you become a better caregiver. This six-week course is designed to build the skills caregivers need to take better care of themselves while caring for a loved one. Powerful Tools for the Caregiver will help you-reduce stress-improve self-confidence-balance your life-effectively communicate in challenging situations-increase ability to make tough decisions and locate helpful resources.

This program will be held on Tuesday, October 3, 10, 17, 24 and November, 7 & 14 from 1:00PM-2:30PM. Please note there is no class on October 31, 2023) *Space is limited.*
Please call the center to sign up.



CAREGIVERS SUPPORT GROUP

This month our Caregivers Support group will be on

**Monday, August 21, 2023 at
10:30AM**

The role of the caregiver can be a difficult one. If you are caring for a loved one, please feel free to join us.



AUGUST BIRTHDAYS

Lodia Botelho	George Allan	Roberta Battite	Pat Cagnina
Frank Carta	Joe Costabile	George Ebert	Diane Freedman
Sharon Gray	Joann Haskell	Cathie Hayes	Bob Knight
Ann Moran	Lois MacKenzie	Buddy Molyneaux	Irma Moreau
Rosemary Murray	Howard Murray	Donald Ouellette	Camille Ozelis
Jane Palmer	Susan Pelletier	Mary Osgood	Paula Samatis
Nancy Sandreuter	Ed Smith	Paula Splaine	Pat Spurr
Robin Theodos	Henry Theriault	Sharon Tompkins	Linda Walsh
Marilyn West			

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!

SAVE THESE DATES!

"Coffee and Conversation: Right Size Your Life by Downsizing Your Stuff"

When: Wednesday, September 13, 2023, at 1:00PM

September is National Senior Center month, and the Department of Elder Services will be holding several programs during the month. On Wednesday, September 13, 2023, at 1:00PM Dovetail Companies will be presenting "Coffee and Conversation: Right size Your Life by Downsizing Your Stuff." Dovetail Companies is located right here in Wilmington and was founded to help manage the complex steps needed to ensure a smooth transition to a new living situation. During this presentation, several strategies will be discussed to help with downsizing our "stuff". Light refreshments will be served. Please call the center to sign up.

Panel Discussion about Services in the Community:

When: Tuesday, September 19, 2023 at 6:00PM

As we get older, some may experience some health issues that affect our ability to safely maintain our homes. Where do you turn to look for assistance. The Department of Elder Services will be sponsoring a panel discussion on Tuesday, September 19, 2023, at 6pm to help answer some of these concerns. Kelly Magee-Wright, from Minuteman Senior Services, Maryann Barry from Visiting Nurse and Community Care and Sylvia Clark from Benchmark Assisted Living will discuss ways their prospective agencies may be of help. Light refreshments will be served. Please call the center to sign up.

Five Wishes

When: Wednesday, September 27, 2023 at 1:30PM

One of the most difficult conversations to have is about end of life decisions. 5 Wishes is a document combining a Living Will, Health Care Proxy, and Power of Attorney in addition to addressing matters of comfort and spirituality. On Wednesday, September 27, 2023, at 1:30PM at the center, Dr. Susan Carrachino, a Wilmington resident for over 30 years and a registered nurse for the past 28 years, as well a current full time Associate Professor for Mass College of Pharmacy Health Science. Dr Carrachino has led numerous discussions on the benefits of 5 Wishes and brings her experience and insight to explain the importance of this document. Light refreshments will be served. Please call the center to sign up.

CANDY RAFFLE

CONGRATULATIONS TO GRACE MULLENS

There were 86 gummies in the jar. Grace guessed closest with 85!

Make sure to stop by the front desk to enter our August candy raffle.

One lucky winner will be chosen on
Monday, August 21, 2023

MONTHLY BIRTHDAY CELEBRATION

When: Tuesday, August 22, 2023 at 11:30AM

The monthly birthday celebration will be the 4th Tuesday of every month. Come join the party. There will be cake and lots of laughs. Anyone is welcome to



come, whether its your birthday month or you would just like to help others celebrate theirs! ***Call the center to sign up.***

MOVIE DAY



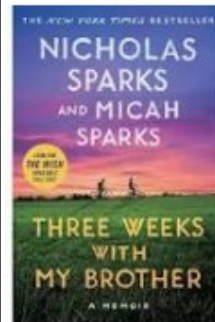
When: Tuesday, August 29, 2023 at 1:00PM

Fried Green Tomatoes (Comedy, Drama, 1991) A housewife who is unhappy with her life befriends an old lady at a nursing home and is enthralled by the tales she tells of people she used to know.

Call the center to sign up

BOOK CLUB

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



The next meeting is
Monday, August 28, 2023

This months book is
Three weeks with my brother
(2004)

By Nicholas Sparks & Micah Sparks

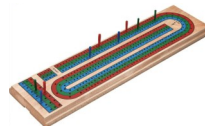
REGULARLY SCHEDULED CLASSES

WII BOWLING



Mondays at 11:30AM
Wii Bowling is led by Gene Leary

CRIBBAGE



Mondays at 1:00PM
This group is led by Jack Cushing.
Feel free to bring your own board.

BEADING GROUP



Tuesdays at 10:30AM
The beading group is lead by Robin Theodos.

BLOOD PRESSURE CLINIC



Wednesdays at 9:00AM
with our Town Nurse
Jennifer Pereira.

INDOOR SENIOR CORNHOLE

When: Friday, August 25, 2023 at 2:00PM
(4th Friday of the month)

Indoor cornhole is led by Audrey Reed





BINGO

Join us for Bingo! Bingo is on the first and third Wednesday of the month. No need to sign up, just stop by!

Wednesday, August 2, 2023 at 1:00PM

Wednesday, August 16 2023 at 1:00PM

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



WOOD CARVING

The New England Woodcarvers (NEWC) are happy to offer a woodcarving class at the center. Class is every other Friday between 10:00AM and noon and is limited to 8 people. The class is free with the exception of the wood. The wood may cost anywhere between \$1 to \$5 dollars depending on the project. Anyone signing up for the class is encouraged to bring their own carving knife.

The instructor is Darren Boehm who is a resident of Wilmington and a member of the New England Woodcarvers. Darren dabbles in various types of woodcarving from chip carving, spoon carving, caricature carvings and even chainsaw carvings. He is assisted by Mike Quigley who is a certified mountain man and an expert bush crafter. He enjoys carving knife handles, gun stocks, & green wood.

This month, we will be carving "The man on the moon."

Classes will be held on Friday, August 4, 2023 & Friday, August 18, 2023 at 10:00AM.

Please call the center to sign up.

HIKING GROUP

Our Thursday walking group had its first walk. The day was sunny, hot, humid, and slightly buggy. The hills and terrain were moderate to difficult. All the walkers were wearing good hiking boots. This walk lasted about an hour considering weather conditions.

We did have a surprise when we approached the first major trail intersection. We discovered a large branch from a white oak tree had fallen perfectly to block this turnoff from the main trail. If the weather had been less hot and humid we might have investigated this unusual situation.



I'm going to suggest a reference for those wanting to learn the basics of hiking in the forests. The Appalachian club has excellent material on the outdoors. Check out their website or you might find some reference books in the library or a used bookstore. I think my first membership with the AMC was in the 70's. If there are any seniors who were former trail leaders for the AMC I would like to hear from you. I have hiked with trained AMC hike leaders. For more info about our walking group please contact Arnie at alp4982@gmail.com

Getting together for hikes allows us spend time with others and be social. Arriving early provides time to chat and get to know your walking companions. All hikers are asked for their phone numbers so that we are able to notify those who registered in case of a last minute cancellation.



ESSEX RIVER CRUISES & CHARTERS

ESSEX RIVER CRUISE

When: Wednesday, August 30, 2023

Cost: \$35.00

Share the opportunity to escape to the unspoiled natural beauty of the Essex River onboard the Essex River Queen I. You'll cruise through spectacular views of scenic salt marshes with rich unique wildlife. Our vessels allow you to fully enjoy the unspoiled charm of the area rain or shine, all season long.

Cruise with us to learn about the history and lore of the area. The marsh itself is part of the Essex River estuary, an intriguing natural work in progress. Formed 15,000 years ago by melting glaciers of the last Ice Age, the marsh serves as the feeding ground for many species of beautiful birds and abundant wildlife. For generations, it has sustained boat builders, fishermen, clammers, entrepreneurs, and characters of all sorts from the Agawam natives to the present residents. We'll tell some of their stories during your cruise.

More details: Please arrive at the senior center no later than 8:45AM. The bus departs from the senior center at 9:00AM. From there you will arrive at the Essex Marina. The cruise will depart at 11:00AM. Lunch will be served during the cruise. The cruise will last an hour and a half. On the way back to the center you will be able to stop for some ice cream.



Sign up for this event will be in person on
Tuesday, August 15, 2023 at 10:00AM. Payment of
\$35.00 is due at sign up. *Please note that you may only
sign up yourself and those living in your household.*

Limited space is available.



FUTURE VIEW OF NEW SENIOR CENTER



AUGUST 2023

SUN	MON	TUES	WEDS	THUR	FRI	SAT
		1 • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • BEADING 10:30AM • FUNCTIONALLY FIT 2:00PM	2 • BLOOD PRESSURE 9:00AM • SPECIAL EXERCISE 9:30AM • CARDS & GAMES 1:00PM • POKER 1:00PM • BINGO 1:00PM	3 • GENTLE YOGA 9:00AM • ART 9:45AM • KNITTING & CROCHETING 10:30AM • COUNTRY LINE DANCING 10:30AM • SECTION 3A SEMINAR 1:00PM • CERAMICS 1:30PM • FUNCTIONALLY FIT 2:00PM	4 • ZUMBA 9:00AM • SEWING 9:30AM • WOOD CARVING 10:00AM • CHAIR YOGA 12:30PM • POKER 1:00PM	5
6	7 MINUTEMAN MEALS • TAI CHI: 9:00AM • COFFEE HOUR 9:30AM • SPECIAL EXERCISE 10:30AM • WII BOWLING 11:30AM • CRIBBAGE 1:00PM	8 MINUTEMAN MEALS • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • SIGN UP GAME NIGHT 10:00AM • BEADING 10:30AM • FUNCTIONALLY FIT 2:00PM	9 MINUTEMAN MEALS • BLOOD PRESSURE 9:00AM • SPECIAL EXERCISE 9:30AM • CARDS & GAMES 1:00PM • MAKE YOUR OWN SUNDAY 1:00PM • POKER 1:00PM	10 MINUTEMAN MEALS • GENTLE YOGA 9:00AM • ART 9:45AM • KNITTING & CROCHETING 10:30AM • COUNTRY LINE DANCING 10:30AM • CERAMICS 1:30PM • FUNCTIONALLY FIT 2:00PM	11 MINUTEMAN MEALS • ZUMBA 9:00AM • SEWING 9:30AM • POKER 1:00PM	12
13	14 MINUTEMAN MEALS • TAI CHI: 9:00AM • SPECIAL EXERCISE 10:30AM • WII BOWLING 11:30AM • CRIBBAGE 1:00PM	15 MINUTEMAN MEALS • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • SIGN UP ESSEX RIVER CRUISE 10:00AM • BEADING 10:30AM • FUNCTIONALLY FIT 2:00PM	16 MINUTEMAN MEALS • BLOOD PRESSURE 9:00AM • SPECIAL EXERCISE 9:30AM • CARDS & GAMES 1:00PM • POKER 1:00PM • BINGO 1:00PM	17 MINUTEMAN MEALS • GENTLE YOGA 9:00AM • ART 9:45AM • KNITTING & CROCHETING 10:30AM • COUNTRY LINE DANCING 10:30AM • CERAMICS 1:30PM • COMMISSIONERS MEETING 1:30PM • GAME NIGHT 4:30PM	18 MINUTEMAN MEALS • ZUMBA 9:00AM • SEWING 9:30AM • WOOD CARVING 10:00AM • CHAIR YOGA 12:30PM • POKER 1:00PM	19
20	21 MINUTEMAN MEALS • TAI CHI: 9:00AM • SPECIAL EXERCISE 10:30AM • CAREGIVERS SUPPORT 10:30AM • WII BOWLING 11:30AM • CRIBBAGE 1:00PM • CANDY RAFFLE	22 MINUTEMAN MEALS • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • BEADING 10:30AM • BIRTHDAY CELEBRATION 11:30AM • FUNCTIONALLY FIT 2:00PM	23 MINUTEMAN MEALS • BLOOD PRESSURE 9:00AM • SPECIAL EXERCISE 9:30AM • CARDS & GAMES 1:00PM • POKER 1:00PM • ROOT BEER FLOAT DAY 1:00PM	24 MINUTEMAN MEALS • GENTLE YOGA 9:00AM • ART 9:45AM • KNITTING & CROCHETING 10:30AM • COUNTRY LINE DANCING 10:30AM • CERAMICS 1:30PM • FUNCTIONALLY FIT 2:00PM	25 MINUTEMAN MEALS • ZUMBA 9:00AM • SEWING 9:30AM • CHAIR YOGA 12:30PM • POKER 1:00PM • CORNHOLE 2:00PM	26
27	28 MINUTEMAN MEALS • TAI CHI: 9:00AM • SPECIAL EXERCISE 10:30AM • WII BOWLING 11:30AM • CRIBBAGE 1:00PM • BOOK CLUB 1:30PM	29 MINUTEMAN MEALS • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • BEADING 10:30AM • MOVIE DAY 1:00PM • FUNCTIONALLY FIT 2:00PM	30 • BLOOD PRESSURE 9:00AM • ESSEX RIVER CRUISE • SPECIAL EXERCISE 9:30AM • CARDS & GAMES 1:00PM • POKER 1:00PM	31 • GENTLE YOGA 9:00AM • ART 9:45AM • KNITTING & CROCHETING 10:30AM • COUNTRY LINE DANCING 10:30AM • CERAMICS 1:30PM • FUNCTIONALLY FIT 2:00PM		



TOWN OF WILMINGTON

**PRESORTED
STANDARD
US POSTAGE PAID
WILMINGTON, MA
PERMIT NO 10**

CURRENT RESIDENT OR



REMEMBER TO STAY HYDRATED!

- 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 call the center.

CALL THE CENTER IF YOU ARE IN NEED OF...

- Male or female incontinence products
 - Flushable wipes
 - Hearing aid batteries
- Medical equipment such as walkers, wheelchairs, commodes, showers chairs, etc.
- Nutritional Drinks (Ensure/Boost)
 - Puzzles
 - Books and Puzzle Books
 - DVD's

TEMPORARY DRIVER NEEDED

Temporary Van Driver needed for the Department of Elderly Services Van – (CDL not required) to transport older adult residents to medical appointments, shopping, Buzzell Senior Center and/or other types of destinations.

Experience preferred – hours 9:00AM- 1:00PM
Monday through Friday

Please contact Terri Marciello, Director, if you are interested – at 978-657-7595