



THE BUZZELL BUZZ

THE DEPARTMENT OF ELDERLY SERVICES

DECEMBER 2021



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:

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Case Manager:

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NEWS & UPDATES

Happy Holidays! Can you believe the holiday season is among us already! We hope that everyone had a safe and happy Thanksgiving. The first day of winter is Tuesday, December 21, 2021. With the winter weather approaching, please see page 4 for information about our inclement weather policy and an update on our automated calling system.

We have received a lot of positive feedback about Chair Dancing with Jan and Zumba with Patty. Chair Dancing will continue on Tuesdays at 1:00PM for another 6 weeks. Zumba with Patty will continue through Friday, December 17, 2021, will then break for two weeks as the center is closed on the last two Fridays of the month and will resume again on Friday, January 7, 2021. Please call the center if you are interesting in joining any of our programs or classes. Also, please note that there is **no Book Club for the month of December**.

SHINE counselors are still available if you need assistance enrolling in Medicare or updating your coverage. Open enrollment ends on December 7, 2021. Please contact the center if you need assistance and we can have a SHINE counselor reach out.

We had a lot of raffles and contests for the month of November. Take a look at page 5 to see our winners. December will be a busy raffle month too. Come to the front desk to see if you can guess how many candies are in the jar. Who ever guesses the closest without going over wins a special prize, and of course... the candy! The winner will be chosen on Tuesday, December 21, 2021. There are also three basket raffles (more information on page 4), and our very popular movie raffle. Because this will be a busy month, there is only one Zoom Trivia event. All of this information and more can be found on page 5.

We would like to thank everyone who has donated to our "Color Me Purple" tree for the W.O.W Festival. At the end of November, the Senior Center staff set up and decorated the tree. We are so pleased with the outcome! Make sure you check our Facebook and Twitter page to see what it looks like. We will also put a photo in the January newsletter.

The deadline for the Annual Giving Tree is Friday, December 17, 2021. We are so thankful for all the donations we have received for both the Giving Tree and the WOW "Color Me Purple Tree." We can't thank you all enough!



From all of us at the Buzzell Senior Center, We wish you a very happy holiday season!

Please note that the center will be closed on Friday, December 24, 2021 in observation of Christmas and also on Friday, December 31, 2021 in observation of New Years.

Home Delivered Meals recipients: Please note that there will be no home delivered meals on these dates as well. Also, from December 27, 2021—December 30, 2021 there will be Minuteman meals.

AM I ELIGIBLE FOR A COVID-19 BOOSTER SHOT?



You received Pfizer or Moderna and are:

- 65 years and older
- Age 18+ who live in long-term care settings
- Age 18+ who have underlying medical conditions
- Age 18+ who work or live in high-risk settings

WHO?

You received Johnson & Johnson and are:

- Age 18+



WHEN?

- At least 6 months after Pfizer or Moderna
- At least 2 months after Johnson & Johnson

WHICH BOOSTER SHOT DO I GET?

- You may have a preference, but you can get any type of vaccine for your booster shot.



More information at mass.gov/COVID19booster

If you need assistance scheduling a booster shot please call the senior center at 978-657-7595

DRIVE-THRU LUNCHEON

Join us for lunch! Thank you to the Kiwanis Club for hosting this event. This event is free of charge.

When: Friday, December 17, 2021
At 12:30PM

Where: Senior Center Parking Lot

What's on the Menu:
Special holiday lunch

Sign up for this event begins on Wednesday, December 8, 2021 at 9:30AM

Space is limited



MAUREEN'S CRAFT CREATIONS CORNER

Come play and make all kinds of projects for home, gifts, holidays, etc. Have fun, make new friends, and share ideas.

Join Maureen on Monday, December 20, 2021 at 1:00PM to create this beautiful holiday center piece shown here.

All material for this craft will be supplied.

Please call the center on Monday, December 13, 2021 to sign up.



DORIS' CRAFT CORNER

Doris' craft corner returns! Join Doris to create a unique holiday shirt. Participants are required to bring a 100% cotton (recommended) dark colored t-shirt, long sleeve, or sweat shirt whichever you'd prefer.

Please note that there are two dates for this event. Call the center to sign up for one of them starting Monday December 6, 2021

- Wednesday, December 8, 2021 at 1:00PM
- Wednesday, December 15, 2021 at 10:30AM



CAREGIVERS SUPPORT GROUP

The role of a caregiver can be a very difficult one, especially during these last 21 months. The Department of Elderly Services is offering a Caregivers Support Group that meets on the third Monday of each month.



If you are caring for a loved one, relative, or friend, come and meet with others who understand all that you are going through and who can offer support and provide helpful coping strategies.

The holidays can be especially challenging for caregivers. For our December Caregivers Support group, we will be having Joan Lawrence, Yoga instructor, come and lead our group in a meditation program. Joan became interested in yoga after being a caretaker for her both her parents. Joan has a special understanding of what it means to be a caregiver. Please feel free to join us on Monday, December 20, 2021 from 10:30am to Noon. If you have any questions, please feel free to contact Laura Pickett, Case Manager at 978-657-7595.

DECEMBER BIRTHDAYS



Janice Buckley	Janine Gaudreau	Mary Odlum
Laura Butt	Jackie Gray	Richard Paiva
Elena Carnabuci	Cheryl Gustafson	Patricia Richard
Judith Connell	Marylou Healy	Mary Rogers
Celia Cornish	Ann Marie Holdren	Mary Schultz
Joanne Corvino	Linde Kashian	Heinz Stemmler
Joyce Dalton	Patricia King	Janet Sullivan
Michelle Dinatale	Diane Lepore	Eileen Thebeau
Sheila Elfman	Carol Loud	Janice Weed
Mary Evans	Michael McCoy	Deborah White
Linda Fasulo	Mary Murphy	Sandy Zenga
Donna Flynn	Carolyn Martino	
Gina Franculli	Hazel O'Brien	

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!



"POST CARDS & MORE"

We are excited to be kicking off a new intergenerational program with the Wilmington High School Medical Careers group, called **"Postcards and More."** Coming up with new innovative ways of connecting has been a priority, especially over the last 21 months. Our **"Postcards and More"** program connects High School students with members of the Senior Center through quick, short postcards. Each participant will receive a welcome packet with postcards, stamps, and a short bio about the person they will be connecting with. The program will run from December 2021 through May 2022. Please call the Buzzell Senior Center to sign up for this program 978-657-7595. Space is limited.

ANNUAL GIVING TREE

The Buzzell Senior Center will once again have our **"Annual Giving Tree,"** This is a wonderful way for the community to give to others in town. Like last year, the Giving Tree is going to be a little bit different again this year. We are going to ask that anyone who is interested in donating to the Giving Tree to please purchase gift cards to Market Basket, Lucci's, Elia's Country Store, Dunkin Donuts, or any other local restaurants that does take out and/or delivery. For those interested in donating, we will begin accepting gift cards the week of November 29, 2021, and no later than Friday, December 17, 2021. If you know of any elders who would benefit from some holiday cheer, please contact Terri Marciello, (tmarciello@wilmingtonma.gov) or Laura Pickett (lpickett@wilmingtonma.gov) at 978-657-7595. All names are kept confidential. We thank you in advance for once again bringing the spirit of the holidays to those in need.



FUEL ASSISTANCE

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 the center to set up your appointment for assistance in the application process. Residents under the age of 60 should contact the Billerica Veteran's Agent.



Household Size	Max. Gross Income
1	\$40,951
2	\$53,551
3	\$66,151
4	\$78,751



Are you Interested in volunteering?

We are looking for volunteers to deliver our special homebound meal. If you are interested, please call the center to sign up.

When: Tuesday, December 28, 2021. Will need to be available starting at 10:30AM.

INCLEMENT WEATHER POLICY



The Department of Elderly Services storm policy states that when the Wilmington Schools are closed due to inclement weather, all scheduled Senior Center activities are also canceled for the day. No home delivered meals are served and the van will not be available for transportation. The center will remain open for emergencies.

Please note that you may receive automated calls from the Senior Center that will appear as (855) 997-7375 and may say Belmont, MA. These are not spam calls and will be recordings with important center information and updates. They may be voice recorded calls or automated calls. Feel free to call with any questions or concerns.



GIFT BASKET RAFFLES



Stop by the center starting on December 1, 2021 to take a look at our raffle baskets and enter to win! This year, we will be raffling off three fun themed baskets. This raffle is free to enter, just write down your name and phone number and place it in the bin next to the basket you want to win!

Three different winners will be chosen on **Wednesday, December 22, 2021**

QUILT RAFFLE

Congratulations to **MARY DOWNING**

Mary won the Quilt Raffle! Thanks again to the Quilting Class for donating the quilt and thank you to Jane Hill (member of the quilting group) for choosing a winner.





CANDY RAFFLE

CONGRATULATIONS DOT GETTY!

There were 154 Hershey Kisses in the Jar and Dot was only one away with her guess. Wow! That was close!

Make sure to come to the front desk this month to enter our next candy raffle.

DECEMBER MOVIE RAFFLE



Call the center to sign up for our movie raffle! It is free to enter. We will be raffling off a movie and some movie snacks so you can have a fun movie night at home!

A lucky winner will be chosen on
Monday, December 20, 2021

Congratulations to
JERRY PUPA
for winning the November
Movie Basket Raffle!
We hope you were able to
enjoy it!

DRIVE-THRU TRIVIA WINNER

WINNER: ANN ETHIER

1. There are turkeys hiding all over this newsletter! Including this one here (🦃), how many can you find?

ANSWER: 18

2. What was the book title from last months Book Club meeting? **ANSWER: LOST ROSES**

ZOOM TRIVIA

Lets congratulate our November Zoom Trivia winner:



ACTRESS TRIVIA:
GEORGE ALLAN

Join Kelly for Zoom Trivia! This month is Disney Movies! Please see below how to play. 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, reach out to Kelly if you have a trivia idea!

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.

The winner will be announced in the January newsletter

DISNEY MOVIES
TUESDAY, DECEMBER 14, 2021
9:30AM-10:30AM



HOW TO PLAY:

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 of the game will win a prize!

HOW TO SIGN UP:

1. Call the center and give us your email address. We will email you the link to the zoom event.



SAND BUCKETS FOR SENIORS PROGRAM



Department of
Elderly Services

The Wilmington Fire Department and the Wilmington Department of Elderly Services is excited to introduce a new program called "Sand Buckets for Seniors". Thanks to a generous donation from the Wilmington ACE Hardware and the assistance of the Wilmington DPW, the Fire Department will provide a bucket of sand/salt mixture to eligible Wilmington residents aged 60 and older during the winter months. The program is a part of our Community Risk Reduction efforts to help lower the risk of slips and falls in icy conditions. The mixture is spread on outdoor walking surfaces such as porches, steps, walkways and driveways to provide better traction and a safer walking surface.



According to the CDC:

- About 36 million older adults fall each year—resulting in more than 32,000 deaths.
- Each year, about 3 million older adults are treated in emergency departments for a fall injury.
- One out of every five falls causes an injury, such as broken bones or a head injury.
- Each year at least 300,000 older people are hospitalized for hip fractures.

Taking action to help prevent fall risks is the first step in lowering the number of people injured due to slips and falls each year.

This is the first year of the program and we have a limited number of buckets available. Eligible residents should request a bucket through the Wilmington Department of Elderly Services (978-657-7595). This is a first come first serve program so request your bucket before they are gone. One bucket per household.

Residents receiving buckets will also receive a free cup to spread the sand and a complimentary File of Life for each resident over the age of 60. Each bucket will be serialized and tracked by the Fire Department. The buckets will be collected in the spring when the risk of snow and ice is no longer a threat to the area.

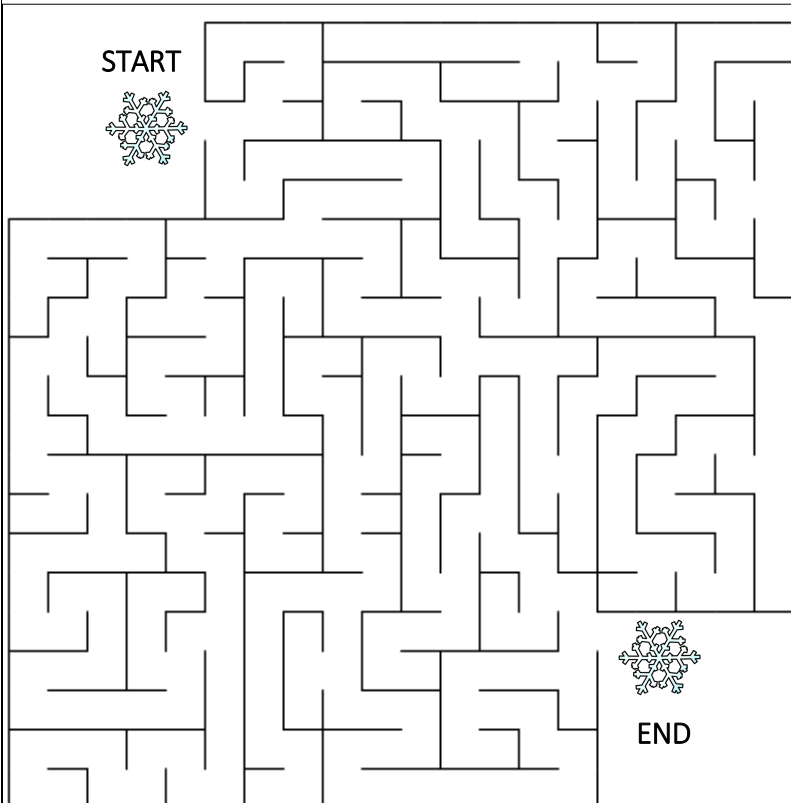
In order to be eligible for the program you must be a Wilmington resident aged 60 or older, reside in a single or multi-family home and must be capable of spreading the mixture without assistance.

For more information or to request an application to receive a bucket for your residence, please contact the Wilmington Department of Elder Services (978-657-7595).

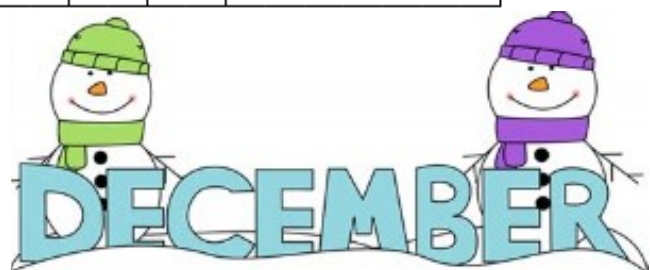


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BITTER
BOOTS
COAT
COCOA
COLD
DECEMBER
EARMUFFS
FIRE
FROZEN
GLOVES
IGLOO
MITTEN
SCARF
SHIVER
SKATE
SLEET
SNOWMAN
SWEATER



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6	3			2	4		9	
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TOWN OF WILMINGTON

CURRENT RESIDENT OR

PRESORTED
STANDARD
US POSTAGE PAID
WILMINGTON, MA
PERMIT NO 10



Please give us a call if you could use any of these items... Incontinence products, Hearing aid batteries, books, puzzles, and puzzle books. We also have DVD's available to borrow. Call the center for more information.

BUZZELL PROGRAMMING

Monday

Tai Chi: 9:00AM

Blood Pressure Clinic: 9:30AM

Special Exercise: 10:30AM

Quilting: 1:00PM

Maureen's Crafty Creations Corner:
3rd Monday of the month at 1:00PM

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

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

Tuesday

Dance & Tone: 9:30AM

Hiking Group: 9:30AM

Chair Dancing: 1:00PM

Wednesday

Special Exercise: 9:30AM

Cards & Games: 1:00PM

Thursday

Yoga: 9:00AM

Art: 9:45AM

Knitting & Crocheting: 10:30AM

Ceramics: 1:30PM

Friday

Zumba: 9:00AM

Sewing: 9:30AM

Chair Yoga: 12:30PM

Poker: 1:00PM