

THE BUZZELL BUZZ **FEBRUARY 2017**

THE DEPARTMENT OF ELDERLY SERVICES

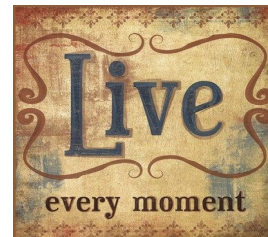
15 SCHOOL STREET, WILMINGTON, MA 01887

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TELEPHONE: 978-657-7595 OR 978-658-2258

MONDAY THRU FRIDAY—9:00AM-4:30PM



Terri's Notes

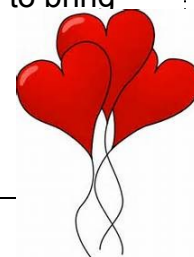
“LIVE, LAUGH, LEARN” FOR 2017

This year our new campaign is “LIVE, LAUGH, LEARN”. This may be a phase that we use all the time but let's take it one step further - “Live to Learn and Learn to Laugh” ! What better motto to live by and enjoy. During this year we will be having fun and exciting programs to coincide with this motto. For example, you will find in this newsletter trips already planned for the summer to go to the Boston Museum of Fine Arts, Peabody Essex Museum along with an exciting new writing class with Wilmington High School students.

What better way to kick off “Live, Laugh, Learn” than with a pizza luncheon with a group of other seniors from WHS. Together with English teacher, Lisa Desberg, this group of talented and enthusiastic High School Senior students would love to come over to our Center to talk to some of us about lessons learned. “Senior to Senior” will spend some time conversing back and forth all the while...**LIVING, LAUGHING, AND LEARNING**. During a scheduled follow up meeting the WHS students will share what they have learned. This is a wonderful opportunity to get together with our neighbors from across the common. The program will meet on Friday, March 3, 2017 from 11:45am to 2:00pm and then again on Wednesday, March 15, 2017 from 12:45 to 2:00pm. Space is limited. Please sign up at front desk.

This month we will also be having Terry Currier, certified fitness trainer, come and discuss exercising at home. What happens on those days that you are unable to make it to the center due to bad weather or going on a trip and wanting to keep up with your exercise? Terry will share her exercise program with us that could make it so much easier for you. Please sign up by the week of February 13, 2016 to make sure there are enough supplies of a special exercise tool for you to bring home. Again, something new to learn that can be fun.

Lastly, we are continuing our “Remembering When “ program that will be on Thursday, February 23, 2017 at 1:00PM



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 meals are served and the van will not be available. The center will remain open for emergencies.

Pop-Up Library

Simplify your Tuesday mornings!

Choose some reading materials while you're at the Senior Center. The Wilmington Memorial Library will have a "pop-up"

library on

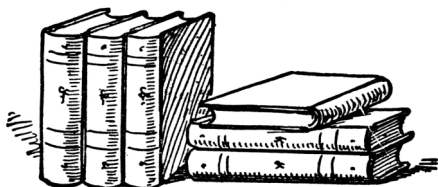
Tuesday, February 7, 2017

Tuesday, February 28, 2017

And March 21, 2017

between 10-11 am.

Adult Services Librarian, Kim Rowley will be there to offer recommendations and have a variety of fiction and non-fiction books, as well as audiobooks for you to checkout with your library card. Don't have a card? We can get you one, just bring a photo ID. Return your items to the library or bring them to the Senior Center the next time the library "pops-up".



Free Income Tax Program

The Department of Elderly Services is excited this year to be able to provide the "**Free Income Tax Assistance**" through AARP at the Buzzell Senior Center for elderly residents. Scheduled Tuesdays, starting on Tuesday, February 7, 2017 thru Tuesday, April 11, 2017. The appointments will be scheduled between 9:00AM – 11:30AM. All returns are prepared with computer accuracy and with electronic filing for rapid refunds.

If anyone is in need of transportation, please make the arrangements at the same time you make your appointments when calling the Department of Elderly Services at 978-657-7595 and please feel free to call the department with any questions or concerns. (For list of required materials to bring, please contact senior center!)

As a reminder, these volunteers will also be at the Reading Public Library in Reading on Saturday mornings from 9:15AM-12:15PM from February 4, 2017-April 8th, 2017 no appointment needed.

Circuit Breaker Tax Credit

Taxpayers age 65 or older who own or rent residential property located in Massachusetts are allowed a credit equal to the amount by which their real estate tax payments, or 25% of the rent constituting a real estate tax payment, exceeds 10% of the taxpayer's total income, not to exceed \$1,070. The amount of the credit is subject to limitations based on the taxpayer's total income and the assessed value of the real estate, which for tax year 2016 must not exceed \$720,000.

For purposes of calculating the credit, total income and maximum credit thresholds are adjusted annually. For tax year 2016, an eligible taxpayer's total income cannot exceed \$57,000 in the case of a single filer who is not a head of household filer; \$71,000 for a head of household filer; and \$86,000 for joint filers. In order to qualify for the credit, a taxpayer must be age 65 or older and must occupy the property as his or her principal residence



COMPUTER NEWS FOR FEBRUARY, 2017 AND BEYOND

****PLEASE NOTE THAT FOR FEBRUARY THRU APRIL, THE COMPUTER ROOM WILL BE USED EVERY TUESDAY BY THE TAX PREPERATION TEAM TO ASSIST OTHERS WITH PREPARING THEIR TAXES.**

SO IF YOU NEED HELP DURING THAT TIME, REMEMBER THAT I WILL ONLY BE HERE ON THURSDAYS! THANKS FOR YOUR UNDERSTANDING AND PLEASE ACCEPT OUR APOLOGIES IF THIS CAUSES YOU ANY IN-CONVIENCE.

******TONY'S APP OF THE MONTH** (AND IT'S ALL FREE!)**

"WAZE" is the world's largest community-based traffic and navigation app. Join drivers in your area who share real-time traffic & road info to save time, gas money, and improve daily commuting for all.

Just by driving with Waze open, you're already contributing tons of real-time traffic information to your local community. You can also actively report accidents, police traps and other hazards you see on the road. Get road alerts along your route and find the cheapest gas prices around you, shared by the community. Waze also gives you:

- Live routing based on community driven, real-time traffic & road info
- Community reported alerts including accidents, hazards, police traps, road closures, and more.
- Turn-by-turn voice guided navigation
- Live maps, consistently edited and updated by Waze community map editors
- Automatic rerouting as conditions change on the road
- Send your ETA & real-time drive to update those you're meeting
- Learns your frequent destinations, commuting hours, and preferred routes
- Find the cheapest gas station on your route



Want some help with it? Have some questions as to how it works? If you do, come in and let us show you how it works.



Save the dates

Upcoming Day Trips

June 28, 2017 \$55.00/ticket (non-resident \$79.00/ticket)

Peabody Essex Museum

Explore over 200 years of History of Maritime at Peabody Essex Museum. Then you will travel to Gloucester for a delicious luncheon on the waterfront at the Gloucester House Restaurant. After lunch you will visit scenic Rockport with fine shops, and a beautiful seaside view.

July 18, 2017 \$60.00/ticket (non-resident \$89.00/ticket)

Gloucester Lobster Cruise

After departing from the Center you will board the new and luxurious Beauport Princess Cruise Ship for a tour through Gloucester Harbor, followed by a delicious "New England Clam Bake". You will then travel to Salem to view displays of Maritime History of the area.

August 24, 2017 \$55.00/ticket (non-resident \$79.00/ticket)

Boston's Museum of Fine Arts

The trip will start with a tour of the Boston Common, the State House, and the beautiful Public Gardens. Then a delicious luncheon is included at the Venezia Restaurant. This is followed a visit to the Museum of Fine Arts. You will view collections from around the world which includes over 450,00 objects.



Remembering When... A Fire and Fall Prevention Program for Older Adults was developed by NFPA and the Centers for Disease Control and Prevention (CDC) to help older adults live safely at home for as long as possible.

Remembering When is centered around 16 key safety messages – eight fire prevention and eight fall prevention - developed by experts from national and local safety organizations as well as through focus group testing in high-fire-risk states.

We are very excited that Wilmington will be able to provide this wonderful program with the collaboration of the Wilmington Fire Department and the Department of Elderly Services.

Thursday , January 26,2017 will start our 6 month training on Falls and Fire Prevention.

Each month will have a new subject and the end of the 6 month series you will receive a certificate of participation at a wonderful reception meeting the key people that made this program possible.

Class Schedule (subject to date change)

Thursday, February 23, 2017 at 1:00PM

Thursday, March 16, 2017 at 11:30AM -

Thursday, April 27, 2017 at 1:00PM

Thursday, May 25, 2017 at 1:00PM

Certificate Presentation

Thursday, June 22, 2017 at 10:00AM to 1:00PM

Refreshments will be served





February 2017



SUN	MON	TUE	WED	THU	FRI	SAT
			1 9:00 AM Craft Class 9:45 AM SBF Exer. 11 AM Special Exer. 1:00 PM Country Line Dancing 3:45 PM Gentle Yoga	2 9:00AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting 1:00 PM Game Day	3 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	4
5	6 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting	7 9:00 AM Zumba 9:00 AM Comp. Class 10:00AM Pop-Up Library 10:30 AM Aerobics 1230PMWii Bowling	8 9:00 AM Craft Class 9:45 AM SBF Exer. 11 AM Special Exer. 1:00 PM Country Line Dancing 3:45 PM Gentle Yoga	9 9:00AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting 1:00 PM Game Day Sign up for Mardi	10 10:00 AM Video Exercise 10:30 Doris Craft 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	11
12	13 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting	14 No Exercise 12:00PM Valentine's Day Luncheon	15 9:00 AM Craft Class 9:45 AM SBF Exer. 11 AM Special Exer. 1:00 PM Country Line Dancing 3:45 PM Gentle Yoga	16 9:00AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting 1:00PM Game Day 1:30PM Commissioner's Meeting	17 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	18
19	20 CENTER CLOSED  PRESIDENT'S DAY	21 9:00AM Zumba 9:00AM Comp. Class 10:30 AM Aerobics 1230PM Wii Bowling Sign up for St. Patricks	22 9:30AM Podiatrist 9:45 AM SBF Exer. 11AM Special Exer. 1:00 PM Country Line Dancing 3:45PM Gentle Yoga	23 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting 1:00 PM Game Day 1:00PM Remembering When	24 10:00 AM Video Exercise 11:00AM Special Exercise 11:30AM Work-Out at Home 1:00 PM Bingo 1:00 Cards	25
26	27 9:30AM Blood Pressure 9:45 AM SBF Exercise 10:30 Caregivers Support Group 11AM Special Exercise 1:00PM Quilting	28 9:00 AM Zumba 9:00 AM Comp. Class 10:00AM Pop-Up Library 10:30 AM Aerobics 2:00-4:00PM Mardi Gras Celebration	<div> <p>There will be no exercise on February 14th due to the Valentines Day Party.</p> <p>IMPORTANT CHANGES PODIATRIST-</p> <p>Please note the date changes for February 2017 2/22 (February—4th week)</p> </div>			

Mardi Gras Celebration Tuesday, February 28, 2017



Get ready to celebrate Mardi Gras on **Tuesday, February 28, 2017** at the Buzzell Senior Center
2:00PM—4:00PM

This celebration will be energetic and full of fun times! Sit down and enjoy traditional Mardi Gras foods and entertainment.

Sign up Thursday, February 9, 2017

Tickets are \$5.00 per person—sign up at the front desk!

St. Patrick's Day Luncheon

Friday, March 17, 2017—12:00PM

On St. Patrick's Day, the Buzzell Senior Center will be having a delicious homemade corned beef and cabbage luncheon at The Knight of Columbus where we will be celebrating this special holiday. Come relax and enjoy an excellent afternoon with good food and friends.

This lunch is sponsored by Peter MacLellan. We are so fortunate for Peter's continued generosity. We are also very lucky to have this meal prepared by our specialty chef Lou Cimaglia.



Make sure to wear your best green!

Sign up on Tuesday, February 21, 2017



Valentine's Day Luncheon- Tuesday, February 14, 2017-12:00PM



Join us for a delicious lunch at the Senior Center where we spend time with the people we love! Harrow's Chicken Pot Pie will be served.

Students from the WHS Rotary Interact program will be here to lend a hand!

(Exercises Classes Cancelled)

Tax Fraud: For years both you and Tax-Aide have been telling our clients that the IRS never contacts people with tax issues by phone or email for first contact. The good news and the bad news is that we have been sufficiently effective so that the bad guys are changing tactics. This year there is an increasing number of schemes that involve sending fake "IRS Letters" to people. Many of them allege there has been a problem with the way their Affordable Care Act (ACA) payment has been calculated. This can be a bit insidious as there have been widely publicized issues in this area that can encourage people to think these messages are real.

A couple of quick tips to spot fraudulent letters, although some of these will be corrected in updated scams.

Seniors on Medicare generally do not have an ACA related payment, thus something alleging a problem in that area is likely to be incorrect.

Presently many of the fraud schemes say write a check to the I.R.S. Legitimate IRS letters say write a check to the United States Treasury. A check written that way is harder for the fraudsters to cash.

The address to send the check is not a proper IRS address although I understand exactly that a correct IRS address may be hard for you to sort out. The most prevalent current scheme is using an Austin Texas PO box.

February 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**

Inge Gwiazda
Frank Walsh
Mary McDonald
Ray Allen
Helen Moulton
Joanne Bradley
Ingrid Rooney
Mary Kuchler
Al Minervini
Pat D'Antonio

Judi Simmons
Shirley Silver
Josie Ciaccio
Tom Walsh
Barbara DeVita
Pat Brennan
Phyllis Taylor
Gloria Szabo
Walter Moran
Joyce Miles



Essential Skills for Family Caregivers Series

On March 23, March 30 and April 6, 2017, from 1-3pm, the Department of Elderly Services will be sponsoring **Essential Skills for Family Caregivers Series**.

This 3 part series will be presented by Robin Bromberg, of the MA/NH Alzheimer's Association. The series provides education and practical guidance and tools for those caring for someone with dementia. Please join us to learn strategies for improved daily life, managing challenges associated with dementia and increasing coping skills.

It Starts with Communication-There are many proven communication technique that caregivers can learn to improve day to day life for those with dementia and reduce their own stress. Learn to communicate in a way that minimizes frustrations, decreases anxiety and avoids disagreements.

Understanding Behaviors-Actions or behaviors may be telling us something like "slow down" or "I need something to do". Learn how to understand the message and making changes to avoid outbursts and arguments.

Safety at Home-For someone with dementia, a safe and supportive home can prevent injury and enhance independence and a sense of security. Learn to adjust your home environment and make it dementia friendly.

This program will be held at the Buzzell Senior Center, 15 School St. Registration is required. For further information please contact, Laura Pickett, Case Manager, Dept. of Elderly Services @978-657-7595

Date Change for the Caregivers Support Group.

Due to the President's Day holiday on February 20, 2017, the Caregiver's support group will meet the following Monday, February 27, 2017 from 10:30am to noon. (Caregivers Group is regularly scheduled to meet on the 3rd Monday of each month from 10:30am to noon at the Center).

Work Out at Home

Come meet **Terry Currier**, certified fitness instructor,
personal trainer and wellness coach

Friday, February, 24, 2017 at 11:30AM

Can't make it to exercise class because the weather's bad or you're on vacation? This seminar will teach you how to exercise on your own. Using portable, inexpensive exercise equipment, you will discover how to improve your strength, flexibility and cardiovascular endurance. This seminar includes one resistance band and comprehensive

Family Tree Necklace Friday, February 10, 2017

At 10:30 AM



Doris is back with another project. For those who have taken her class, Doris is very talented and will bring out your creative talent.



TOWN OF WILMINGTON

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

CURRENT RESIDENT OR



ACTIVITY PROGRAMS

MONDAY

BLOOD PRESSURE CLINIC 9:30
SBF EXERCISE 9:45 - 11
SPECIAL EXERCISE 11-12
QUILTING 1:00

TUESDAY

WALKING GROUP 9:00
ZUMBA 9:00
COMPUTER CLASS 9:00
AEROBICS 10:30
Wii BOWLING 12:30 PM

WEDNESDAY

CRAFT CLASS 9-12
SBF EXERCISE 9:45 - 11
SPECIAL EXERCISE 11-12
COUNTRY LINE DANCING 1:00
CARDS 1:00-4:00
FUN SINGERS 3:00
GENTLE YOGA 3:45

THURSDAY

WALKING GROUP 9:00
ACRYLIC PAINTING 10:00
AEROBICS 10:30
KNITTING/CROCHETING 11:00
CERAMICS 1:00
CRIBBAGE/GAME DAY 1:00PM

FRIDAY

VIDEO EXERCISE 10-11
SPECIAL EXERCISE 11-12
BINGO 1-3
CARDS 1:00-4

DAILY

GAME ROOM -SOCIALIZATION
KITCHEN 9-4:30

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.