

THE BUZZELL BUZZ **JANUARY 2017**

THE DEPARTMENT OF ELDERLY SERVICES

15 SCHOOL STREET, WILMINGTON, MA 01887
DIRECTOR: TERRI MARCIELLO
EMAIL: TMARCIELLO@WILMINGTONMA.GOV
TELEPHONE: 978-657-7595 OR 978-658-2258

MONDAY THRU FRIDAY—9:00AM-4:30PM

Terri's Notes

Welcome to 2017 ! We hope everyone had a wonderful holiday season and are ready for a fun and exciting New Year!

Free Income Tax Assistance

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. This is a new and exciting change. Scheduled appointments should be arranged through the Buzzell Senior Center – 978-657-7595. The program will be held on Tuesdays, starting on Tuesday February 7, 2017 thru Tuesday, April 11, 2017 .The appointments will be scheduled between 9:00AM – 1:00PM. All returns are prepared with computer accuracy and with electronic filing for rapid re-funds. Clients should bring:

- This year's tax information along with last year's tax returns to their appointments
- W-2 forms
- Your social security & pension information
- Tax forms sent by financial institutions
- Your property tax & water bills (for the Circuit Breaker Tax Credit)



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.

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.



Did you know that Tuesday, January 24, 2017 is National Compliment Day - Let's make sure we give a few extra compliments that day!!



Sending Thanks
*Wilmington Methodist Church and
Boy Scout Troop 56
along with many supportive residents*



We would like to extend our heart felt thank you to all who so generously contributed to this year's Giving Tree. We were able to provide over 200 elders with a holiday gift. This was all made possible by huge hearts of our Wilmington Community.

A special thank you to Jane Palmer from the Methodist Church and the Boy Scouts Troop 56 for their contributions!!!

We would also like to say a special thank you to our student volunteer, Isabella Russo, who provided free haircuts for elders during the holiday season. It was a special treat and made a lot of folks happy.

Valentine's Day Luncheon -

Tuesday, February 14, 2017—12:00PM

Join us for a delightful luncheon to celebrate the ones we love!

Signups will start on January 31, 2017 and tickets will be \$5.00 per person.



Tips to Stay Healthy This Winter!

- Drink a lot of water!
- Eat a healthy diet with a lot of greens!
- Exercise regularly

(Try a class at the Center!!)

- Get the right amount of sleep every night
- Wash your hands regularly



Changes to the Commission

This year we will see some changes to our Commission. Due to health issues Tom Mills decided to step down from his seat - We thank Tom for all of his services to the department and wish him well!!

We would like to welcome Mark Ryan, who has been appointed to fill this vacancy. Mark has been an active member of the Senior Center and we look forward to working with Mark as we move into 2017.



Live, Laugh, Learn
Learn to live, Live to Laugh



This is our motto for 2017

We have a lot of programs, workshops and events that are planned for this great new year
Of 2017!!

Starting this month we will be having

"Remember When..."

Along with the energizing Zumba and Relax/Mediate with Yoga

What is a Case Manager

Do you know that the Department of Elderly Services has a full time Case Manager?

Laura Pickett is the Department's Case Manager.



A Case Manager can be defined in many different ways," I like to say that my job is to help elders and their families, navigate through the many different systems that begin to impact us as we get older. Anyone 60 years or older is eligible for this free service. For example, a doctor/nurse may feel that an elder may need assistance when the elder returns home after a hospital/rehab stay or a family member who lives a distance away may feel that their parent is in need of assistance, so they will often refer to the Department of Elderly Services for follow up. My job is to help ensure that needed services are in place for elders so that they can remain in their home, safe and independent for as long as possible. Some examples of this is that I may help get home delivered meals started, or I may make a referral to Minuteman Senior Services so an elder may get help with bathing or food shopping or food prep. It may be to help an elder get Life Line or to assist an elder in applying for fuel assistance. If you or someone you know may be in need or if you have any questions, please feel free to contact me at the Buzzell Senior Center, 978-657-7595".

IN LOVING MEMORY

We express sympathy for the loss of our friends

Joseph Robarge

Stephen Paone

Frances Cataldo

Francesco Valente

Therese Anderson

GET WELL WISHES

Kay Bimbo Mary Stoelzel

Ruth Russo James Hagan

Bill Horvath

Don Sullivan

Doris Allen

January Birthdays



Paul Agostino
Carmen Hale
Sara Piazza
Connie Rando
Joanne Fisher
Marge Spear
John Wallace
Nancy Brooks
Jean Webster

Gloria Diehl
Ken Michaud
Ann Morrell
Helen Pilla
Bill Horvath
Janet Gilhooly



If you would like to acknowledge your birthday—Please fill in the following information, tear this portion off and drop off to Front Desk at Senior Center (please print)

Name: _____

Month of Birth: _____



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, January 26, 2017 at 1:00Pm

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

Space is limited—sign up is on Thursday, January 12, 2017





Caregivers Support Group

Caregivers support group will meet on Monday, January 9, 2017 from 10:30 to Noon. We want to let everyone know that, due to scheduling conflict, beginning in February, the support group will meet on the 3rd Monday of the month instead of the second from 10:30 to noon.

This support group is opened to all who are interested. If you have any questions, please contact Laura Pickett at 978-657-7595.

Zumba and Yoga

Zumba with Kelli on (starting 1/17/2017)

Tuesday mornings 9:00AM—10:00AM

Yoga with Joan (starting 1/18/2017)

Wednesday afternoons 3:45PM to 4:45 PM

Space is limited give a call 978-657-7595 to find out about availability.

COMPUTER NEWS FOR JANUARY, 2017 AND BEYOND

Well, we are sure that **SANTA** visited many of you, and you received your share of “electronic toys” and now you’re stuck trying to figure out how to use them. I did, and am spending many hours trying to get these darn things to work.

If you have questions about Fitbit’s, Digital Camera’s, Digital Photography, or about i-pad’s, i-phones, text messaging, Google Home or Amazon Echo, or any other topic you may want to talk about, come in and see if we can help you or at least point you in the right direction so that you can get your questions answered.

****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 ME DURING THAT TIME, I WILL BE HERE ONLY ON THURSDAYS! THANKS FOR YOUR UNDERSTANDING AND PLEASE ACCEPT OUR APOLOGIES IF THIS CAUSES YOU ANY INCONVIENCE. **

****TONY’S APP OFTHE MONTH!!!**

“Whether you’re traveling to new and exciting places or trying to talk to new and interesting people at home, thanks to language translators, language is no longer an absolute barrier to communication.

While we don’t have Star Trek’s universal translators-yet!-we do have plenty of apps in the App Store that can help with translation.” One of which I use quite often is i-Voice. 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.

Remember these electronic devices are supposed to help us, and not give us stress, so together let’s make using them fun and helpful.

“Snow” Much Fun at the Buzzell Senior Center!



January 2017

SUN	MON	TUE	WED	THU	FRI	SAT
1 	2 Center Closed 	3 9:00 AM Computer Class 10:30 AM Aerobics 1230PM Wii Bowling	4 9:00 Craft Class 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing	5 9:00 AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11:00 AM Knitting/Crocheting 1:00 PM Game Day	6 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards	7
8	9 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Quilting 10:30– 12 Caregivers Support Group	10 9:00 AM Computer Class 10:30 AM Aerobics 1230PM Wii Bowling	11 9:00 Craft Class 9:30 AM Podiatrist 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing	12 9:00 AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11:00 AM Knitting/Crocheting 1:00 PM Game Day **Remember When Sign up	13 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	14
15	16 CENTER CLOSED 	17 9:00 AM Zumba 9:00 AM Computer Class 10:30 AM Aerobics 1230PM Wii Bowling	18 9:00 Craft Class 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing 3:45 PM Gentle Yoga	19 9:00 AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11:00 AM Knitting/Crocheting 1:00 PM Game Day 1:30PM Commissioner's	20 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards	21
22	23 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Quilting	24 9:00 AM Zumba 9:00 AM Computer Class 10:30 AM Aerobics 1230PM Wii Bowling	25 9:00 Craft Class 9:45 AM SBF Exercise 11:00 AM Special Exercise 1:00 PM Country Line Dancing	26 9:15 AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11:00 AM Knitting/Crocheting 1:00 PM Remember When	27 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards	28
29	30 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Quilting	31 9:00 AM Zumba 9:00 AM Computer Class 10:30 AM Aerobics 1230PM Wii Bowling Sign up for Valentine's Luncheon		“Live, Laugh, Learn”		
<p align="center"><u>Schedule Updates</u></p> <p align="center"><u>Note:</u> Podiatrist will be here on January 11, 2017</p> <p align="center">February 22, 2017</p> <p align="center">For these months only.</p> <p align="center">**All dates in this calendar are subject to change**</p>						





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 1:00 PM

WEDNESDAY

CRAFT CLASS 9-12
SBF EXERCISE 9:45 - 11
SPECIAL EXERCISE 11-12
COUNTRY LINE DANCING 1:00
CARDS 1:00-4
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.