

# THE BUZZELL BUZZ

## THE DEPARTMENT OF ELDERLY SERVICES

### JUNE 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  
TMARCIELLO@WILMINGTON  
MA.GOV

#### Case Manager:

Laura Pickett  
LPICKETT@WILMINGTON  
MA.GOV

#### Senior Clerk:

Kelly Fordham  
KFORDHAM@WILMINGTON  
MA.GOV

#### Assistant Clerk:

Lisa Fanikos  
LFANIKOS@WILMINGTON  
MA.GOV

#### Assistant Case Worker

Patti Meehan  
PMEEHAN@WILMINGTON  
MA.GOV

#### NEWS & UPDATES

**Happy June!** The first day of summer is Wednesday, June 21, 2023. We will be celebrating the *magic* of summer with Jim Munsey as he preforms his magic show. **Munsey's Magic will be on Wednesday, June 21, 2023 at 6:30PM.** Sign up for this event was in May. If you did not sign up and are interested in attending, please call the center to see if there is still space available.

A couple reminders: **On Thursday, June 1, 2023 at 6:00PM**, elder care attorney Heather Dennehy from CannonMurray Law will be stopping by to discuss legal issues and give updates on changes in elder law. **On Tuesday, June 6, 2023 at 6:00PM**, author Kelly McCarthy will join us in an evening of Alzheimer's education. Participants will have the opportunity to take part in *Join My Journey*, a virtual dementia experience. Light refreshments will be served for both of these events. Call the center if you would like to attend.

Have you seen Esther's Garden yet? Esther is an avid gardener, and uses a method of gardening using bales of straw rather than traditionally planting in soil. After a process of treating the bale, Esther planted some tomatoes, impatiens, and marigolds in the straw bale. She also planted some cucumbers in a separate container. We are very excited to watch it grow this summer and will be giving updates.


The No Sew Quilting Class for May was cancelled. Therefore, the project for June will be the ladybug which is on display in the lobby at the senior center. Please call to sign up if you are interested in joining. **The No Sew Quilt class will meet on Monday, June 5, 2023 at 1:00PM.**

The center will be having a CPR training and certification class with Lieutenant Green from the Wilmington Fire Department and our town nurse Jennifer Pereira on Wednesday, June 21, 2023 at 10:00AM. Space is very limited, **please call the center to sign up on Monday, June 12, 2023 at 10:00AM.**

We have some other fun events planned for June. See page 2 to learn more about our Game Night and upcoming luncheons. Starting this month, we will be having monthly birthday celebrations. These will be held on the 4th Tuesday of every month. See more details on page 3, you won't want to miss the fun!

Back by popular demand is Wii Bowling. This group will begin meeting in June. More details can be found on page 4. Also, thank you to everyone who gave us a copy of their wedding photo for our upcoming contest. Stop by the kitchen to see our bride and groom board. More information about how to play can be found on page 3.

Make sure to check out page 5 to stay up to date on all the happenings of the new senior center.

 Please note that the center will be closed on Monday, June 19, 2023 for Juneteenth. There will be no home delivered meals on this date as well.

### **STRAWBERRY SHORTCAKE DAY**

Lets get ready for summer! Join us for strawberry shortcake.

When: Wednesday, June 14, 2023

At 1:00PM

Cost: \$2.00

Pat Giroux, the President of the Wilmington Fourth of July Committee will be joining us to tell us all about the 4th of July events!

*Sign up begins Friday, June 9, 2023 at 10:00AM*



### **SHERIFFS LUNCHEON**



We are very excited and fortunate to host the Middlesex Sheriff's Department for a special luncheon. They will be preparing and serving meatball subs while they discuss many important topics including current scam issues.

There is no cost to attend, limited space is available.

When: Thursday, June 8, 2023

At 12:00PM

*Sign up begins Tuesday, June 6, 2023 at 10:00AM*

### **FALL PREVENTION SEMINAR**

When: Tuesday, June 13, 2023 at 1:00PM

Remember those "Help!!! I've fallen and can't get up!" commercials? At the time it seemed almost comical, but it's really a huge and serious problem. It may sound silly, but we talk to our patients all the time about the ability to be able to get up off the floor should you ever fall. What happens if you are alone, you fall and no one is around to help you?

Believe it or not, one in four Americans aged 65+ *falls* each year. Every 11 seconds, an *older adult* is treated in the emergency room for a *fall*. As our joints get stiff and sore, we limit the tasks we ask out of our body. Over time, suddenly we stop doing things such as going up and down stairs, laying on our stomach and most importantly getting up and down off the floor. While this may not seem like a big deal, it actually is. The balance, flexibility and strength required to get oneself up and down off the floor speaks volumes in regards to an individual's ability to safely navigate one's home independently. Losing the ability to get up off the floor increases the risk of being severely injured in a fall or other household accident.

Come meet a physical therapist from Fitzgerald Physical Therapy Associates to learn different techniques and strategies to help prevent falls. *Call to sign up!*

### **GAME NIGHT**

When: Thursday, June 15, 2023

from 4:30PM-7:00PM

Cost: \$5.00

Join us for a light dinner, dessert, and evening full of fun! *Sign up for this event will be in person beginning Wednesday, June 7, 2023 at 10:00AM*

Game Night will be on the third Thursday of the month through to September.

Mark your calendar for future Game Night dates: Thursday, July 20, 2023; Thursday, August 17, 2023 & Thursday, September 21, 2023.

### **MOVIE DAY**

When: Wednesday, June 28, 2023 at 1:00PM



We will be showing the movie Going in Style (Comedy, 2017) Starring Morgan Freeman, Michael Caine, and Alan Arkin.

Cheated out of their pensions, three lifelong friends hatch a plot to rob a bank. But they have to stay one step ahead of the FBI.

*Call the center to sign up!*

## JUNE BIRTHDAYS

Diane Allan	Sonja Carlson	Frank Dodge	Donald Miller	Bernice Russo
Elizabeth Aprile	Harold Carver	Pat Driscoll	Susan Morris	Kathleen Savosik
Christine Baptiste	Lola Chapman	Richard Dumas	Donald Munro	Vera Scolastico
Peter Bergamo	Vivian Craig	Charles Eddy	Ralph Pepe	Katherine Sirbak
Madeline Bimbo	James Cripasuk	Joseph Guzzo	Deborah Perry	George Suprenant
Leona Bombard	Matthew Crossen	William Kane	Arnold Peterson	Jeannine Sweeney
Terry Bourque	Charlene Crusco	Rosemary Kludjian	Hazel Proto	Albert Tobey
Mary Boylen	Donna DeBenedictis	Irene Maffeo	Anna Rainone	Margaret Walsh
Audrey Brennan	Angelina Deletter	Nancy McLean	Margo Richards	Charles Ward
Sue Carbone	Jim DiTullio	Marie McLeod	Susan Riese	Rita Woodside

*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!*

### WHO ARE THEY?

Thank you to everyone who gave us a copy of their wedding photo, this will certainly be a fun game. Now lets play!

Stop by the kitchen to check out the bride and groom board. See how many couples you can match. The participant with the most correct guesses will win a prize!



One lucky winner will be named on Thursday, June 22, 2023.

### CAREGIVERS SUPPORT GROUP

This month our Caregivers Support group will be on

**Monday, June 26, 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.

### MONTHLY BIRTHDAY CELEBRATION



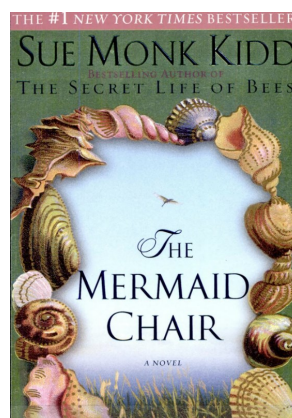
Starting this month, we will be having monthly birthday celebrations on the 4th Tuesday of every month. Come join the party, there will be cake and lots of laughs.

Anyone is welcome to come, whether its your birthday month or you would just like to help others celebrate theirs!

When: Tuesday, June 27, 2023 at 11:30AM

*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, June 26, 2023

This months book is The Mermaid Chair

By: Sue Monk Kid (2005)



### **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, June 7, 2023 at 1:00PM**

**Wednesday, June 21, 2023 at 1:00PM**



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

### **WII BOWLING**

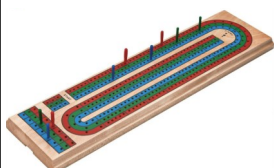
Back by popular demand; Wii Bowling is led by Gene Leary and meets on

**Mondays at 11:30AM**  
**beginning Monday, June 5, 2023**



### **CRIBBAGE**

When: **Mondays @ 1:00PM**



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

### **BEADING GROUP**



The beading group is lead by Robin Theodos and meets on **Tuesdays at 10:30AM.**

### **HIKING GROUP**

The Wilmington Senior Center walking group walks every Tuesday in favorable weather, also when the weather is less than favorable but not nasty. This may include mist, and fog. The leader decides, those who registered for that walk are notified by 8 AM of walk day. The planned walks are mostly local. Our walks are from 1 to 2 hours depending on the weather and mood of the walkers. The goal of a walk is getting outdoor exercise, observing nature, and meeting other seniors.



Request have been made for faster and longer walks. A second weekly 9 AM walk will be added on a Thursday or Friday, when we have two that can walk at least 2-3 times a month. Meet the leaders Arnie leader Rick co-leader.

The walks we take are designed for low impact, that provide exercise, safety and camaraderie.

Email Arnie at [alp4982@gmail.com](mailto:alp4982@gmail.com). After registering with the Wilmington senior center, then email Arnie putting "WWW" in the subject line, to be added to the scheduled walks email list. Info will be provided at that time.

### **CANDY RAFFLE**

### **CONGRATULATIONS TO KAREN MULLINS**

There were 759 gummy bears in the jar. Karen guessed closest with 657

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

One lucky winner will be chosen on **Tuesday, June 20, 2023**



### **INDOOR SENIOR CORNHOLE**

Indoor cornhole is led by Audrey Reed. Come and give cornhole a try! If you have never played before, that is not a problem. This is a simple, easy and fun game to play.



When: **Friday, June 23, 2023 at 2:00PM**  
**4th Friday of the month**

### **BLOOD PRESSURE CLINIC**

Blood Pressure Clinic will continue to be held on **Wednesdays at 9:00AM** with our Town Nurse Jennifer Pereira.

No need to sign up, just stop by!



### **WOOD CARVING**

The New England Woodcarvers (NEWC) are happy to offer a woodcarving class at the Wilmington senior center. Class are 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 encourage 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 craving knife handles, gun stocks, & green wood.

**The project for June is a walking stick with a bear in a log on top. Classes will be held on Friday, June 9, 2023 & Friday, June 23, 2023 at 10:00AM Please call the center to sign up.**

### **NEW SENIOR CENTER UPDATE**

Here's what has been happening since our last update in the newsletter...

- The Senior Center Building Committee met on May 24, 2023. During this phase of the project, it is not necessary for the committee to meet as frequently as was done earlier in the project. Our OPM and architect provided an update on the construction estimate, schedule, and the value engineering. Work is continuing on the project design and coordination with town officials. The architect and consultants are preparing the construction documents, which include detailed specifications for equipment and material along with detailed architectural drawings suitable for public bidding.
- The procurement of construction services for this project is done in accordance with Massachusetts General Laws and consists of two phases. The first phase is a Statement of Qualifications from general contractors and sub-contractors, which are due on June 2, 2023. This is a significant project milestone. A Prequalification Selection Committee will evaluate the submissions and determine which general contractors and sub-contractors are qualified and will be allowed to submit construction bids in the second phase.
- The current schedule is to open construction bids in late August 2023. It is anticipated that construction could start in late September or early October with project completion in December 2024.
- The date of the next committee meeting will be posted on the town's website at: [www.wilmingtonma.gov/calendar](http://www.wilmingtonma.gov/calendar).
- The project team is working to make our new senior center a welcoming place for all Wilmington seniors. We are excited to see this project develop as we move forward to a fall groundbreaking. This senior center will have a positive impact on our community and will be something we all can be proud of.

### **MEDICARE SAVINGS PROGRAM**

The Medicare Savings Program, will not affect your current medical insurance. People who qualify will no longer have Medicare Part B, which is currently \$164.90 a month, taken out of their Social Security check. Assets include all bank accounts, CD's, stocks, bonds, and mutual funds. Your home and one car do not count as assets. If your income and assets are under the limits listed below call the center with any questions about the program or to make an appointment with Patti Meehan.

- **Single Asset Limit \$18,180**
- **Single Gross Monthly Income Limit \$2,734 (\$32,808 Yearly)**
- **Married Asset Limit \$27,260**
- **Married Gross Income Limit \$3,698 (\$44,376 Yearly)**



## **SLAM THE SCAM WITH SOCIAL SECURITY:**

**By Marilenin Vasquez**



The Social Security Administration and its Office of the Inspector General (OIG) continued to raise public awareness about Social Security imposter scams during the fourth annual “Slam the Scam” Day held in March. Social Security scams — where fraudsters pressure victims into making cash or gift card payments to fix alleged Social Security number problems or to avoid arrest — are an ongoing government imposter fraud scheme. For several years, Social Security impersonation scams have been one of the most common government imposter scams reported to the Federal Trade Commission. We’ve made concerted efforts to address this issue, through extensive outreach and investigative initiatives. These efforts have made a significant impact, reducing money reported lost to Social Security scams by 30 percent from 2021 to 2022.

“I am proud of the work we have done to combat Social Security imposter scams and raise public awareness,” said Kilolo Kijakazi, Acting Commissioner of Social Security. “We will continue to use every tool at our disposal to protect the public and their critical benefits. We urge Americans to remain vigilant, do not give out personal information or money, and report any scam attempts.”

Scammers use sophisticated tactics to trick potential victims into disclosing personal and financial information. Typically, they use the five P’s – Pretend, Prize or Problem, Pressure, and Payment. For example, scammers pretend they are from Social Security in phone calls or emails and claim there is a problem with the person’s Social Security number. The scammer’s caller ID may be spoofed to look like a legitimate government number. Scammers may also send fake documents to pressure people into complying with demands for information or money. Other common tactics include citing “badge numbers” and using fraudulent Social Security letterhead to target individuals for payment or personal information.

### **We will never:**

- Tell you that your Social Security number is suspended.
  - Contact you to demand an immediate payment.
  - Threaten you with arrest.
- Ask for your credit or debit card numbers over the phone.
  - Request gift cards or cash.
- Promise a Social Security benefit approval or increase in exchange for information or money.

Our employees do contact the public by telephone for business purposes. Ordinarily, we call people who recently applied for benefits, are already receiving payments and require updates to their record or requested a phone call from us. If there is a problem with a person’s Social Security number or record, we will mail a letter.

“Working with our law enforcement and private sector partners to inform consumers about scammers and their deceptive practices remains a priority for my office. We will continue promoting National Slam the Scam Day to help protect consumers from these predators. Slamming the scam begins with consumers quickly taking a step to hang up the phone, or delete suspicious texts and emails, without responding to the scammers,” said Gail S. Ennis, Inspector General for the Social Security Administration. “That remains the easiest and most effective method to avoid falling prey to these vicious scams.”

To report a scam attempt, go to [oig.ssa.gov](https://oig.ssa.gov). For more information, please visit [www.ssa.gov/scam](https://www.ssa.gov/scam) and [www.ssa.gov/antifraudfacts](https://www.ssa.gov/antifraudfacts).

# JUNE 2023

SUN MON TUES WEDS THUR FRI SAT

					<div>1</div> <div><ul style="list-style-type: none"><li>GENTLE YOGA 9:00AM</li><li>ART 9:45AM</li><li>KNITTING &amp; CROCHETING 10:30AM</li><li>COUNTRY LINE DANCING 10:30AM</li><li>CERAMICS 1:30PM</li><li>FUNCTIONALLY FIT 2:00PM</li><li>CANNON/MURRAY LAW 6:00PM</li></ul></div>	<div>2</div> <div><ul style="list-style-type: none"><li>ZUMBA 9:00AM</li><li>SEWING 9:30AM</li><li>CHAIR YOGA 12:30PM</li><li>POKER 1:00PM</li></ul></div>	<div>3</div>
4	5	<div>6</div> <div><ul style="list-style-type: none"><li>HIKING GROUP 9:00AM</li><li>SIGN UP SHERIFF'S LUNCHEON 10:00AM</li><li>BEADING 10:30AM</li><li>FUNCTIONALLY FIT 2:00PM</li><li>ALZHEIMER'S TALK 6:00PM</li></ul></div>	<div>7</div> <div><ul style="list-style-type: none"><li>BLOOD PRESSURE 9:00AM</li><li>SPECIAL EXERCISE 9:30AM</li><li>SIGN UP GAME NIGHT 10:00AM</li><li>CARDS &amp; GAMES 1:00PM</li><li>BINGO 1:00PM</li><li>POKER 1:00PM</li></ul></div>	<div>8</div> <div><ul style="list-style-type: none"><li>GENTLE YOGA 9:00AM</li><li>ART 9:45AM</li><li>OFFICE HOURS FOR SENATOR FINEGOLD'S AID 10:00AM</li><li>KNITTING &amp; CROCHETING 10:30AM</li><li>COUNTRY LINE DANCING 10:30AM</li><li>SHERIFF'S LUNCHEON 12:00PM</li><li>CERAMICS 1:30PM</li><li>FUNCTIONALLY FIT 2:00PM</li></ul></div>	<div>9</div> <div><ul style="list-style-type: none"><li>ZUMBA 9:00AM</li><li>SEWING 9:30AM</li><li>SIGN UP STRAWBERRY SHORTCAKE 10:00AM</li><li>WOOD CARVING 10:00AM</li><li>CHAIR YOGA 12:30PM</li><li>POKER 1:00PM</li></ul></div>	<div>10</div>	
11	12	<div>13</div> <div><ul style="list-style-type: none"><li>HIKING GROUP 9:00AM</li><li>DANCE &amp; TONE 9:30AM</li><li>BEADING 10:30AM</li><li>FUNCTIONALLY FIT 2:00PM</li><li>FALL PREVENTION SEMINAR 1:00PM</li></ul></div>	<div>14</div> <div><ul style="list-style-type: none"><li>BLOOD PRESSURE 9:00AM</li><li>SPECIAL EXERCISE 9:30AM</li><li>CARDS &amp; GAMES 1:00PM</li><li>POKER 1:00PM</li><li>STRAWBERRY SHORTCAKE 1:00PM</li></ul></div>	<div>15</div> <div><ul style="list-style-type: none"><li>GENTLE YOGA 9:00AM</li><li>ART 9:45AM</li><li>KNITTING &amp; CROCHETING 10:30AM</li><li>COUNTRY LINE DANCING 10:30AM</li><li>CERAMICS 1:30PM</li><li>COMMISSIONERS MEETING 1:30PM</li><li>GAME NIGHT 4:30PM</li></ul></div>	<div>16</div> <div><ul style="list-style-type: none"><li>ZUMBA 9:00AM</li><li>SEWING 9:30AM</li><li>CHAIR YOGA 12:30PM</li><li>POKER 1:00PM</li></ul></div>	<div>17</div>	
18	19	<div>20</div> <div><div>JUNETEENTH CENTER CLOSED</div></div>	<div>21</div> <div><ul style="list-style-type: none"><li>HIKING GROUP 9:00AM</li><li>DANCE &amp; TONE 9:30AM</li><li>BEADING 10:30AM</li><li>FUNCTIONALLY FIT 2:00PM</li><li>CANDY RAFFLE</li></ul></div>	<div>22</div> <div><ul style="list-style-type: none"><li>GENTLE YOGA 9:00AM</li><li>ART 9:45AM</li><li>KNITTING &amp; CROCHETING 10:30AM</li><li>COUNTRY LINE DANCING 10:30AM</li><li>CERAMICS 1:30PM</li><li>FUNCTIONALLY FIT 2:00PM</li><li>WHO ARE THEY? CONTEST ENDS</li></ul></div>	<div>23</div> <div><ul style="list-style-type: none"><li>ZUMBA 9:00AM</li><li>SEWING 9:30AM</li><li>WOOD CARVING 10:00AM</li><li>CHAIR YOGA 12:30PM</li><li>POKER 1:00PM</li><li>CORNHOLE 2:00PM</li></ul></div>	<div>24</div>	
25	26	<div>27</div> <div><ul style="list-style-type: none"><li>TAI CHI: 9:00AM</li><li>SPECIAL EXERCISE 10:30AM</li><li>CAREGIVERS SUPPORT 10:30AM</li><li>WII BOWLING 11:30AM</li><li>CRIBBAGE 1:00PM</li><li>BOOKCLUB 1:30PM</li></ul></div>	<div>28</div> <div><ul style="list-style-type: none"><li>BLOOD PRESSURE 9:00AM</li><li>SPECIAL EXERCISE 9:30AM</li><li>CARDS &amp; GAMES 1:00PM</li><li>POKER 1:00PM</li><li>MOVIE DAY 1:00PM</li></ul></div>	<div>29</div> <div><ul style="list-style-type: none"><li>GENTLE YOGA 9:00AM</li><li>ART 9:45AM</li><li>KNITTING &amp; CROCHETING 10:30AM</li><li>COUNTRY LINE DANCING 10:30AM</li><li>CERAMICS 1:30PM</li><li>FUNCTIONALLY FIT 2:00PM</li></ul></div>	<div>30</div> <div><ul style="list-style-type: none"><li>ZUMBA 9:00AM</li><li>SEWING 9:30AM</li><li>CHAIR YOGA 12:30PM</li><li>POKER 1:00PM</li></ul></div>		



# TOWN OF WILMINGTON

CURRENT RESIDENT OR

PRESORTED  
STANDARD  
US POSTAGE PAID  
WILMINGTON, MA  
PERMIT NO 10



We are looking for Home Delivered Meals drivers one day a week!  
Drivers are paid a stipend and receive transportation mileage.

If you are interested or would like more information, please call the  
center at 978-657-7595

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

- Male or female incontinence products
- Flushable wipes
- Hearing aid batteries size 312
- Medical equipment such as walkers, wheelchairs, commodes, showers chairs, etc.
- Puzzles
- Books
- DVDs
- Puzzle books