



# **THE BUZZELL BUZZ**

## **MARCH 2019**

### **THE DEPARTMENT OF ELDERLY SERVICES**



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

**MONDAY THRU FRIDAY—9:00AM-4:30PM**



**Are we happy to see March—**

Day Light Savings is on March 10, 2019 and the first day of Spring is March 20, 2019.

We would first like to give a BIG THANK YOU to John Bumpus. John is an Eagle Scout who decided to take on a project to benefit the Wilmington Buzzell Senior Center. On Saturday, January 26, 2019—John and his team came in and renovated our Game Room. The project is a huge success and everyone is so happy with the new lighting, paint, countertop and curtains. He truly out did himself!



There has been more discussion about recent scams that have been affecting the area. The grandparent scam has been around for several years. In this approach, a person calls an older adult pretending to be a grandchild who's been involved in an accident or legal trouble and needs money immediately. Recently, the Federal Trade Commission (FTC) found that instead of using wire transfer or gift cards, an increasing number of older adults are mailing cash to these fraudsters, with a **median individual loss of \$9,000**. According to reports, the scammers often ask seniors to divide the bills into envelopes and place them between the pages of a magazine, then send them using various carriers, including UPS, FedEx, and the U.S. Postal Service. The FTC warns that if you or a loved one receives one of these calls, don't act right away. Call that grandchild back on a correct phone number and verify their whereabouts. If you've mailed cash, report it right away to the Postal Service or shipping company you used. Some people have been able to stop delivery by acting quickly and giving a tracking number. Be sure to also file a complaint to the FTC at **[FTC.gov/complaint](https://www.ftc.gov/complaint)**.

Lastly, we are having a coffee hour for our new Assistant Town Manager, Kerry Colburn-Dion, on Thursday, March 14, 2019 at 9:30AM. Come share in welcoming her Wilmington!

#### **A Piece to our Health Puzzle... Mental Health**

Thursday, March 14, 2019 from 11:00AM-1:00PM at the Center

#### **Inclement Weather Policy**

The Department of Elderly Services storm policy states that when the Wilmington Public Schools are closed due to inclement weather, all scheduled Buzzell Senior Center activities are also canceled for the day. There will be no home delivered meals and our van will not be available.

The center will remain open for emergencies.



## MARCH BIRTHDAYS



Peg Banera	Rose Brooks	Irene Conlin
Frank Corvino	Charlotte DeMarco	Frank DeVita
Jackie Draper	Joyce Duff	George Filbotte
Patricia Kane	Maureen MacDonald	Terri Marciello
Paulette Mangano	Tom Mills	Janice Murray
Linda Mytych	Kathy Perito	Peggy Reese
Don Rich	Patricia Sutherland	Rocco Valente

*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 newsletters!

**ALERT:** The Federal Trade Commission is getting reports about people pretending to be from the Social Security Administration (SSA) who are trying to get your Social Security number and even your money.

In one version of the scam, the caller says your Social Security number has been linked to a crime (often, he says it happened in Texas) involving drugs or sending money out of the country illegally. He then says your Social Security number is blocked – but he might ask you for a fee to reactivate it, or to get a new number. He will ask you to confirm your Social Security number.

In other variations, he says that somebody used your Social Security number to apply for credit cards, and you could lose your benefits. He also might warn you that your bank account is about to be seized, that you need to withdraw your money, and that he'll tell you how to keep it safe.

### **All of these are scams. Here's what you need to know:**

- The SSA will never call and ask for your Social Security number. It will not ask you to pay anything. It will never call to threaten your benefits.
- Your caller ID might show the SSA's real phone number (1-800-772-1213), ***but that's not the real SSA calling. Computers make it easy to show any number on caller ID. You cannot trust what you see there.***
- **Never** give your Social Security number to anyone who contacts you in this way. **Do not confirm the last 4 digits.** Do not give a bank account or credit card number – ever – to anybody who contacts you by phone asking for it.

### **"A Little Bit of Ireland**

**Sunday, March 17, 2019 at 2:00PM ( bus @ 12:30PM)**

**At the Reagle Theater in Waltham, MA**

A Little Bit of  
**IRELAND**

Join us for one of New England's largest St. Patrick's Day celebrations! Featuring Irish tenors, step dancing, a glimpse into a Celtic pub, the charms of an Irish band, and the lilt of laughter with a master Irish comic.

**Tickets are \$30.00 per person including transportation**

### The Buzz Book Club

We will be meeting on Monday, March 25th at 1:00 p.m.

The book club selection for March is

"Still Life" by Louise Penny

Please contact the Senior Center if you are interested in this popular program!



### Friday Sewing Group

Meets every Friday from 10:00AM—12:00PM

A very informal group that gathers to share ideas, patterns and fun.

Come on down and join the FUN!!



### Doris' Craft Corner

"Mystery" Craft

Friday, March 22<sup>nd</sup> at 10:00 a.m.

Sign up Wednesday, March 6, 2019

\*\*\*Bring a bag of jelly beans

\*\*\*1" or larger foam paintbrush (found at the Dollar Store)



### Lunch and Movie



Thursday, March 28, 2019 at 12:00pm

"The Greatest Showman"

Pizza, Salad and Dessert

Cost \$3.00 per person

Sign up week of March 4, 2019

### The Who: Techin' About My Generation?

#### PODCAST

On Tuesday, April 16, 2019 at 1:00PM, we are having a great live discussion with Wilmington High School students about technology and how it has effected and affected each generation in different ways.

Come be a part of this interesting conversation.

Brad McKenna, from the Wilmington Memorial Library will be leading this event.

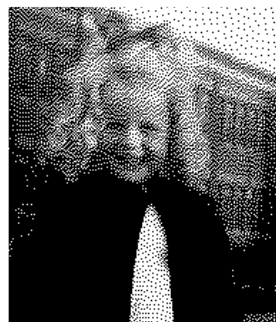
Please sign up at the front desk if you are interested.



### MARCH GUESS WHO?



This is the baby picture of someone who comes to the Center! Take a close look and place your answer in the container located on the front counter or call the center with your answer.



#### Clues:

1. Active at the Center
2. Enjoys Special Exercise
3. Originally from the Somerville/Cambridge Area

We will choose one winner who will receive a prize!



**Thursday, May 9, 2019**

**Volunteer Appreciation Brunch**

**Saturday, April 27, 2019**

**World Tai Chi Day at the Wilmington Town Common**

**Thursday, June 13, 2019**

**Plymouth's 399th Birthday Tour—Harbour Cruise and Luncheon—\$70.00**

**Motor Coach Transportation**

**(\$89.00 non-residents)**

**Thursday, August 22, 2019**

**Newport Rail Excursion and Luncheon - \$70.00**

**Motor Coach Transportation**

**(\$89.00 non-residents)**



### **St. Patrick's Day Celebration**



**Friday, March 15, 2019 at 12:00 p.m.**

To celebrate St. Patrick's Day, the Buzzell Senior Center will be having a delicious homemade corned beef and cabbage luncheon at The Knights of Columbus where we will be celebrating this special holiday. Come relax and enjoy an excellent afternoon with good food and friends. We will also have live entertainment by Joe Leary—back by popular demand!

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. We will have a THANK YOU card at front desk for everyone to sign.

### **Memory Café**

**"Our Moment Café"**

**Wednesday, March 20, 2019**

**1:00 p.m. - 2:30 p.m.**

**at the 4th of July Building**

**142 Middlesex Avenue**

**Wilmington MA**



A Memory café is a special gathering place for those dealing with memory loss and their caregivers. The Café gives the person with memory loss and their caregiver an opportunity to socialize, participate in an activity and make new friends in a welcoming environment.

## Caregivers Support Group

Caregivers support group will meet on Monday, March 18, 2019  
from 10:30 to Noon

This support group is opened to all who are interested.

If you are caring for a loved one, please join us.

If you have any questions, please contact  
Laura Pickett, our Case Manager at 978-657-7595.



### IN LOVING MEMORY



We express sympathy for the  
loss of our friends

George D'India

Charles Peterson

Paul Giordano

Phyllis Jensen

### GET WELL WISHES

Louise Redgate

Bob Veno



### Tai Chi, Yoga and Zumba

#### Will Continue

Tai Chi with Greta on Tuesdays, at 1:00 p.m.  
through March 26th



Yoga with Joan on Tuesdays, 2:30 p.m.  
through March 26th



Zumba with Kelli on Tuesdays, at 9:00 a.m.  
through March 26th



Registration is required with these classes



### Coffee Hour

#### Meet our New Assistant Town Manager

Kerry Colburn-Dion, our new Assistant  
Town Manager/Human Resources Direc-  
tor, will be meeting all of us on

Thursday, March 14, 2019

At 9:30AM



### Fuel Assistance Program

The Community Teamwork, Inc. Fuel Assistance Program is available to new applicants starting November 1, 2018 and runs thru April 2019. 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 to set up your appointment for assistance in this application process with Terri Marciello/Laura Pickett at 978-657-7595. Wilmington residents that applied last year and are receiving renewal applications in the mail may also call for an appointment. Residents under the age of 60 should contact the Billerica Veteran's Agent (978-671-0968).

Renewal information is being sent out - please feel free to call the center to assist you with this process. All copies can be made at center .

Below are the new income guidelines for 2018-2019

FAMILY SIZE	MAXIMUM ANNUAL GROSS INCOME
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1	\$35,510
2	\$46,437
3	\$57,363
4	\$68,289



### ***“Leaving Your Handprint Behind”***

**Thursday, March 7th**

**1:00—2:30 p.m.**



Come meet Marie Ardito, a dynamic person with a wealth of information on so many levels. She would like to present a workshop called “Leaving Your Handprint Behind”. This seminar is motivational and its purpose is to reach out and help you realize that you have talents and to create something to leave your legacy behind.

The workshop looks at the uniqueness of the individual and different ways to express their uniqueness through their legacy. We will explore what legacy means to each participant.

Marie Ardito was an educator in the schools of Massachusetts for over 31 years. She continues educating in retirement by presenting numerous informational seminars on preparing for retirement and what one needs to know to live as an informed retiree. She is co-founder of **Massachusetts Retirees United** an organization whose mission is to inform retirees on issues that pertain to them. She is a motivational speaker who truly believes the message she delivers. Sign up at front desk.



### **Time To ... Spring Ahead**

**Sunday, March 10, 2019**

It is time to set our clocks **one hour** ahead!

This is a sign that spring is on its way!





# MARCH 2019



SUN	MON	TUE	WED	THU	FRI	SAT
					1 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	2
3	4 9:00AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 1:00PM Quilting 12:30PM Wii Bowling	5 9:00AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30 PM Gentle Yoga	6 9:30AM Beading 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers <b>Sign-up Doris' Craft</b>	7 9:00AM Art Class 10:30AM Aerobics 11AM Knitting/ Crocheting 1:00PM Ceramics 1:00PM "Leaving your Handprint Behind"	8 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	9 Fun Singers performing at Woodbriar & Windsor Place
10 	11 9:00AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting 12:30PM Wii Bowling	12 9:00AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30 PM Gentle Yoga	13 9:00AM Podiatrist 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers	14 9:00AM Art Class 10:30AM Aerobics 11:00AM Mental Health Program 11AM Knitting/ Crocheting 9:30 Coffee Hour— Assistant Town Manager	15 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 12:00PM St. Patrick's Celebration at K of C <b>Afternoon classes cancelled</b> 	16
17 A Bit of Ireland Trip 2:00PM 	18 9:00AM Blood Pressure 9:45 AM SBF Exercise 10:30AM Caregivers 11AM Special Exercise 1:00PM Quilting 12:30PM Wii Bowling	19 9:00AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30 PM Gentle Yoga	20 9:30AM Beading 9:45 AM SBF Exercise 11AM Special Exercise 11:00AM Rep. from Senator Tarr's Office 1:00PM Moments Café 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers performing at Care One	21 9:00AM Art Class 10:30AM Aerobics 11AM Knitting/ Crocheting 1PM Ceramics <b>1:30PM Commissioner's Mtg.</b>	22 10:00AM Video Exercise 10:00AM Doris' Craft 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	23
24	25 9:00AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 12:30PM Wii Bowling 1:00PM Book Club 2:30 PM Quilting	26 9:00AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30 PM Gentle Yoga	27 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers	28 9:00AM Art Class 10:30AM Aerobics 11AM Knitting/Crocheting 12:00PM Lunch & Movie 1PM Ceramics	29 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	30
31						



What better place to be than at the Buzzell Senior Center!





# TOWN OF WILMINGTON

PRESORTED  
STANDARD  
US POSTAGE PAID  
WILMINGTON, MA  
PERMIT NO 10

CURRENT RESIDENT OR



## ACTIVITY PROGRAMS

### **MONDAY**

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

### **TUESDAY**

ZUMBA CLASS 9:00  
AEROBICS 10:30  
TAI CHI 1:00  
MAH JONGG 1:00  
YOGA 2:30

### **WEDNESDAY**

SBF EXERCISE 9:45 - 11  
SPECIAL EXERCISE 11-12  
COUNTRY LINE DANCING 1:00  
CARDS 1:30-4  
FUN SINGERS 3:00

### **THURSDAY**

ACRYLIC PAINTING 9:00  
AEROBICS 10:30  
KNITTING/CROCHETING 11:00  
CERAMICS 1:00

### **FRIDAY**

SEWING GROUP 10:00  
VIDEO EXERCISE 10-11  
SPECIAL EXERCISE 11-12  
BINGO 1-3  
CARDS 1:30-4

### **DAILY**

GAME ROOM -SOCIALIZATION  
KITCHEN 9-4:30

### **SENIOR VAN SERVICES**

MONDAY THRU FRIDAY  
PICKUPS FROM 9:00 AM TO 3:00 PM. MUST  
CALL TO SCHEDULE PICKUP AT LEAST ONE  
TO TWO WEEKS IN ADVANCE. VAN SER-  
VICES A 13 MILE RADIUS OF WILMINGTON.

## SPECIAL PROGRAMS

### **PODIATRIST**

3<sup>RD</sup> WEDNESDAY OF THE MONTH  
9:30 AM

**SHINE COUNSELOR**  
CALL FOR PERSONAL  
APPOINTMENT

### **CAREGIVERS GROUP**

3rd Monday of the Month  
10:30 AM

### **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

\*\*\* Activities are subject to change\*\*\*

Please contact Center for more information