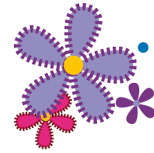




THE BUZZELL BUZZ MAY 2017



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



Terri's Notes

"Live, Laugh Learn"

May has finally arrived! The daffodils, tulips and tree buds are blooming, especially refreshing to see after this intense winter we've had. To start, I would like to send a special Mother's Day wish to all Great Grandmothers, Grandmothers and Mothers in this beautiful month of May.

This is also the time of year that we can thank our many volunteers for all their support of services throughout the year. On Thursday, May 11, 2017 we will be having a Volunteer Appreciation Brunch at the Hillview Country Club in North Reading, MA— We are extremely fortunate to have the amount of volunteers and the dedication each volunteer shows – as Aesop stated "No act of kindness, no matter how small, is ever wasted." We appreciate all the acts of kindness that all of our volunteers have shown. This event is just a small gesture of the gratitude to the over 100 volunteers for making the department stand strong.

On Tuesday, May 2, 2017 we will be having our Special Home Bound meals to welcome in the Spring! I want to thank the many volunteers that have stepped forward in delivering the meals. We are also very fortunate to have Rocco's prepare the delicious meals for everyone—and we thank them for their ongoing support to the elders of Wilmington.

We also want to take this time to thank the Robarge Family for a wonderful event that was held on Saturday, April 22, 2017 in honor of Joe (Sonny) Robarge. Everyone had a great time with delicious food and wonderful sense of community shared through out the event.



We also want to take this time to thank our van driver Bob Burke for his over 18 years of service. He will be retiring this month and we want to be able to wish him a wonderful retirement. He has been a tremendous asset to the department and no one could begin to match his true sense of dedication these past several years.



Reminder

Caregivers Support Group Monday, May 15, 2017 at 10:30AM



Doris' Craft Corner

T-Shirt Scarf or Beach Bag

Friday, May 19, 2017 at 10:00AM

You Will need —

T-Shirt Adult 100% cotton—no side seams if possible—

1 bag of Pony Beads and sharp pair of scissors.

You can find these items at Michaels, Jo Ann Fabrics or AC Moore and possibly the Dollar Store.



Prescription Advantage Presentation

What do you do when.....

- you reach the “donut hole” and can’t afford your prescriptions?
- your Medicare drug plan isn’t working for you.

This is where Prescription Advantage can help!

Join us to learn more about Prescription Advantage, a state-sponsored pharmacy assistance plan that can:

lower your prescription drug costs, and allow you to change your Medicare plan when you need to.

If your income is less than \$36,180 (single) or \$48,720 (married)

Prescription Advantage is **FREE!!!**



Monday, May 22, 2017 at 1:00PM

Love your Heart, Love your Food!

Heart disease is the leading cause of death in America. But the good news is many of these deaths and risk factors are preventable.

While age, gender and family history cannot be controlled, you can help prevent and control high cholesterol, high blood pressure, excess weight and obesity with lifestyle changes, physical activity and healthful eating.

Healthy food choices and an active lifestyle can have a big impact on your heart's health. Just a few steps and you can be on your way to a healthier heart:

- Regular, moderate physical activity lowers blood pressure and helps your body control stress and weight. Be physically active in your own way. Start by doing what you can, at least 10 minutes at a time. Always check with your physician before beginning a workout regimen.
- Eat more fruits and vegetables. One good goal is to fill half your plate with colorful fruits and vegetables every meal.
- Eat less salt by preparing foods at home so you can control the amount of salt in your meals. As you prepare meals, use as little salt as possible. You can cut at least half the salt from most recipes. As you shop, select reduced-sodium or no-salt-added canned soups and vegetables.
- Eat whole grains. Not only do they provide vitamins and minerals, but whole grains also contain dietary fiber, which may help reduce your risk of heart disease, cancer, diabetes and other health complications.
- Regularly eat fatty fish including salmon, lake trout, albacore tuna (in water, if canned), mackerel and sardines.
- Eat fewer foods with saturated fats, trans fats, cholesterol, added sugars and refined grains.

Talk to your doctor to find out if you are at high risk for heart disease.

- Source: www.eatright.org, Academy of Nutrition and Dietetics



Memorial Day Luncheon

Friday, May 26, 2017—12:00 P.M.

We will be having an All American luncheon on May 26, 2017 to honor our Veterans. (Beans/Franks and Apple Pie with Ice Cream)

Tickets are \$5.00—if you bring a donation for

LOCAL HEROES, Inc.

Veterans are free.

**Sign ups will be on Tuesday, May 9, 2017 at
10:00 A.M. at the Buzzell Senior Center
(Stop by the front desk)**



The Delvena Theatre Company will be presenting

Truly Eleanor



Monday, June 12, at 1:00 PM.

Here in this 3-person, live performance, Eleanor shares some of her most private and meaningful moments - her lonely childhood; her joyous courtship/marriage with her fifth cousin, Franklin; her devastation at Franklin's love affair with her social secretary; her resolve to make him president after his polio diagnosis; her involvement in his presidency; and her eventual triumph at the United Nations. "Truly Eleanor" takes a candid look at our greatest First Lady's courage and at her great contributions to human rights and liberty for all. The cast will open up for discussion of the subject matter after the performance.

Sign up Thursday, May 25, 2017

IN LOVING MEMORY

**Patricia Huber
Theresa Ruszkowski**

GET WELL WISHES

**Ann Morrell
Marge Lamkin**



May Birthdays

*We can't help you blow out the candles
on your cake unless you tell us your
special day!*

*As we are updating our systems, please
call the Senior Center to confirm your
birthday month so that we can mention
you in future newsletters!*

Georgia Boudreau

**Geraldine Familitti
Irene Conlin
Jeanne Grant
Paz Mendoza
Grace Santo
Charlotte Guthrie**

**Grace Mullens
Charlie Wayman
Frank Puleo
Walter Sevenser
Don Albanese**

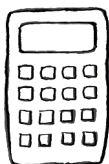


What is a MOON?

For people with Medicare, MOON has a new meaning: "Medicare Outpatient Observation Notice". This newly required notice must be given to some patients who have been admitted to a hospital for "observation". Hospitals are increasingly admitting patients under observation status. You may be surprised to know that even if you are admitted to a hospital room overnight, you might not be an "inpatient". If you are under observation, you are considered an outpatient even though you may stay in a hospital bed for many days. This changes how your Medicare coverage works. The MOON will explain the reason for observation status and how it affects your Medicare coverage. Please make sure you are watchful of this because they will charge you privately.

COMPUTER NEWS FOR MAY & JUNE, 2017

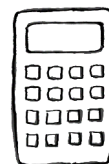
IT'S OVER! THE TAX SEASON IS FINALLY BEHIND US AND WE HOPE THAT EVERYONE WHO TOOK ADVANTAGE OF THE TAX PREPARATION PROGRAM HERE AT THE SENIOR CENTER IS RECEIVING A HUGE REFUND! (WE HOPE EVERYONE ELSE IS TOO!) WE ARE HAPPY BECAUSE WE GET OUR ROOM BACK AND CAN AGAIN RESUME THE TUESDAY/ THURSDAY COMPUTER HELP SESSIONS. IF YOU HAVE QUESTIONS YOU'VE BEEN WAITING TO ASK, COME ON IN, WE'RE WAITING FOR YOU!



****TONY'S APP OF THE MONTH****

(AND IT'S ALL FREE!)

"TIP CALCULATOR"



I THINK THIS App is one of the quickest, easiest and most handy tools available.

It will calculate your tip and split the bill among friends in just 5 seconds. I know, there's always someone in your crowd who does it mentally, but I always seem to struggle with this, but this app always works great for me. Try it; I know you'll like it!

Remember computers and electronic devices are supposed to help us, and not give us stress, so together let's make using them fun and helpful and work for us.

Candid Discussion on Opioid Crisis

Guest Speaker : District Attorney Ryan

Tuesday, May 9, 2017 at 11:30AM

Have you ever had an operation for which you were prescribed pain medication, such as a hip or knee replacement? Do you suffer from chronic pain, such as arthritis or osteoporosis? Chances are you have been prescribed an opioid, even if you were unaware (e.g., Percocet, Vicodin, OxyContin, Fentanyl). Whether you actively take an opioid or have had a prescription for one in the past, there is important information about which we need to be aware.

With the Commonwealth of Massachusetts in the midst of an unprecedented public health epidemic, Middlesex District Attorney Marian Ryan has developed a safety program for senior citizens to raise awareness about the opioid crisis, specifically how it directly impacts them.

On Tuesday, May 9, 2017 at 11:30AM, District Attorney Ryan will discuss the far-reaching effects of this problem as well as offer tips on how to manage prescription medication using the File of Life program. In addition, she will talk about ways to safeguard medication from theft; how to properly dispose of unused or expired medication; how to identify signs of drug addiction in a loved one, and get them help.

Complimentary File of Life refrigerator magnets and personal wallet cards will be distributed to seniors who attend.



PLAN WISELY, WATCH CLOSELY

Keep all of your important financial paperwork, including tax returns, investment and banking records, and legal documents, in a safe place. Share that information with a trusted person who can help you in an emergency.

Examine bills and bank statements and report any unauthorized activity—no matter how small. Use direct deposit for paychecks, social security and pension payouts, and tax refunds. Direct deposits are the best way to protect your money in transit.

Do not provide personal information, like your social security or bank account numbers, without verifying who needs it and why. To avoid scams, do not provide this information by phone, and never send anyone personal information to collect a prize or reward.



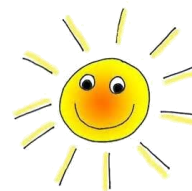
Upcoming Day Trips



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

Peabody Essex Museum

Sign up at Front Desk



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

Sign up Tuesday, May 16, 2017 at 10:00AM

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

Sign up June 13, 2017 at 10:00AM

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 by a visit to the Museum of Fine Arts. You will view collections from around the world which include over 450,000 objects.

Sign-up is at 10:00AM on each chosen date—ALL TRIPS ARE NON-REFUNDABLE—if there are any questions, please contact the Buzzell Senior Center.

How Physical Exercise Makes Your Brain Work Better

Research shows different activities have quite specific mental effects – here's how moving your body could sharpen your ideas

Boost your memory

The part of the brain that responds strongly to aerobic exercise is the hippocampus. Well-controlled experiments in children, adults and the elderly show that this brain structure grows as people get fitter. Since the hippocampus is at the core of the brain's learning and memory systems, this finding partly explains the memory-boosting effects of improved cardiovascular fitness. As well as slowly improving your memory hardware, exercise can have a more immediate impact on memory formation. German researchers showed that walking or cycling during, but not before, learning helped new foreign language vocabulary to stick. So exercise while you revise. Don't push it too hard, though: vigorous workouts can raise your stress levels, which can scupper your memory circuits.

Improve your concentration

Besides making memories stickier, exercise can help you focus and stay on task. The best scientific evidence comes from testing school children, but the same most likely applies to us all. Interspersing lessons with 20-minute bouts of aerobics-style exercise improved the attention spans of Dutch school pupils. Meanwhile, a large randomized controlled trial in the US looked at the effects of daily after-school sports classes over a school year. The children, of course, got fitter. Less predictably, their executive control improved. They became more adept at ignoring distractions, multitasking, and holding and manipulating information in their minds. And if that all sounds like hard work, you may not have to get out of breath to reap the attention-honing effects of exercise. Just 10 minutes of playful coordination skills, like bouncing two balls at the same time, improved the attention of a large group of German teenagers.

Improve your mental health

Love it or hate it, bouts of physical activity can have potent effects on your mood. The runner's high – that feeling of elation that follows intense exercise – is real. Even mice get it. It may not be due to an "endorphin rush", though. Levels of the body's homemade opiate do rise in the bloodstream, but it's not clear how much endorphin actually gets into the brain. Instead, recent evidence points to a pleasurable and pain-killing firing of the endocannabinoid system: the psychoactive receptor of cannabis.

What about yoga? Does it really help with stress? When anxiety levels rise, you tense up, your heart races and your attention narrows to a slit. This shift to "fight or flight" mode is automatic, but that doesn't mean it's wholly out of your control. Yoga teaches the deliberate command of movement and breathing, with the aim of turning on the body's "relaxation response". Science increasingly backs this claim. For example, a 2010 study put participants through eight weeks of daily yoga and meditation practice. In parallel with self-reported stress-reduction, brain scans showed shrinkage of part of their amygdala, a deep-brain structure strongly implicated in processing stress, fear and anxiety.

Exercise is also emerging as a promising way to overcome depression. A 2013 meta-analysis cautiously reported that exercise – both aerobic and resistance – was "moderately effective" in treating depressive symptoms. Strikingly, exercise seemed as effective as antidepressant drugs and psychological treatments. The study's authors identified it as an area crying out for more rigorous investigation.

Enhance your creativity

Thoreau, Nietzsche and many other creative types have claimed that walking gives wings to the imagination. Last year, psychologists gave this empirical support. Walking, either on a treadmill or around Stanford's leafy campus, bolstered divergent thinking: the free-roaming, idea-generating component of creative thought. It didn't help convergent thinking, though. So if you're struggling to home in on a single solution, an idle stroll may not be what you need.

The evidence that staying physically fit keeps your brain healthy into old age is especially compelling. Most concrete is the link between aerobic fitness and cognitive preservation. Workouts needn't be extreme either: 30-45 minutes of brisk walking, three times a week, can help fend off the mental wear and tear and delay the onset of dementia. It pays to get used to regular exercise early, though. The protective effects are clearest before the cognitive signs of old age kick in.

Nor is it all about your heart and lungs. Exercises to improve balance, coordination and agility made a clear impact on the brain structure and cognitive function of a large group of German elderly people. Twice weekly sessions of weightlifting can have a visible neurological impact. Dancing may also be restorative for ageing brains. Just an hour of dance a week, for six months, did little for elderly participants' aerobic capacity, but the physical and social stimulation bolstered their cognitive well-being.







Researchers are still teasing out the critical factors that make exercise such a potent brain tonic. Prime suspects include increased blood flow to the brain, surges of growth hormones and expansion of the brain's network of blood vessels. It's also possible that exercise stimulates the birth of new neurons. Until recently, few believed this could happen in adult human brains. **Don't sit still:** The cognitive spillover from exercise reminds us that our brains don't operate in isolation. What you do with your body impinges on your mental faculties. Sitting still all day, every day, is dangerous. So don't dither about what form of exercise you do. Find something you enjoy, then get up and do it.

Terry L Currier: personal trainer and weight loss coach



May 2017



SUN	MON	TUE	WED	THU	FRI	SAT
	1 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Quilting	2 9:00AM Zumba 10:30 AM Aerobics 1230PMWii Bowling	3 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing Gentle Yoga—3:45M	4 10:00 AM Art Class 10:30 AM Aerobics 11:00 Knitting 1:00 PM Game Day	5 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	6
7	8 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Quilting	9 9:00AM Zumba 10:30 AM Aerobics 1230PMWii Bowling 11:30AM Opioid Discussion	10 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing Gentle Yoga—3:45M	11 No Exercise Classes Volunteer Appreciation 	12 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	13
14 Mother's Day 	15 9:30 AM Blood Pressure 9:45 AM SBF Exercise 10:30 Care Giver Support Group 11AM Special Exercise 11AM Knitting/Crocheting 1:00 PM Quilting	16 9:00AM Zumba 10:00 Sign up GLOUCESTER TRIP 10:30 AM Aerobics 12:30PMWii Bowling	17 9:30 Podiatrist 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing Gentle Yoga 3:45PM	18 10:00 AM Art Class 11:00AM Knitting 10:30 AM Aerobics 1:30PM - Commissioner's Meeting	19 10:00 AM Video Exercise 10:00AM Doris' Craft Corner 11:00 AM Special Exercise 1:00PM Bingo 1:00 Cards	20
21	22 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting 1:00 PM Quilting 1:00—Prescription Advantage	23 9AM Zumba 10:30 AM Aerobics 12:30PM Wii	24 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing 2:00PM 3B Fitness Gentle Yoga—3:45M	25 10:00 AM Art Class 10:30 AM Aerobics 11:00AM Knitting 1:00 PM Game Day 1:00PM Remember When Sign up for "Truly Eleanor"	26 Memorial Day Luncheon—12:00PM *No Exercise** 	27
28	29 CENTER CLOSED  Memorial Day	30 9AM Zumba 10:30 AM Aerobics 12:30PM Wii	31 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing 2:00PM 3B Fitness Gentle Yoga—3:45M			
			<div>  Happy Mother's Day  </div> <div> To all Mothers, Grand Mothers and Great Grandmothers! </div>			



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
CERAMICS 12:00
QUILTING 1:00

TUESDAY

WALKING GROUP 9:00
AEROBICS 10:30
Wii BOWLING 1:00 PM

WEDNESDAY

CRAFT CLASS 9-12
SBF EXERCISE 9:45 - 11
SPECIAL EXERCISE 11-12
CARDS 1:30-4
FUN SINGERS 3:00

THURSDAY

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

FRIDAY

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

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.