



THE BUZZELL BUZZ

NOVEMBER 2017

"LIVE, LAUGH LEARN"



THE DEPARTMENT OF ELDERLY SERVICES

15 SCHOOL STREET, WILMINGTON, MA 01887

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MONDAY THRU FRIDAY—9:00AM-4:30PM

Terri's Notes

As we begin this Thanksgiving season, we would like to take this opportunity to thank the many organizations, clubs and students that support the Buzzell Senior Center throughout the year. We are grateful to you all.

The Buzzell Senior Center will once again have our "**Annual Giving Tree**," a tree decorated in ornaments with ideas of needed gifts for elders of Wilmington. The Giving Tree gives the community an opportunity to help others in town. Beginning the week of November 20, 2017, feel free to come down to the Center and choose an ornament. We ask that you bring the wrapped gift (with tag) back to the Center by the week of December 18, 2017, to ensure that gifts are delivered in time. These gifts are delivered personally and truly bring a smile to all who receive. If you know of any elders who would benefit from some holiday cheer, please contact Terri Marciello, (tmarciello@wilmingtonma.gov) or Laura Pickett (lpickett@wilmingtonma.gov) at 978-657-7595. All names are kept confidential. We thank you in advance for once again bringing the spirit of the holidays to those in need.

We are also happy to announce that on December 11, 2017, The Buzzell Senior Center and The Wilmington High School Medical Careers Club will be having our Annual Gingerbread House decorating party. Come and be a part of this fun holiday event. Space is limited so sign up at the front desk.

A reminder that the Buzzell Senior Center will be closed on November 10, 2017 for Veteran's Day and November 23 & 24, 2017 for the Thanksgiving holiday. **There will be no home delivered meals on those dates as well.**

We wish you all a Happy Thanksgiving!



The Department of Elderly Services would also like to acknowledge all Veterans' on this Veteran's Day, November 11th. We are appreciative and thankful for all that you have done for our country.

Caregivers Support Group

The role of caregiver can be a difficult one. The Department of Elderly Services is offering a Caregivers Support Group that meets on the Third Monday of every month. If you are caring for a loved one, relative, or friend, come and meet others who understand all that you are going through and who can offer support and provide helpful coping strategies.

The group meets from 10:30 a.m. to 12 noon @ the Buzzell Senior Center.

Next meeting on Monday, November 20, 2017



For more information, please contact Laura Pickett @ (978) 657-7595 or lpickett@wilmingtonma.gov

DRIVERS NEEDED

Looking for home delivered meal drivers for mother's hours.

Call Senior Center at 978-657-7595 for more information.



Better Business Bureau

The BBB Scams & Fraud program will cover the most common scams currently circulating the community, the major "red flags" to watch out for, and the precautionary steps we can take to protect ourselves from falling victim.

Tuesday, December 5, 2017

1:00PM

Please sign up at Front Desk



Medicare Open Enrollment Informational Session

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. This information is important because it explains changes in your plan for 2018. During Medicare Open Enrollment (October 15 - December 7), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment! There will be a meeting on

Tuesday, November 7, 2017 at 1:00PM

Do Not Wait Until It's Too Late!

November 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 newsletters! (We are updating our systems.)



Marsha Agostino

Donna Beaudoin

Robert Bertwell

Charles Corsaro

Joan Medbery

Ralph Shea

Fred Hogan

IN LOVING MEMORY

We express sympathy for the loss of our friends

Rose Raposo
Margaret Perry

GET WELL WISHES

Irene Conlin
Priscilla Mickle
Barbara Maguire
Dot Cunha

Pop-Up Library

Simplify your Wednesday mornings!

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

Wednesday, November 15, 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 and 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 Buzzell the next time the library "pops-up".



GUESS WHO?

This is the baby picture of one us at 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.

We will choose one winner!



GOOD LUCK

COMPUTER NEWS FOR OCTOBER-NOVEMBER 2017.

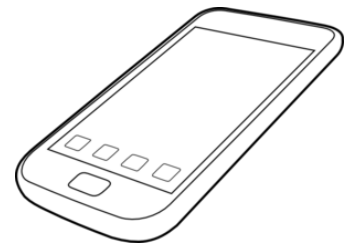
Hi Folks!

Well, you may have heard, but if you haven't, I'm back. As we have done in the past, I will be here every TUESDAY and THURSDAY from 9:00AM.

We are now offering a class on Smartphone Digital Photography. We will begin as soon as we have two or three people sign up.

Classes will be held every Tuesday from 9:30 to 10:30AM. The class session will be for three weeks. Because of the size of the computer room, we can only accommodate up to three students. We will begin as soon as we have folks signed up. **The only requirement** is that you know how to use your cell phone camera and can operate it. This way we can immediately get into taking photos with our phones.

If you think there is something I should cover in this class, please stop and chat with me. Your suggestions are welcome, and we'll see if they can be



Volunteer Opportunity:

AARP Tax aide is looking for compassionate and friendly individuals to join our team of local volunteers for the upcoming tax season.

You'll receive training and support. We need folks to welcome taxpayers, help organize their paperwork and fill out forms.

We need folks to fill out tax returns- we provide training and IRS certification. If you are interested let the Senior center know to talk to a current volunteer or sign up directly at: www.aarpfoundation.org/taxaidevolunteer.



Special Thank you to the Wilmington Fire Fighters Union 1370

for hosting a delicious breakfast on Saturday, October 28, 2017 at the Knights of Columbus



And Thank You to the American Legion Post 136, Boys Scout Troop 136, Sons of American Legion and the Women's Auxiliary for the amazing pasta dinner on October 16, 2017.

Social Media Meet-Up:

Social media is becoming apart of our everyday lives. It connects you to your friends & family, and does so much more. Learn all about what social media can do for you, how to keep your information private, and what to look out for. You'll also learn how to setup a Facebook, Twitter, and Instagram accounts.

Monday, December 4, 2017 at 1:00 p.m.

Sign up at Front Desk



Upcoming Events

Veterans Luncheon

Wednesday, November 8, 2017 at 12PM

Join us for a nice lunch to honor all who served our country, and deserve a special day. Tickets are \$5.00

Sign up by stopping by the front desk at the Buzzell Senior Center

Comedy Show with Steve Henderson

Live Performance of "Mable and Jerry"

Think Romeo and Juliet meet Burns and Allen. It's a joyous romp for audiences of all ages.

Happy New Year Celebration with lots of Laughs

December 28, 2017 @ 1:00PM

Sign up: Tuesday, November 28, 2017—Cost \$5.00

The Unveiling of Our 2018 MOTTO

Presented by the Wilmington High School Graphic Arts students

To Be Announced



2017 ANNUAL HOLIDAY PARTY

Wednesday, December 6, 2017

6:30 p.m. - 10:00 p.m.

Tewksbury Country Club



Let's celebrate the holiday season together with a delicious dinner!

Come to the Tewksbury Country Club for an evening of delicious food, socializing, and fun.

Music provided by DJ Dan!

(Back by popular demand!!)

Get your dancing shoes ready for a great time!

Tickets are \$25 per person.

Sign up on November 15, 2017 at Front Desk





November 2017



SUN	MON	TUE	WED	THU	FRI	SAT
			1 42nd Street Trip 9:00 AM Craft Class 9:45 AM SBF Exercise 11:00 AM Special Exercise 1:00 PM Line Dancing 1:30 PM Cards 3:00 PM Fun Singers	2 10:00 AM Art Class 10:30 AM Aerobics 11:00 AM Knitting/ Crocheting 1:00 PM Game Day 1:00 PM Ceramics Thanksgiving Dinner Sponsored by the Tewksbury/ Wilmington Elks - Doors open at 5:00 PM—dinner served at 6:30 PM	3 10:00AM Special Exercise 11:30AM Brain & Body Exercise (last class) 1:00 PM Bingo 1:30 PM Cards	4
5	6 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting	7 ELECTION DAY 9:00AM Zumba 10:30 AM Aerobics 1230PMWii Bowling 1:00 Mahjong 2:30PM Yoga Class 1:00 PM Medicare Informational Session	8 12:00 PM Veteran's Luncheon at the Center ALL CLASSES CAN- CELLED FOR TODAY 1:30 PM Cards 3:00 PM Fun Singers	9 10:00 AM Art Class 10:30 AM Aerobics 11:00 AM Knitting/ Crocheting 1:00 PM Game Day 1:00 PM Ceramics	10 CENTER CLOSED  <u>No Home Delivered Meals</u>	11
12	13 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting	14 9:00 AM Zumba 10:30 AM Aerobics 1230 PM Wii Bowling 1:00 Mahjong 2:30 PM Yoga Class	15 9:30AM Podiatrist 9:00 AM Craft Class 9:45 AM SBF Exercise 10:00 AM Pop-Up Li- brary 11:00 AM Special Exercise 1:00 PM Line Dancing 1:30 PM Cards 3:00 PM Fun Singers Signs-up for Holiday Party	16 10:00 AM Art Class 10:30 AM Aerobics 11:00 AM Knitting/ Crocheting 1:00 PM Game Day 1:00 PM Ceramics 1:30PM Commissioner's Meeting	17 10:00AM Video Exercise 10:00AM Doris' Craft 11:00AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	18
19	20 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 10:30 Care Givers Support Group 1:00PM Quilting	21 9:00 AM Zumba 10:30 AM Aerobics 1230 PM Wii Bowling 1:00 Mahjong 2:30 PM Yoga Class 10:30 AM Caregivers Group	22 9:00 AM Craft Class 9:45 AM SBF Exercise 11:00 AM Special Exercise 1:00 PM Line Dancing 1:30 PM Cards 3:00 PM Fun Singers	23 Happy Thanksgiving  CENTER CLOSED	24 CENTER CLOSED	25
26	27 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting 1:00PM Wii Competi- tion at the Center 1:00PM Book Club	28 9:00 AM Zumba 10:30 AM Aerobics 1230 PM Wii Bowling 1:00 Mahjong 2:30 PM Yoga Class Sign-Up for New Year's Eve	29 9:00 AM Craft Class 9:45 AM SBF Exercise 11:00 AM Special Exercise 1:00 PM Line Dancing 1:30 PM Cards 3:00 PM Fun Singers	30 10:00 AM Art Class 10:30 AM Aerobics 11:00 AM Knitting/ Crocheting 1:00 PM Game Day 1:00 PM Ceramics		

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





Fuel Assistance Program



The Community Teamwork, Inc. Fuel Assistance Program is available to new applicants starting November 1, 2017 and runs thru April 2018. 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 2017-2018

FAMILY SIZE	MAXIMUM ANNUAL GROSS INCOME
1	\$34,380
2	\$44,958
3	\$55,537
4	\$66,115

Beware of the Medicare "Back Brace Scam"

Scammers **may** pretend represent insurance or healthcare companies. **There is a new twist:** calls from "Medicare" claiming to have your new back brace.

How the Scam Works~~ You **answer** the phone, and a "Medicare representative" **con (scammer)** has as two typical patterns:

~~ **an offer:** the scammer will offer you a back brace through Medicare ~~ **or claim** that a caregiver previously called about receiving a back brace from Medicare.

If you show interest in the brace, the scammer will start asking for personal information, such as your Social Security number or a Medicare number to access the benefits. **Don't fall for these phony claims, even if the calls are persistent!** The callers offer no company name and may even hang up on you if you ask for further company information.

Protect Yourself from Healthcare Scams

- Medicare should already have your basic information: **If Medicare or another governmental organization contacts you, they should already have your name, address and other basic info.** A call claiming you have been identified for an offer (but doesn't have your name or other information) is probably blasted out to thousands of phone numbers!
- Never share your Medicare number with an **unsolicited caller**. **Treat your Medicare number like your credit card info or other personal details. Do not share it with unsolicited callers.**
- **Check BBB Tips:** For more information about healthcare scams, check bbb.org/healthcarescam.



TOWN OF WILMINGTON

CURRENT RESIDENT OR

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



ACTIVITY PROGRAMS

MONDAY

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

TUESDAY

WALKING GROUP 9:00
ZUMBA 9:00
BOCCE 9:30
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 1:30-4
FUN SINGERS 3:00
GENTLE YOGA 3:45

THURSDAY

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

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

CAREGIVERS GROUP

3rd Monday of the Month
10:30 AM

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.