

# THE BUZZELL BUZZ

## THE DEPARTMENT OF ELDERLY SERVICES

### NOVEMBER 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

##### **Coordinator**

##### **Assistant:**

Debra Hurley  
DHURLEY@  
WILMINGTONMA.GOV

##### **Assistant Case**

##### **Worker:**

Patti Meehan  
PMEEHAN@WILMINGTON  
MA.GOV

##### **Van Driver:**

Sonja Halliday

#### **NEWS & UPDATES**

The holiday season is quickly approaching and with it comes many exciting things! See our save the dates on page 5, you won't want to miss out on these fun events.

The Tewksbury/Wilmington Elks Club is hosting their annual Thanksgiving Dinner on Thursday, November 9, 2023. We want to thank them for once again sponsoring a delicious and entertaining dinner that brings joy to so many.

Fuel assistance is back beginning November 1, 2023. See page 6 for the income guidelines. Renewal forms are also being sent out for those who previously had fuel assistance. Anyone that needs assistance filling out the renewal form, or anyone interested in applying can call the center to make an appointment with Terri or Laura.

Do you have a favorite holiday recipe? We would love for you to share it with us! You can submit any kind of recipe you'd like. Just make sure the recipe is neatly written and gives clear and concise ingredients/instructions. Feel free to put your name on it and let us know where the recipe came from or any other details you'd like to share. You can drop it off at the center. We will pick one recipe to share in each newsletter for the coming months. Our recipe this month is Italian holiday cookies and can be found on page 3.

Please note that this month, there will be no wood carving class. We are happy to announce that the center will once again be participating in the annual Festival of Trees and our Giving Tree program. More information about these two special events can be found on page 2.

Medicare open enrollment has begun! See more information about the SHINE program on page 4.

Construction is finally underway for our new Senior Center! We had a great time celebrating with everyone at our ground breaking party. See photos from this event on page 6.

*Lastly, don't forget to set your clocks back an hour on Sunday, November 5, 2023.*

#### **VETERANS DAY**



The Department of Elderly Services would like to acknowledge all Veterans on this Veterans Day. We are appreciative and thankful for all that you have done for our country.

#### **IMPORTANT DATES**

Friday, November 10, 2023: Center closed, no home delivered meals

Saturday, November 11, 2023: Veterans Day

Wednesday, November 22, 2023: No home delivered meals

Thursday, November 23, 2023: Thanksgiving: Center closed, no home delivered meals

Friday, November 24, 2023: Center closed, no home delivered meals



### "A SHOW OF SHOWS"

**When: Friday, November 17, 2023 at 1:00PM**

Come see yourself and your friends! Audrey Reed has edited many hours of footage from "Wilmington Has Talent" shows and "The Ham I Am". It's going to be a blast from the past that you won't want to miss.

*Call the center to sign up.*



### FESTIVAL OF TREES

We are happy to announce that we will be participating in the Festival of Trees again this year. Our theme is "Holiday Cheers from the Senior Center".

If you are interested in helping out, we are accepting donations of holiday themed décor that we can put on the tree as gifts.

**All donations need to be in no later than Monday, November 27, 2023.**

*This year the Festival of Trees is from Friday, December 1, 2023—Sunday, December 3, 2023 at St. Dorothy's Church.*



### GIVING TREE

Our Annual Giving Tree is back! The tree is decorated in ornaments with ideas of needed gifts for the seniors of Wilmington. The Giving Tree gives the community an opportunity to help others in town.

***Beginning on November 27, 2023 come to the center to choose an ornament. Then return the wrapped gift (with tag) back to the center by December 18, 2023.***

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 call the center. All names are kept confidential. We thank you in advance for once again bringing the spirit of the holidays to those in need.



### NO SEW QUILT



Join Nancy on **Monday, November 13, 2023 at 1:00PM**. Collage quilting is the process of cutting out portions of fabrics to assemble and reproduce "pictures". Patterns are abundant for this process. Even if you are not a quilter you will enjoy collage quilting. There is NO SEWING to create your piece of fabric art. Sewing is only required to quilt and apply a binding.

November's No Sew Quilt will be a holiday one! **The cost will be \$30.00** which includes all that you will need to make your own beautiful collage quilt and the finishing touches.

Nancy Sandreuter is a certified teacher for the Laura Heine method of collage quilting. During class we will create small collage quilts. Come and join the fun.



**Sign up for this class was in October, call the center to see if space is still available.**

*Limited space available.*

## NOVEMBER BIRTHDAYS

Beverly Berrigan	Charlie Corsaro	Dorothy Foley	John Mellen	Ginny Pupa
Susan Curtis	Vinny Dwyer	Barbara Glover	Sue Mellen	Ralph Shea
Arlene Crossen	Donna Diggs	Diane Garrity	Betty Molvar	Mark Sullivan
Elaine Calvo	Kathleen Durost	Fred Hogan	Nancy Murphy	Bob Woods
Alicia Candelino	Dotty Emmons	Gene Leary	Marilyn Nicolosi	
Tommie Carlson	Patty Flaherty	Donna Minervini	Angelina Pepe	
Joan Corsaro	Joan Farrell	Anthony Mattaliano	Jerry Pupa	

*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!*

### Dough

6 c. flour	2 to 3 tsp. vanilla or lemon
4 tsp. baking powder	or anise flavoring
1/4 tsp. salt	1-1/2 sticks butter
2 c. sugar	6 eggs
1/2 c. milk	

This recipe was submitted by Irene Mercurio. If you have a recipe you would like us to share, stop by the front desk and let us know.

Melt butter and cool. In bowl mix eggs, butter, milk, sugar and extract, mix well. Make well in flour, baking powder and salt. Add wet ingredients to dry and mix. Chill dough. Make shapes or balls place on a cookie sheet. Bake at 350° for 10 to 15 minutes.

### Frosting

1 c. confectionery sugar	extract
water	sprinkles

Mix sugar, water and extract until a smooth paste. Frost cookies and immediately add sprinkles.



## CAREGIVERS SUPPORT GROUP



This month our Caregivers Support group will be on **Monday, November 20, 2023 at 10:30AM-12:00PM**. The role of the caregiver can be a difficult one. If you are caring for a loved one, please feel free to join us.

## POWERFUL TOOLS FOR THE CAREGIVER

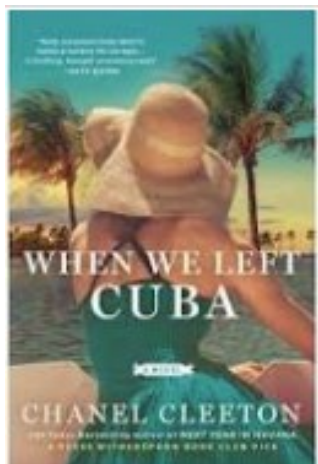
The Department of Elder Services is sponsoring "Powerful Tools for the Caregiver" presented by Minuteman Senior Services. By taking care of your own health and well-being you become a better caregiver. This six-week course is designed to build the skills caregivers need to take better care of themselves while caring for a loved one. Powerful Tools for the Caregiver will help you-reduce stress-improve self-confidence-balance your life-effectively communicate in challenging situations-increase ability to make tough decisions and locate helpful resources.

This program will be held on  
Tuesday, November, 7 & 14 from 1:00PM-2:30PM.

*This program is currently full*







### **BOOK CLUB**

The Book Club meets on the 4th Monday of the month at 1:30PM.

The next meeting is  
**Monday, November 27, 2023**

This month's book is  
When we left Cuba

By: Chanel Cleeton (2019)

### **DORIS' CRAFT CORNER**



When: Wednesday,  
**November 29, 2023 at  
10:00AM**

Join Doris in making this cute decorated snowman candle. All you need to bring with you is sharp scissors. There is no cost to attend.

Sign up for this event will be on Thursday, November 9, 2023 at 10:00AM

### **CANDY RAFFLE**

#### **CONGRATULATIONS TO PAT SUTHERLAND!**

There was a three way tie, all guessing 525! Of those three, Pat was chosen at random. There were 570 candy corn in the jar.

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

One lucky winner will be chosen on  
Tuesday, November 21, 2023

### **INDOOR CORNHOLE**

Due to scheduling conflicts, there will be no cornhole for the month of November, but two events for the month of December!



When: Friday, December  
1, 2023 at 2:00PM

& Friday, December 29,  
2023 at 2:00PM



### **HIKING GROUP**

The Hiking Group meets on Tuesdays and Thursdays to hike in various locations both locally and in surrounding towns. If you are interested in joining, please register at the Senior Center first and then you will be connected to the group via email with Arnie.

As of newsletter deadline, there were 60 hikers for the month of October with one more hike to go!

### **BINGO**



Join us for BINGO! Bingo is on the first and third Wednesday of the month at 1:00PM. No need to sign up. Just stop by!

**Wednesday, November 1, 2023  
Wednesday, November 15, 2023**

*Please bring small bills, preferably ones or fives to play*



### **SHINE OPEN ENROLLMENT**

Medicare Open Enrollment time is October 15 - December 7. If you feel you are paying too much for medications or healthcare copayments, schedule a meeting with a SHINE counselor at the Senior Center or call Minuteman Senior Services SHINE Program at 781-221-6171.

SHINE counselors are extensively trained and re-certified annually by the Executive Office of Elder Affairs. Services are available to Massachusetts residents for assistance with Medicare Parts A&B, Medicare Advantage Plans, Medicare Prescription Drug Coverage (Medicare Part D), Medicare Supplement Plans, MassHealth and various assistance programs for people with limited resources.

Counselors are hosted at Councils on Aging and other community settings. We are fortunate in Wilmington to have two highly trained and experienced SHINE Counselors.

## 2023 HOLIDAY PARTY

**When:** Wednesday, December 6, 2023  
From 6:00PM-10:00PM

**Where:** Knights of Columbus  
112 Middlesex Ave, Wilmington, MA

**Cost:** \$25.00

Dance the night away with music by DJ Dan!

*Sign up will be in person on  
Monday, November 13, 2023 at 10:00AM*

*Please have payment ready at sign up, cash or  
check is accepted. If using a check, please make  
payable to:*

Wilmington Senior Center



### COOKIE SWAP

**When:** Wednesday, December 13, 2023

Back by popular demand! Bake 2 dozen of your  
favorite type of cookie and bring to share with  
all your friends. Come join the FUN!

*Call the center to sign up.*



### UGLY SWEATER DAY

**When:** Friday, December 1, 2023

Join us for an ugly sweater contest.  
Prizes will be awarded for the "best"  
sweater!

*Call the center to sign up.*

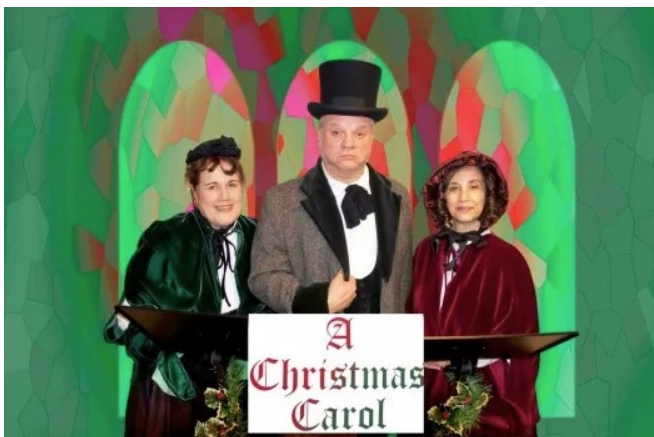


### A CHRISTMAS CAROL

**When:** Friday, December 8, 2023 at 1:00PM

*Sign up begins on Monday, November 6, 2023 at 10:00AM*

The Christmas season comes alive with Delvena Theatre Company's production of the beloved story of *A Christmas Carol* by Charles Dickens. A dramatic reading of *A Christmas Carol*, complete with period costumes, features a narrator and two actors with more than 60 years experience among them.



Watch in fascination as Marley comes back from the dead to help Scrooge amend his miserly ways here on earth and transform himself in a pleasant, giving old gentleman. With the help of three ghosts – the Ghost of Christmas Past, Ghost of Christmas Present and the Ghost of Christmas Future – the audience will be mesmerized as old Scrooge takes a long look at his life and reevaluates its path.

Classic Christmas music puts the finishing touch on this wonderful message of hope and love – so fitting for the Christmas season!





### FUEL ASSISTANCE

The Community Teamwork, Inc. Fuel Assistance Program is available to new applicants starting October 1, 2023. Fuel Assistance can help pay part of your home's winter heating bill. This program begins on November 1, 2023.

Any Wilmington resident who is 60 years or older in need of fuel assistance, please call the center to set up your appointment for assistance in the application process with Terri or Laura at 978-657-7595.

Renewal information is currently being mailed to Wilmington residents that applied last year. Please call the center for an appointment if you need assistance with the renewal form. (Residents under the age of 60 should contact the Billerica Veteran's Agent at 978-671-0968). Please feel free to call the center if you have any other questions. Also, all copies can be made at the center.

Household Size	Max. Gross Income
1	\$45,392
2	\$59,359
3	\$73,326
4	\$87,294

### UPDATE ON NEW SENIOR CENTER PROJECT



Welcome to the  
*Wilmington Senior Center  
Groundbreaking Ceremony*



Wednesday, October 25, 2023

at 12:00 pm

Wilmington Senior Center Site  
130 Main Street, Wilmington, MA



# NOVEMBER 2023

SUN	MON	TUES	WEDS	THUR	FRI	SAT
			<b>1</b> <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><b>BINGO 1:00PM</b></li> </ul>	<b>2</b> <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>	<b>3</b> <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>	<b>4</b>
<b>5</b> DAYLIGHT SAVINGS ENDS 	<b>6</b> <ul style="list-style-type: none"> <li>TAI CHI: 9:00AM</li> <li><b>SIGN UP CHRISTMAS CAROL 10:00AM</b></li> <li>SPECIAL EXERCISE 10:30AM</li> <li>WII BOWLING 11:30AM</li> <li>CRIBBAGE 1:00PM</li> </ul>	<b>7</b> <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><b>POWERFUL TOOLS 1:00PM</b></li> <li>FUNCTIONALLY FIT 2:00PM</li> </ul>	<b>8</b> <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> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>GENTLE YOGA 9:00AM</li> <li>ART 9:45AM</li> <li><b>SIGN UP DORIS CRAFT 10:00AM</b></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>	<b>10</b> CENTER CLOSED	<b>11</b> VETERANS DAY 
<b>12</b>	<b>13</b> <ul style="list-style-type: none"> <li>TAI CHI: 9:00AM</li> <li><b>SIGN UP HOLIDAY PARTY 10:00AM</b></li> <li>SPECIAL EXERCISE 10:30AM</li> <li>WII BOWLING 11:30AM</li> <li>CRIBBAGE 1:00PM</li> <li><b>NO SEW QUILT 1:00PM</b></li> </ul>	<b>14</b> <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><b>POWERFULL TOOLS 1:00PM</b></li> <li>FUNCTIONALLY FIT 2:00PM</li> </ul>	<b>15</b> <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><b>BINGO 1:00PM</b></li> </ul>	<b>16</b> <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> </ul>	<b>17</b> <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> <li><b>A SHOW OF SHOWS 1:00PM</b></li> </ul>	<b>18</b>
<b>19</b>	<b>20</b> <ul style="list-style-type: none"> <li>TAI CHI: 9:00AM</li> <li>SPECIAL EXERCISE 10:30AM</li> <li><b>CAREGIVERS SUPPORT 10:30AM</b></li> <li>WII BOWLING 11:30AM</li> <li>CRIBBAGE 1:00PM</li> </ul>	<b>21</b> <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><b>CANDY RAFFLE</b></li> </ul>	<b>22</b> <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> </ul>	<b>23</b> THANKSGIVING CENTER CLOSED	<b>24</b> CENTER CLOSED	<b>25</b>
<b>26</b>	<b>27</b> <ul style="list-style-type: none"> <li>TAI CHI: 9:00AM</li> <li>SPECIAL EXERCISE 10:30AM</li> <li>WII BOWLING 11:30AM</li> <li>CRIBBAGE 1:00PM</li> <li><b>BOOK CLUB 1:30PM</b></li> <li><b>FESTIVAL OF TREES DONATION DEADLINE</b></li> <li><b>GIVING TREE BEGINS</b></li> </ul>	<b>28</b> <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> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>BLOOD PRESSURE 9:00AM</li> <li>SPECIAL EXERCISE 9:30AM</li> <li><b>DORIS CRAFT 10:00AM</b></li> <li>CARDS &amp; GAMES 1:00PM</li> <li>POKER 1:00PM</li> </ul>	<b>30</b> <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>		



# TOWN OF WILMINGTON

PRESORTED  
STANDARD  
US POSTAGE PAID  
WILMINGTON, MA  
PERMIT NO 10

CURRENT RESIDENT OR

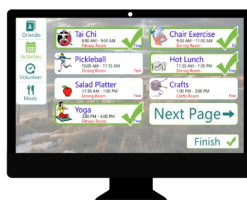
## my seniorcenter™



Next time you are at the center, please take a moment to stop at the front desk. We would like to update your profile and make sure we have correct information for you including your emergency contacts. This will only take a minute or two.

### **REMINDER!**

Just a friendly reminder that it is very important to sign in to all events, activities, and classes every time you come to the center. If you do not have a card to scan, please ask for a new one at the front desk.



### **CALL THE CENTER IF YOU NEED...**

- Incontinence products
  - Flushable wipes
  - Hearing aid batteries
- Medical equipment such as walkers, wheelchairs, commodes, showers chairs, etc.
  - Nutritional Drinks (Ensure/Boost)
  - Puzzles
  - Books and Puzzle Books
  - DVD's