

THE BUZZELL BUZZ **OCTOBER 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

Welcome to the month of October. The Fall weather is on its way and the beautiful Fall colors are right around the corner. Take your time to review all of the information that is in this month's newsletter. We have several new programs; such as the LLBean Walking Group and fun exercise programs that have returned to the center: such as Zumba, Yoga along with Brain, Body Fitness and an informational about a new endeavor...T'ai Chi..

It is that time of year for Medicare Enrollment. If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should have received a notice from your plan at the end of September. That notice outlines changes to be made to your plan for 2018: *it is important to review, understand and save this information!* During Medicare Open Enrollment, from October 15th to December 7th, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer free and confidential counseling on all Medicare and related health insurance programs. Feel free to contact Peggy Reese at the front desk or call 978-657-7595 for her to make arrangements for you to meet with a SHINE counselor.

This is also the time of year that the fuel applications begin. Laura Pickett, our case manager, was able to meet with Community Teamworks INC. to review the information needed for this year's application process. If anyone should need assistance in renewing their application or filing a new application, please feel free to contact the center at 978-657-7595. You will see inside this month's newsletter the guidelines for the programs, which official starts November 1, 2017. Again feel free to call the center and we will assist you through this process. Let's hope for an easy winter.

Alzheimer's Awareness Month - THANK YOU!

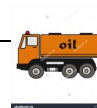
The Department of Elderly Services would like to thank everyone that donated to the Alzheimer's Association for our Walk to End Alzheimer's event on

Sunday, September 24, 2017.





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 |

"Brain Body Fitness"

Is Back

Exercise your brain and your body at the same time! Aerobic, strength, balance and stretching exercises are interwoven with brain games and mental challenges that will make you think, move and laugh. Come join the fun!

It will start on October 6, 2017 at 11:30 AM.

Sign up at front desk

Special Homebound Meals

The Department is sponsoring our special homebound meal on

Tuesday, December 5, 2017

This is a wonderful way to kick off the season!

If interested in helping in delivery please contact the center.



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, October 16, 2017



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

October 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 always updating our system.)

George Smith



Maria Pereira

Mabel Butt

Gunvor Davis

Frances Duffy

Helen Durkee

Jim Durkee

Freda Graham-Rogers

Carol Perry

Anna Peters

Ruth Poor

John Flynn

Ruth Flynn

Irene Oak

IN LOVING MEMORY

We express sympathy for the loss of our friends

Roy Arnold and Gerry Carrozza

Tax Preparedness Program

Monday, October 23, 2017 at 1:00 PM



On Monday, October 23, 2017 at 1:00PM at the Buzzell Senior Center we will be having a presentation on— “How to Best Get Ready for the Up-coming Tax Season”.

Bill Kelleher will share all the necessary paper work needed to file for the year ending 2017. Bill will also give suggestions on how to make financial decisions that can lessen your tax burden.



Tai Chi for Your Health

My name is Don and I have been practicing Tai Chi for eight years. I teach two styles of Tai Chi; Yang Style and Tai Chi Chung. Both styles help with your body, confidence, awareness, and, most importantly, your breathing.

Tai Chi has helped me through some of my most challenging moments in my life, and I would expect that if you ask anyone who has really practiced and mastered it, they would say the same. Tai Chi is a Chinese martial art and has been around for hundreds of years. The styles I teach are known to help people relax, reduce stress, and help with certain body aches. I will take you through deep breathing exercises, Tai Chi Walking, stretching, and finish up with some form work.

This will be held on Tuesday, October 17, 2017 at 4:00PM



Apple Crisp and Conversation

It's time to enjoy a tasty fall treat, and walk away with some additional knowledge. Bayberry at Emerald Court, independent and assisted living from Tewksbury is pleased to bring our Chef Victor Casado who will create a delicious apple crisp for us all to enjoy. While we're eating our creation, Bayberry will also present information on the key differences between independent living, assisted living, and skilled nursing options. There are small differences between the options that many people are not aware of. Bayberry hopes you leave this program with a full belly and some new knowledge about the options ahead of you!

Sign-up begins on October 11, 2017

Thursday, October 26, 2017 at 1:00 p.m. at the Center



Veterans Day Luncheon

Spaghetti and Meatballs

Wednesday, November 8th

At 12:00 Noon

Come and honor all who have served and who deserved a special day here at the Center.

Tickets: \$5.00

All Veterans are Free

Sign up: Wednesday, October 18, 2017

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

Mahjong

People have been asking about Mahjong. It is the new game everyone wants to play.

What is Mahjong?

Mahjong is a game of skill, strategy, and calculation and involves a degree of chance. The game is played with a set of 144 tiles based on Chinese characters and symbols, although some regional variations may omit some tiles and/or add unique tiles.

Come learn more on Tuesdays at 1:00PM



L.L. Bean Free Walking

Join us for a great hike in
Harold Parker State Forest

We plan to look for wildlife and travel around Brackett Pond; Collins Pond and Field Pond. Please make sure you wear appropriate hiking clothing; waterproof footwear (if possible) and dress for the weather, layers are best. Please bring a small day pack with snacks, water.

Dates: Thursday, October 5, 2017

Thursday, October 12, 2017

10:00 a.m.

HALLOWEEN PARTY



Tuesday, October 31, 2017

2:00—4:00 p.m.

Let's have some spooky fun and show off your costume!

Come on down to the center in your best costume for our annual Halloween Party

We'll have some games and treats and winners for the best costume!

Sign up Thursday, October 12, 2017



October 2017



| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--|---|--|--|--|-----|
| 1 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting | 2 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting | 3 9:00 AM WALKING GROUP 9:00 AM Zumba 10:30 AM Aerobics 1230 PM Wii Bowling 1:00 Mahjong 2:30 PM Yoga Class Sign up for 42nd Street | 4 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 Kimball Farms Trip | 5 10:00 AM LL Bean Walking Event 10:00 AM Art Class 10:30 AM Aerobics 11:00 AM Knitting/Crocheting 1:00 PM Game Day 1:00 PM Ceramics | 6 10:00AM Special Exercise 11:30 AM Brain & Body Exercise 1:00 PM Bingo 1:30 PM Cards | 7 |
| 8 | 9 CENTER CLOSED  <i>No Home Delivered Meals</i> | 10 9:00AM Zumba 10:30 AM Aerobics 1230 PM Wii 1:00 PM Mahjong 2:30 PM Yoga Class 1:00 PM Learn Ukulele Class | 11 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 | 12 10:00 AM LL Bean Walking Event 10:00 AM Art Class 10:30 AM Aerobics 11:00 AM Knitting/Crocheting 1:00 PM Game Day 1:00 PM Ceramics | 13 10:00AM Special Exercise 11:30 AM Brain & Body Exercise 1:00 PM Bingo 1:30 PM Cards 10:00 AM Doris' Craft | 14 |
| 15 | 16 9:30AM Blood Pressure 9:45 AM SBF Exercise 10:30 Care Givers Support Group 11AM Special Exercise 1:00PM Quilting 5:00 PM Dinner by the American Legion | 17 9:00 AM WALKING GROUP 9:00 AM Zumba 10:30 AM Aerobics 1230 PM Wii Bowling 1:00 Mahjong 2:30 PM Yoga Class 4:00 PM Tai Chi Class | 18 9:30AM Podiatrist 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 Sign up Veterans Luncheon | 19 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 | 20 10:00AM Special Exercise 11:30 AM Brain & Body Exercise 1:00 PM Bingo 1:30 PM Cards | 21 |
| 22 | 23 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 2:30PM Quilting 1:00 PM Book Club 1:00PM Tax Program | 24 9:00 AM WALKING GROUP 9:00 AM Zumba 10:30 AM Aerobics 1230 PM Wii Bowling 1:00 Mahjong 2:30 PM Yoga Class | 25 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 | 26 10:00 AM Art Class 10:30 AM Aerobics 11:00 AM Knitting/Crocheting 1:00 PM Game Day 1:00 PM Ceramics 1:30 PM Apple Crisp & Conversation | 27 10:00AM Special Exercise 11:30 AM Brain & Body Exercise 1:00 PM Bingo 1:30 PM Cards | 28 |
| 29 | 30 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting | 31 9:00 AM Zumba 10:30 AM Aerobics No Afternoon Classes HALLOWEEN PARTY | | | For October ONLY- No video classes this month Special Exercise at 10:00 Brain & Body at 11:30AM | |

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



NORTHSHORE MUSIC THEATRE



NORTHSHORE MUSIC THEATRE

**Trip Date: Wednesday, November 1, 2017
(2:00 PM Matinee Show)**

Sign up Tuesday, October 3, 2017

Come and meet those dancing feet in 42nd Street, the glamorous, Tony Award-Winning, 1930's musical spectacular. The stakes are high when a young chorus girl fresh from Allentown, PA, is given the once-in-a-lifetime chance to become a star in musical that recalls both the classic days of Broadway and the golden age of movie musicals. With sensational tap numbers, lavish costumes, and one show-stopping tune after another, you will be thoroughly entertained from the first note to the final tap.

**Cost \$35.00
(Includes Transportation)**

You're getting a new Medicare card!

Cards will be mailed between April 2018 – April 2019

You asked, and we listened. You're getting a new Medicare card! Between April 2018 and April 2019, we'll be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity.

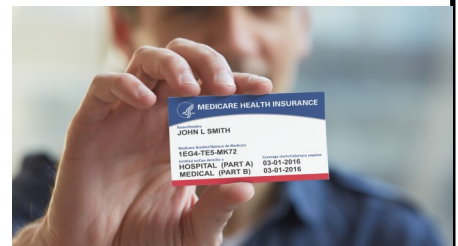
You'll get a new Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information from Medicare when your new card is mailed.

Here's how you can get ready:

Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772-1213. TTY users can call 1-800-325-0778.

Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.

Beware of anyone who contacts you about your new Medicare card. You'll never be asked to give us personal or private information to get your new Medicare Number and card!





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

TUESDAY

WALKING GROUP 9:00
ZUMBA 9:00
BOCCE 9:30
AEROBICS 10:30
Wii BOWLING 12:30 PM
YOGA 2:30 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

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

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.