



THE BUZZELL BUZZ



OCTOBER 2019

THE DEPARTMENT OF ELDERLY SERVICES

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MONDAY THRU FRIDAY 9:00AM-4:30PM

OCTOBER 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 are very excited to announce that the Department of Elderly Services will be collaborating with the Wilmington Memorial Library. Over the next ten months, the Library will be presenting programs on Health Aging supported by federal funds provided by the Institute of Museum and Library Services and administrated by the Massachusetts Board of Library Commissioners. The big "Kick Off" will be on Saturday, November 2, 2019 at 2:30PM with The Memory Laners Concert and Social at the Wilmington Memorial Library. Please register on the library's website or by calling 978-658-2967. *The Memory Laners* sing songs from the 50s and 60s--Roy Orbison, The Righteous Brothers, Elvis Presley, Sonny and Cher and many others. Join us for a stroll down the magical eras of music. Attending cultural events and listening to music enhances biological functions and reduces social isolation, so plan to attend and start your healthy aging journey!

The following are also scheduled for the month of November—please make sure you call the library to register.

Improv for Healthy Aging

Thursday, November 4th , 2:30 pm at the Wilmington Memorial Library

Dr. Tom Perls: Living to 100

Thursday, November 7th, 7 pm at the Wilmington Memorial Library

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 years 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 months newsletter the guidelines for the programs, which official starts November 1, 2019. Again feel free to call the center and we will assist you through this process. Let's hope for an easy winter.

It's Pumpkin Time! On Wednesday, October 23, 2019 at 2:00PM we are having our Annual Pumpkin Decorating Contest with the Wilmington High School students. Come join in on the fun. Also, start thinking of your Halloween costume for Thursday, October 31, 2019, Luncheon Costume Party!! (\$4.00 per person).

Thank you Senator Tarr for Our Charlie Card

Thank you to Senator Tarr's office, especially Outreach Specialist, Dick Curran for assisting over 50 people in obtaining the MBTA Charlie card. Just a reminder for those who pay cash on their Charlie Card, you can do so at the Anderson Station in Woburn, as well as, North Station in Boston.





OCTOBER BIRTHDAYS



Kay Bimbo

Carmen Bonarrigo

Roberta Burke

Mary Denehy

Helen and Jim Durkee

Cynthia Conners

Rosemary Russo

Joan Foresteire

Freda Graham-Rogers

Paula Kalin

Bob Veno

Jean Miceli

Alice Robb

Elizabeth Roberts

Diana Wilson

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!

Protect Your Eyes as You "Mature"

As you get older your risk for developing age-related eye diseases and conditions increases and may occur with little or no early warning signs. The good news is that if diagnosed early, many eye conditions can be effectively treated and can reduce your chances of developing complications and/or vision loss. Join Reena Gupta, M.D. Ophthalmologist from the Boston Eye Group in Andover, for this lunch and learn informative presentation.

Together we will discuss how to effectively prevent, diagnose and treat common eye diseases and conditions such as dry eye, cataracts, macular degeneration, etc. Sign up by calling the Buzzell Senior Center at 978-657-7595 to reserve your seat.



Date: Wednesday, November 20th

Time: Noon - 1:00

Doris' October Fall Craft Corner

Thursday, October 17, 2019 at 1:00PM

Join us for a crafty morning of fun!

She will be teaching you how to make a Beautiful Designed Plate with Fabric—a sample is at the front lobby desk.

When you register, please make sure you get a list of supplies you will need.

Space is limited—sign-up now



The Buzz Book Club

We will be meeting on Monday,

October 28, 2019 at 1:00 p.m.

The book club selection for October is

"Tisha" by Robert Specht



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

October Movie Day

Thursday, October 10th

At 1:00 p.m.

Calendar Girls

Starring Helen Mirren and
Julie Walters

Come Join the FUN



Pumpkin Decorating

Wednesday, October 23, 2019

At 2:00PM

Come join the fun with the Wilmington High School students in our Pumpkin Decorating Contest !

Sign up at front desk



Audrey 's Corner of Conversation

Let's Keep the Conversation Going!

Thank you to everyone that joined us at the two Selectmen Meetings

Monday, September 9, 2019 and

Monday, September 30, 2019

Also, thank you to the people that came to the

luncheon on Friday, September 20, 2019.

At each meeting there was a positive conversation.

"It's Our Time"

Come get a pin to show your Support!



Wilmington Arts Council

The Wilmington Council for the Arts have scheduled demos and workshops for the Fall 2019 season. The demos are open to all. The workshops require registration as space is limited. Please visit their website at:

<https://www.wilmingtonartcenter.org/>

Tuesday, Oct. 8, 2019

Pastel Demo

Instructor: Ann Goldberg

7pm-9pm

Saturday, Nov. 23, 2019

Watercolor Demo and Workshop

Instructor: Valerie Borgal

Upcoming Events

Vermont Country Store—October 9, 2019

Game Night—October 17, 2019

Home Modification Loan Seminar—October 24

Halloween Party—October 31, 2019

Medicare Open Enrollment Meeting—
November 7, 2019

Veterans Day Luncheon—November 8, 2019

Holiday Party - December 11, 2019

Fuel Assistance Program

The Community Teamwork, Inc. Fuel Assistance Program is available to new applicants starting November 1, 2019 and runs thru April 2020. 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 2019-2020

<u>Household Size</u>	<u>Maximum Gross Income</u>
1	\$37,360
2	\$48,885
3	\$60,351
4	\$71,846



****We will start new applicants in October****



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 2020. 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
Thursday, November 7, 2019 at 1:00PM
At the Buzzell Senior Center
Do Not Wait Until It's Too Late!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and Medicare-related health insurance programs. To schedule a SHINE appointment, call the center at 978-657-7595.

Caregivers Support Group

**Caregivers support group will meet on Monday, October 21, 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

Ruth Lyman
Patricia MacDonald
Evelyn Cogswell

GET WELL WISHES

Rose Marie Bromander
Claire Carvalho
Helen Carver
Jim Durkee



Memory Café “Our Moment Café”

Wednesday, October 16, 2019



The Department of Elderly Services is thrilled to announce that we will be celebrating our 1 year anniversary of our memory café, “Our Moment Café” in October 2019.

A memory café is a special gathering place for those dealing with memory loss and for their care partners. The Café gives the person with the memory loss and their care partners the opportunity to socialize, participate in a new activity and to make new friends in a welcoming environment. We have had consistent attendance from day one from a wonderful group of enthusiastic participants. We could not have had such a great start without the support of so many.

Thank you to our Selectman, our Town Manager, Jeff Hull for helping to ensure that our Café got off the ground. A thank you to W.O.W and Assisting Hands Home Care for their financial support. To Community Liaison Officer Paul Chalifour for his ability to not only secure special parking spaces in the student parking lot but also for his eagerness to jump right into whatever activity was planned. And to Lori Hayes, RN for assisting in the planning of each café and for her warm smile that welcomed each participant every month.

We look forward to continuing to offer diverse activities and programs at the “Our Moment Café” in the coming year.

Happy Anniversary

Why is the Fluzone High-Dose Flu Vaccine better for people 65 years old?

Fluzone shows a stronger immune response in people 65 years and older. Research shows that Fluzone is 24.2% more effective in preventing the flu. It has been noted that 70% to 85% of flu related deaths have occurred in people 65 years and older.

Fluzone consist of 3 strains of flu that the World Health Organization (WHO) and Center for Disease Control (CDC) have deemed significant and present through data collection. Once the strains of flu are determined then manufacturing of the vaccine begins. Fluzone High Dose contains four times the antigen (the part of the vaccine that helps your body build up protection against flu viruses) of standard dose inactivated influenza vaccines. The higher dose of antigen in the vaccine is intended to give older people a better immune response, and therefore, better protection against flu.

It is very important for all people over 65 years old receive their flu vaccine to help keep them healthy.

NEW! Wilmington Health Department is offering a senior center Fluzone High-Dose flu clinic on October 17th, from 10 am to 12 pm., by appointment only –call today.



Thursday, October 31, 2019

Luncheon 12:00PM - Cost \$4.00 per person

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 lunch, games and winners for the best costume!

Sign up Thursday, October 3, 2019




Game Night—Thursday, October 17, 2019 (4:30-7:00PM)

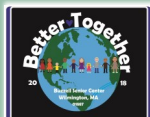
Come and enjoy a light dinner with friends and play your favorite board and card games or rock painting.

Cost \$3.00—sign up at front desk.

OCTOBER 2019



SUN	MON	TUE	WED	THU	FRI	SAT
		1 9:00AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30PM Gentle Yoga	2 9:30AM Beading 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers	3 9:00AM Art Class 10:30AM Aerobics 11AM Knitting/ Crocheting 1:00PM Ceramics	4 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	5
6	7 9:00AM Blood Pressure 9:45AM SBF Exercise 10:00AM Keep Fit Forever 11AM Special Exercise 12:30PM Wii Bowling 1:00PM Quilting	8 9:00AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30PM Gentle Yoga	9 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers <i>Vermont Country Store Trip</i>	10 9:00AM Art Class 10:30AM Aerobics 11AM Knitting/ Crocheting 1:00PM Ceramics 1:00PM Movie Day	11 10:00AM Sewing 10:00AM Video Exercise 10:00AM Instant Pot Class 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	12
13	14  Center Closed	15 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30PM Gentle Yoga	16 9:30AM Beading 9:30AM Podiatrist 9:45 AM SBF Exercise 11AM Special Exercise 11:00AM Rep.Senator Tarr's Office 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers performing off-site	17 9:00AM Art Class 10:00AM Flu Clinic 10:30AM Aerobics 11AM Knitting/ Crocheting 1:00PM Ceramics 1:00PM Doris' Craft Mtg. Game Night 4:30-7:00 p.m.	18 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	19 Fun Singers performing at Woodbriar & Windsor Place
20	21 9:00AM Blood Pressure 9:45AM SBF Exercise 10:00AM Keep Fit Forever 10:30AM Caregivers Group 11AM Special Exercise 12:30PM Wii Bowling 1:00PM Quilting	22 9:00AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30PM Gentle Yoga	23 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Line Dancing 1:30PM Cards 2:00PM Pumpkin Decorating 3:00PM Fun Singers	24 9:00AM Art Class 10:30AM Aerobics 11AM Knitting/ Crocheting 1:00PM Ceramics 1:00PM Home Modifications	25 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	26
27	28 9:00AM Blood Pressure 9:45AM SBF Exercise 10:00AM Keep Fit Forever 11AM Special Exercise 12:30PM Wii Bowling 1:00PM Book Club 2:30 PM Quilting	29 9:00AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30PM Gentle Yoga	30 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers	31 <i>All Classes cancelled</i> Halloween Party 12:00PM 		



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. WE CAN NOT
GUARANTEE TO ALWAYS HAVE
AVAILABILITY.

SPECIAL PROGRAMS

PODIATRIST

3RD 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