

THE BUZZELL BUZZ

THE DEPARTMENT OF ELDERLY SERVICES

OCTOBER 2022



**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*

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NEWS & UPDATES

Happy Fall! We made it through all that Summer heat and what a quick change into Fall we've had. There are lots of fun and *spooky* events coming up in October that you won't want to miss; including a concert, pumpkin carving, and a Halloween costume party! Learn more about all these events and how to sign up on page 2.

Just an update on our Blood Pressure Clinic on Mondays. As many of you know, Traci Mello is no longer the town nurse for the Town of Wilmington. We wish her all the best with her new endeavors. The town is still in the process of hiring a new nurse. Therefore, our Monday morning blood pressure clinic is temporarily suspended. We will contact those who regularly attend when our blood pressure clinic resumes. We thank you for your continued patience.

The Good Neighbor Program was a great success! Throughout this last month, we learned about so many of your good neighbors and the kind acts they do for you. We delivered them all a very sweet surprise as a thank you for being your good neighbor!

The quilting group will resume meeting on Monday's at 1:00PM beginning on Monday, October 3, 2022. Speaking of quilting, you'll want to save the date for a special new type of quilting class in November. See more information about this on page 3.

It's important to stay updated on any alerts that take place within the community. If you have not already, take a moment to register your phone number online to receive Wilmington Town-wide alerts. More details about this can be found on page 3. If you need help, please call the Senior Center.

Stay current on the happenings of the New Senior Center, see page 6 for an update. We strongly encourage everyone to attend the **Special Town Meeting on Saturday, November 19, 2022 at 9:00AM**. This is a critical vote to get our new center and we need your support! Remember, "It's Our Time."

FUEL ASSISTANCE

The Community Teamwork, Inc. Fuel Assistance Program is available to new applicants starting November 1, 2022. 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 the application process with

Terri Marciello or 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 currently being sent out. Please feel free to call the center if you have any questions. Also, all copies can be made at the center.

House- hold Size	Max. Gross Income
1	\$42,411
2	\$55,461
3	\$68,511
4	\$81,561

HOWIE NEWMAN CONCERT

Howie Newman returns to the Senior Center for another great concert experience!

WHEN: Wednesday, October 19, 2022

From 1:00PM-2:00PM

This event will be held indoors and is free of charge. A light dessert will be served.

Call the center to sign up on Tuesday, October 11, 2022 at 10:00AM. Please note you may only sign up yourself and those living in your household, everyone interested in attending must call or stop by the center to sign up.

Limited space is available.



HALLOWEEN CELEBRATION EVENTS!

Pumpkin Decorating and Carving Event

When: Friday, October 21, 2022 at 1:00PM

We welcome you to bring your grandchildren and great grandchildren for this family fun event! We will be getting pumpkins from the United Methodist Church. Light refreshments will be served. This event is free of charge. **Call or drop by the center to sign up on**

Wednesday, October 12, 2022 at 10:00AM. *Limited Space is available.*



Join us for a Halloween Party!

When: Friday, October 28, 2022 at 12:00PM

Come in costume to enter our costume contest! We will have three of our Elderly Service Commissioner's as judges and prizes will be awarded! Please note that all classes and activities on this day will be cancelled.

What's on the Menu: Pizza Goddess is coming to the Senior Center with their brick oven to bake us fresh delicious pizzas!

Cost: \$7.00

Sign up for this event begins on Friday, October 14, 2022 at 10:00AM. This is an in person sign up and all those wishing to attend must be present for the sign up. You may only sign up others living in your household. *Limited space is available.*



BINGO

BINGO is back...

No sign up needed, just come on by!

This month, Bingo will be on

Wednesday, October 5, 2022

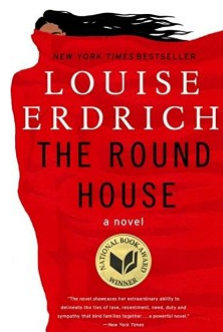
1:00PM-3:00PM.

Please be sure to bring small bills, preferably 1's or 5's to play!

BOOK CLUB

The Book Club meets on the 4th Monday of the month at 1:30PM. The next meeting is Monday, October 24, 2022.

The Book Club is currently full and not able to accept new members at this time.



This month's book is The Round House

By: Louise Erdrich (2012)

OCTOBER BIRTHDAYS

Phyllis Allen	Roy Crowell	Lauren Healy	Alice Robb	Janet Senesi
Janet Amrock	Geraldine Debernardo	Irene Hoffman	Stephen Robbins	Annette Shelley
Bill Bannon	Mary Denehy	Paula Kalin	Elizabeth Roberts	Bob Veno
Kay Bimbo	Helen Durkee	Jean Miceli	Sandra Romsey	Paul Welch
Carmen Bonarrigo	Joan Foresteire	Dot McGrath	Rosemary Russo	Diana Wilson
Cynthia Connors	Freda Graham-Rogers	Annette Mattaliano	Debra Russo	
David Couture	Rosemarie Golisano	Donna Ouellette	Jean Shibilia	

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!



SAVE THE DATE

No Sewing Collage Quilting with Certified instructor Nancy Sandreuter. Join Nancy on Monday, November 7, 2022 at 1:00PM.

Quilting is enjoying a revival and along with that, fabrics are now digitally printed with a huge variety of images and colors. 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.

Nancy Sandreuter is a certified teacher for the Laura Heine method of collage quilting. During class we will create small collage quilts for the Holidays. Come and join the fun. Her work will be displayed in the Senior Center lobby. **Sign up on Monday, October 17, 2022 at 10:00AM. Limited space available.**

"COFFEE WITH A COP"



When: Wednesday,
October 5, 2022 at
9:30AM

Stop by for a cup of coffee and chat with Wilmington's finest. No need to sign up!

TOWN EMERGENCY ALERT SYSTEM

Are you signed up for the Town of Wilmington emergency notification system? You can sign up to receive Emergency Alerts and Town-wide announcements via phone, text and email by going to member.everbridge.net/892807736723463/new

If you need assistance registering, please call the Senior Center.

DELVENA THEATRE PRESENTS: NUN OF THIS AND NUN OF THAT!

When: Monday, November 14, 2022 at 1:00PM



Nun of This and Nun of That! is an interactive, live comedy featuring two actresses. Now is the time for the 50th Class Reunion of St. Batholomew's Parochial School. The "sisters" are excited to meet with their former students from the Class of 1957. The audience members, of course, are the reunion attendees. A good time will be had by all reminiscing about the old days and catching up with everyone. A fun, light-hearted comedy!

Nun of This and Nun of That! is supported in part by a grant from the Wilmington Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. For more information, call the Senior Center at 978-657-7595.

LET'S CONGRATULATE OUR SEPTEMBER WINNERS!

CANDY RAFFLE

CONGRATULATIONS TO KATHY PERITO!

Kathy won the September candy raffle. There were 179 Rolos in the jar and she guessed closest with 177!

Make sure to stop by the front desk and enter the candy raffle for this month.



One lucky winner will be chosen on Tuesday, October 25, 2022

ZOOM TRIVIA

CONGRATULATIONS TO GEORGE ALLAN



George won Toys & Games Trivia in September

ZOOM TRIVIA

Join Kelly for zoom trivia! This month's trivia topic is Oscar Winners. Test your knowledge, see some friendly faces, and most of all... have fun! We are always interested in hearing your suggestions for zoom trivia topics. If you have an idea, call the center and ask to speak with Kelly. **If you are hesitant to sign up because you have never used zoom, call the center and speak with Kelly.** Zoom may seem intimidating but it is actually very easy and fun to use. Kelly can set up a one on one zoom meeting with you and walk you through all the steps over the phone or just answer any questions you may have.

HOW TO SIGN UP & PLAY: Call the center and give us your email address. We will email you the link to the zoom event. All you need is a pen and paper! I will ask a question and players will write down their answer. Once all players have their answer written down, everyone will hold up the piece of paper with their answer on it. I will be keeping score and whoever has the most correct answers at the end wins!



OSCAR WINNERS TRIVIA

**WHEN: Tuesday, October 18, 2022
from 11:00AM-12:00PM**

Winner will be announced in the November newsletter

CAREGIVERS SUPPORT GROUP

The role of a caregiver can be a very difficult one, especially during these last 2 years. The Department of Elderly Services is offering a Caregivers Support Group that meets on the third Monday of each month. **This month's meeting will be on Monday, October 17, 2022 from 10:30AM-12:30PM**

3 PART ALZHEIMER'S SERIES

Do you have some concerns about yourself or a loved one regarding memory issues? The Department of Elderly Services together with the Alzheimer's Association of NH/MA will be presenting a 3-part series to answer some of these questions. The first part of this series was on Wednesday, August 31, 2022 and the second part was on Wednesday, September 28, 2022. Information about part III is below.

On **Wednesday, October 26, 2022**, the last of the series will be **"Understanding and Responding to Dementia Related Behaviors"**. This program by the Alzheimer's Association will review caregiver tips and strategies to respond to some common behaviors exhibited by individuals living with Alzheimer's and dementia such as agitations, confusion and more. This program will be held at 6:30pm at the Buzzell Senior Center, 15 School Street, Wilmington, MA.

Registration is required. Please call the Buzzell Senior Center at 978-657-7595 to sign up for these programs. Light refreshments will be served.



MONTHLY HIKING GROUP UPDATE BY MARK RYAN

Today we walked the trail behind the Harnden Tavern on Woburn St. in Wilmington, MA.. This was on Thursday and the rain date for the usual Tuesday walk. There were four attendees including: Arnie, Katsuko, Chuck and Mark. We walked 1.5 miles in 1:08 hours. You can see trek on the Altrails APP and photos below. Following the APP you can see the trail elevation was mostly 75 ft . above sea level and then changed to 100 ft. as we went up and down hills. It had rained earlier in the week but no damage to the trail. We took the usual straight trail to the dam that followed the old railroad train bed. We then followed a side trail halfway back that went up and down hills. Along the side trail we came across old exercise stations that were built when the Wilmington Health center was built in 1980's. I challenged Arnie to do 40 pull-ups and he counted 10,20,30,40 done. We also came across an old riding lawnmower and some crate slates that must have been arranged as a obstacle course at one time in the past. I saw some plants and trees along the way and identified them with the APP "Picture This". The plants were: eastern hay-scented fern, red oak, sweet pepper bush, black ash, alder buckthorn, gray birch, maple leaf viburnum, low bush blueberry, white oak, broom fork moss.

<https://photos.app.goo.gl/CQPUxCub5dzBJhUj9>



SHINE OPEN ENROLLMENT

Open enrollment is October 15-December 7 and the time is now to review your Medicare coverage!

- Each Medicare beneficiary receives an **Annual Notice of Coverage** which is important information regarding Medicare costs and benefits.
- A no-cost visit or phone call with a state-certified SHINE volunteer may reduce your out of pocket medical and/or prescription drug costs, and help you identify public programs that can help with premiums, co-payments and health coverage based on income and assets.
- SHINE counselors are available by appointment to help you understand health care coverage, review cost increases, and find out what's new with Medicare.
- SHINE appointments fill up fast during this busy period so schedule now to avoid making last minute decisions or staying in a plan that no longer works for you.

Plan to have the following information available for your SHINE appointment:

- Medicare A/B Card
- Medigap or Medicare Advantage Card
- Prescription Drug Plan Member Card (if you have a Part D Plan)
- List of medications and dosage which can be obtained from your local pharmacy
- My Medicare account username and password (if you have an account created) - this will save time as all medications and dosage information are stored and can be updated.

For those who prefer to view Medicare plan choices and costs online please visit www.medicare.gov then click on *Find a Provider* and click on the *Health and Drug Plan* tab.

Other helpful telephone numbers and websites: Social Security www.ssa.gov 800-772-1213 and Prescription Advantage www.prescriptionadvantagemma.org 800-243-4636.





TAX ABATEMENTS

The Town of Wilmington offers Tax Relief programs for Disabled Veterans, Legally Blind homeowners, and Elders who meet certain guidelines.

Widows and widowers who have less than \$50,000 in assets (excluding value of the home) who have lived in the home for at least 5 years are eligible for assistance if the spouse passed before July 1, 2022.

Elders aged 70 and older who have lived in Massachusetts for 10 consecutive years and have owned and occupied the property for any 5 years are eligible for assistance if gross income is less than \$37,802 for a married couple, \$25,201 for a single person including Social Security. The asset limit for this deduction is \$40,000 for a single person, \$50,000 for a married couple.

Please note: If the home is held in a trust, you must be a trustee and have beneficial interest in the property as determined by Town Counsel and a copy of the trust and schedule of beneficiaries must be provided with your application.

UPDATE ON NEW SENIOR CENTER PROJECT

Here's what has been happening since our last Update in the September Newsletter

- The Senior Center Building Committee met on August 31. The main item on the Agenda was the discussion of potential alternates to the building materials and the associated impact on the project cost estimate that was presented at the August 17 meeting. This cost review is referred to as value engineering. The Committee reviewed such things as windows, insulation, masonry, flooring, sidewalks and the patio. The total project cost following the review is \$17.2 million. This includes final design plans and specifications, engineering, inspection, testing, building construction, utilities, furnishings, contingencies and escalation.
- The next meeting of the Senior Center Building Committee is scheduled for October 5.
- The other important meeting in October is the Finance Committee Meeting on **Tuesday, October 18 at the Town Hall (7PM)** where the financing of our project and the Town Hall/School Administration Building will be discussed. Part of the discussion will be how much of the town's Free Cash will be used for these projects. We encourage you to attend this Finance Committee Meeting to show your support. This is an important step in the process leading up to the **Special Town Meeting on Saturday, November 19 at 9 AM**.
- This has been a long process to get our new Senior Center. To refresh everyone's memory, here are some key aspects of our project:
 - * The new Senior Center will be located on Main Street opposite Pine Street on town property next to St. Dorothy's Church. The parcel of land has 7.8 acres with 275 feet frontage on Main Street.
 - * It will be a single story 18,800 gross square foot building. The current building is 8,300 gross square feet.
 - * There will be approximately 150 parking spaces. Currently we have 42 spaces.
 - * Outdoor amenities include pickleball courts, a bocce court, an outdoor patio and a garden area.
 - * Interior space needs and the building layout were designed to best serve our seniors today and for years to come.

There is less than 2 months until we get to vote on this significant project for seniors. It is so important that everyone circle **Saturday, November 19 at 9AM** on their calendar. We need everyone's help. To get the design and construction funds approved, we need to get a minimum of 2/3 of voters in attendance at the Special Town Meeting to vote in favor of this project. Do not take for granted that your friends will be there and you're not needed. You are needed. We have come too far this is "Our Time".

SPECIAL TOWN MEETING SATURDAY, NOVEMBER 19 AT 9 AM AT THE HIGH SCHOOL PLEASE ATTEND!!

OCTOBER 2022

SUN MON TUES WEDS THUR FRI SAT



TOWN OF WILMINGTON

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COVID UPDATE

With many tools now available for reducing COVID-19 severity, such as availability of vaccine, boosters, and treatment, there is significantly less risk of severe illness, hospitalization and death compared to earlier in the pandemic. CDC has updated its guidance for people who know they have been exposed to COVID-19.

- If you were exposed to COVID-19, regardless of your vaccination status: CDC recommends that instead of quarantining, you wear a high-quality mask for 10 days and get tested 5 full days after your last exposure (day 6).
- If you have COVID-19: regardless of vaccination status, you should isolate from others for 5 days. If after 5 days you are fever-free for 24 hours without the use of medication and your symptoms are improving, or you never had symptoms, you should test on Day 6. If the test is negative, you may end isolation but should continue masking around others and in public. If the test is positive, you should continue to isolate.

Individuals with moderate illness or severe illness or with a weakened immune system, should isolate through day 10 and consult your doctor before ending isolation.

BOCCE

Stop by the center any time you'd like to use our bocce court, no need to call ahead. When the center is open, bocce balls, scoreboard, and rake are located inside the center in the hallway. *You may use the bocce court when the center is closed but you will need to bring your own equipment.*

CALL THE CENTER IF YOU ARE IN NEED OF...

- | | |
|---|----------------|
| • Male or Female Incontinence Products | • Puzzles |
| • Hearing Aid Batteries Size 312 | • Books |
| • Nutritional Drinks such as Ensure, Boost and Glucerna | • DVDs |
| | • Puzzle Books |