



THE BUZZELL BUZZ **SEPTEMBER 2018**



THE DEPARTMENT OF ELDERLY SERVICES

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MONDAY THRU FRIDAY—9:00AM-4:30PM

Welcome National Senior Center and National Alzheimer's Month!

I hope everyone had a wonderful summer. It always seems to go by so quickly. It's hard to believe that Autumn is upon us. As you read through your newsletter you will find that we have many different programs and events that we would love for you to take part in. It is such a great time of year to enjoy many fun activities. We are excited that our Zumba Class will be starting again with Kellie, and the Yoga Class with Joan. (Don't forget about our Walking Group on Tuesday and Thursday's mornings at Yentile Park 8:00AM.) Our crafts are back with Doris too—along with our new event Family Fun Walk at Yentile Park!

I would like to take this opportunity to thank Susan Devlin and her many volunteers for making FUN Day a huge success. Everyone had so much fun and there were certainly a lot of laughs at the LIVE auction. There is so much work that goes into all these special events and it would not be possible without STRONG support from all of our volunteers. Thank you!

We would also like to give a BIG thank you to Adam Doucette, the president of WOW Junior, and his members for sponsoring a fun event the week of August 20, 2018. Everyone that participated in any or all activities, that week, had the chance to be lucky winners. The following were our lucky winners pulled on August 24, 2018.

\$75 Barnes and Noble—David Couture

\$50 AMC theaters—Pat Gagnon

\$75 Outback Steakhouse—Kathy Brennick

\$50 99 Restaurant—Roberta Lasky

\$50 As Good As it Gets—Pat Robarge

First Annual Electronics Recycling Event on September 22, 2018

Saturday, September 22, 2018 from 9am – 12:00 noon,

We thank **Assisting Hands Home Care** who will be sponsoring its First Annual Electronics Recycling event to benefit Wilmington's Buzzell Senior Center. Goods can be dropped off **at 5 Middlesex Ave, Wilmington, MA** and there is a suggested **\$10 donation per carload**, with some items like TV's, monitors, batteries, toner, and wood costing more.



"When you bring your recyclable electronics to this drive, you will not only be helping the environment, but you'll also be helping patients with Alzheimer's and dementia.", explains John Benchoff, President of Assisting Hands Home Care of Wilmington.

All proceeds from the event will go to support the Alzheimer's Memory Café program at Wilmington's Buzzell Senior Center.

Fuel Assistance Program

The Community Teamwork, Inc. Fuel Assistance Program is available to new applicants starting November 1, 2018 and runs thru April 2019. 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 2018 -2019

<u>Household Size</u>	<u>Maximum Gross Income</u>
1	\$35,510
2	\$46,437
3	\$57,363
4	\$68,289



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



Powerful Tools for Caregivers



Caring for a relative, friend or someone with a chronic illness can be stressful physically, emotionally and financially. There is help! The Wilmington Department of Elderly Services will be sponsoring a six long program entitled "Powerful Tools for the Caregiver". This program is presented by Minuteman Senior Services. This six week class is designed to provide you, the caregiver with skills you need to take care of yourself. Topics include: tools and strategies to better handle the unique challenges faced by family caregivers; self-care behaviors, management of emotions, self-efficacy and use of community resources.

**The six week session will begin on Tuesday, September 25th through
Tuesday, October 30, 2018 from 10:00-12:00 p.m.**

At the Buzzell Senior Center

The workshop is free but registration is required. If interested, please contact Laura Pickett at the Buzzell Senior Center, 978-657-7595. Remember, caring for a loved one is easier with support.



Grand Opening of "Our Moment Café" in October



A "Memory Café" is a welcoming place for people with forgetfulness or other changes in their thinking and for their family and friends (caregivers). This is a place to talk with others who understand what they are going through, to forget about limitations and instead focus on strengths, to enjoy other's company and explore something new. More information will be in October News.



FAMILY FUN WALK
Grandparents Day Celebration
FUN for EVERYONE
at Yentile Farm



The Importance of Exercise for ALL Ages

Sunday, September 9, 2018

1:00PM– 3:00PM

Face Painting Giveaways
Zumba by Kelli Yoga by Joan



Walk a Mile And you are Automatically entered
into a \$50.00 raffle, that will be drawn at event!!! (Must be there to receive)

Refreshments

Registration for the walk is at 1:00PM



Isabella

Live Performance

Delevna Theater Group

Buzzell Senior Center

Thursday, September 27, 2018 at 1:00PM

Step back in time and meet Isabella Stewart Gardner, the famed founder of our own Gardner Museum in Boston. Learn about her life, charm, friends and acquaintances, travels, stylish taste and unconventional behavior. An informative, yet entertaining presentation! The cast will open up to the audience for discussion regarding Isabella after the performance.

Sign up on Friday, September 7, 2018

This Free program is sponsored by the Wilmington Arts Council



SEPTEMBER BIRTHDAYS



Ethel Butters
Josie Gregory
Alice Hooper

Jean Hartka
Al LaValle
Peggy Lowell

Harry Stewart
Dot Robichaud
Josephine Miano

Ed Nash

Sandy Rice

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!

GET WELL WISHES



Helen Carver
Joe Brown
Peggy Kane
Helen Durkee
Laura Cairra
Janice Quandt

IN LOVING MEMORY



We express sympathy for the
loss of our friends

*Florence Boutwell
Susan Rita
Joe Cannata*

Caregivers Support Group

Caregivers support group will meet
on Monday, September 17, 2018

from 10:30 to Noon

This support group is opened to all who are inter-
ested. 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.



The Buzz Book Club

We will be meeting on Monday,
September 24, 2018 at 1:00 p.m.

The September book will be "Zeitoun" by
Dave Eggers

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



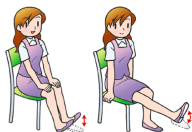
HELP NEEDED—Volunteer Teacher

For our

Special Exercise Class

Anyone interested in volunteering to
support this class, please speak to Terri.

It runs Mon-Wed-Fri at 11:00 to
11:45 a.m.



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, September 12, 2018

At 10:30 a.m.





Cruising the Charles River

October 3, 2018

Depart the Wilmington Senior Center at 9:00AM in a Motor Coach for Boston. You will first have a view of the "New Boston" where you will be able to see how the city of Boston has grown, then have a delicious **luncheon at the Cheesecake Factory**.

Once you have completed the wonderful luncheon you will board the Charles River Cruises where the Captain will provide a narrative of the views of Boston from the Charles River perspective.

Afterwards you'll have time to explore the stores at the Cambridge Side Galleria and arrive back at the center by 5:30PM.

Sign up for this event will be on Thursday August 30, 2018 at 10:00AM



Cost is \$40.00 per Wilmington Resident (\$84 non- resident)

Need **Help**
with your **Medicare**
Plan Comparisons
for Open Enrollment?



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand *your* plan changes as well as *other options* you may have. Call now to discuss your insurance questions, schedule your SHINE phone or face-to-face appointment, or learn about group meetings during the Open Enrollment from **October 15 through December 7th**!

REMINDER: Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment!

A Seminar on this subject will be coming soon!



HOMESTEAD SEMINAR

Register of Deeds Richard P. Howe Jr. will present a **free Homestead Seminar** on

Thursday, October 11, 2018, at 1:00 p.m.

at the Buzzell Senior Center, (Sign up at front desk or call 978-657-7595)

Recording a Declaration of Homestead at the Registry of Deeds protects your home from creditors. Register Howe will explain how this valuable law works and will have blank Homestead forms for anyone who wishes to file one (the recording fee is \$35, cash or check). He will also discuss and answer questions about common real estate issues such as trusts, joint ownership of property, and mortgages.



Shred Day FREE Community Shred Event

The Wilmington Community Fund is hosting a Shredding Day on Saturday, September 22, 2018 from 9am to noon at the Wilmington Town Common Parking Lot (by the 4th of July building). The event is free to Wilmington residents. The Wilmington Community Fund reserves the right to limit the amount of shredding due to time and space. The Wilmington Community Fund (which also runs the Wilmington Food Pantry) is encouraging all participants to bring nonperishable food items to the event.

All donations will go to the Wilmington Food Pantry.

Game Night

**Thursday, September 20,
2018**



We will be having our Third

“Game Night”.

4:30-7:00 p.m.

We will be serving a light dinner and everyone gets to relax and play card games, board games, bocce and even get to paint more “Wilmington Rocks”. Don’t miss out - (\$3.00)

Sign up at the front desk.

DORIS’ CRAFT CORNER



Friday, September 21, 2018

Fall Centerpiece

At 10:30 a.m.

Space is limited

Sign-up on Thursday, August 30th

Parking Concerns

It has come to my attention that there have been a number of people very upset that their cars have been damaged in the parking lot. Please report to the front desk if you see this, have it happen to you or have accidentally hit someone. Also, please make a report at the Wilmington Police Department. Please be attentive to the appropriate parking spaces—

Thank you!





September 2018



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3  CENTER CLOSED	4 8:00AM Walking Group 9:00 AM Zumba Class 10:30AM Aerobics 10:30AM BOCCI 1:00PM Mah Jongg 1:00PM Tai Chi 2:30 PM Gentle Yoga	5 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Line Dancing 1:30 PM Cards 3:00PM Fun Singers	6 8:00AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting 1:00 PM Game Day 1:00 PM Ceramics	7 10:00 AM Video Exercise 10:00AM Sewing Class 11:00 AM Special Exercise 1:00 PM Bingo 1:30 PM Cards <i>Sign up for Isabella Performance</i>	8 Fun Singers At Wood-briar and Windsor Place
9  Family Fun Walk 1-3PM	10 9:00AM Blood Pressure 9:45AM SBF Exercise 11:00AM Special Exercise 12:30 PM Wii Bowling 1:00—Quilting	11 8:00AM Walking Group 9:00 AM Zumba Class 10:30AM Aerobics 10:30AM BOCCI 1:00PM Mah Jongg 1:00PM Tai Chi 2:30 PM Gentle Yoga	12 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Line Dancing 1:30 PM Cards Pop up Library	13 8:00 Walking Group 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting 1:00 PM Game Day 1:00 PM Ceramics <i>Kimball Farms Trip</i>	14 10:00AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	15
16	17 9:00AM Blood Pressure 9:45AM SBF Exercise 10:30AM Caregivers Group 11:00AM Special Exercise 12:30 PM Wii Bowling 1:00—Quilting	18 8:00AM Walking Group 9:00 AM Zumba Class 10:30AM Aerobics 10:30AM BOCCI 1:00PM Mah Jongg 1:00PM Tai Chi 2:30 PM Gentle Yoga	19 9:30AM Podiatrist 9:45AM SBF Exercise 11AM Special Exercise 11:00AM Representative from Senator Tarr's Office 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers performing off-site	20 8:00AM Walking Group 10:00AM Art Class 10:30AM Aerobics 11AM Knitting/Crocheting 1:00PM Game Day 1:00PM Ceramics 1:30PM Commissioners Mtg. 4:30PM Game Night	21 10:00AM Video Exercise 10:00AM Sewing Class 10:00 AM Doris' Craft 11:00 AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	22 Electronic Recycling Day
23 Alzheimer Walk	24 9:00AM Blood Pressure 9:45AM SBF Exercise 11:00AM Special Exercise 12:30 PM Wii Bowling 1:00PM Book Club 2:30—Quilting	25 8:00AM Walking Group 9:00AM Zumba 10:30AM Aerobics 10:30AM BOCCI 1:00PM Mah Jongg 1:00 PM Tai Chi Class 2:30PM Gentle Yoga 1:00 Powerful Tools	26 9:45AM SBF Exercise 11AM Special Exercise 1:00PM Line Dancing 1:30 PM Cards 3:00PM Fun Singers	27 8:00AM Walking Group 10:00AM Art Class 10:30AM Aerobics 11AM Knitting/Crocheting 1:00PM Game Day 1:00PM Ceramics <i>1:00PM Live performance "Isabella"</i>	28 10:00AM Video Exercise 10:00AM Sewing Class 11:00 AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	29
30						



"BETTER TOGETHER"

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 9:30
SBF EXERCISE 9:45 - 11
SPECIAL EXERCISE 11-12
Wii BOWLING 12:30

TUESDAY

WALKING GROUP 8:00
ZUMBA 9:00
COMPUTER CLASS 9:00
AEROBICS 10:30
TIAI CHI 1:00
GENTLE YOGA 2:30

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 8:00
ACRYLIC PAINTING 10:00
AEROBICS 10:30
KNITTING/CROCHETING 11:00
CERAMICS 1:00
CRIBBAGE/GAME DAY 1:00

FRIDAY

VIDEO EXERCISE 10-11
SPECIAL EXERCISE 11-12
BINGO 1-3
CARDS 1:30 -4:00

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.