

THE BUZZELL BUZZ

THE DEPARTMENT OF ELDERLY SERVICES

SEPTEMBER 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

What a Summer! This has been a historically hot season! At the Senior Center, we have been having a great Summer packed with tons of fun events. Most recently, we had Build Your Own Sundae Day and our day trip to Crane Estate. Many are anxiously awaiting our Charles River Cruise in September.

National Good Neighbor day is Wednesday, September 28, 2022 and this year, our Good Neighbor Program is back! Take this chance to thank your good neighbor for all the kind acts they do for you. More details can be found on page 2. Also to celebrate this month is Grandparents Day on Sunday, September 11, 2022. Happy Grandparents Day to all you Grandparents, Great Grandparents, and Great-Great Grandparents out there!

There are some informational seminars coming up this month. Learn more about how to avoid becoming a victim of a scam by joining us for a presentation from Senator Finegold, the Middlesex Sheriff's office, and Chief Desmond. Attention snow-birds! Learn about the Real-ID and how to get yours if you haven't already. Remember, deadlines for this are quickly approaching! All of this and more can be found on page 3.

Take a peek at page 5 to see what the Hiking Group has been up to. Check out some of their photos by typing into the internet the underlined link at the end of the hike description. Please contact the Senior Center if you are interested in joining the Hiking Group.

On page 6, stay up to date on all the happenings of the new Senior Center Project! **Don't forget to mark your calendar for the Special Town Meeting on Saturday, November 19, 2022 at 9:00AM. This is an important meeting and vote for our new Senior Center, make your voice heard.**

See the back page for important new guidelines regarding coming in contact with someone who has tested positive for COVID and what to do if you have tested positive.

Please note that the center will be closed on Monday, September 5, 2022 for Labor Day. (As a reminder, there will be no home delivered meals on Friday, September 2, 2022.)

FUEL ASSISTANCE

Fuel Assistance will begin November 1, 2022. 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 will begin to receive renewal information within the next month or so. Please feel free to call the center if you have any questions. Any copies needed can be made at the center.

CHARLES RIVER CRUISE

Reminder for those who are signed up for the Charles River Cruise:

When: Thursday, September 8, 2022.
Please arrive to the Senior Center no later than 9:00AM as the bus leaves at 9:25AM. Estimated arrival back to the Senior Center is 3:00PM.

HOWIE NEWMAN CONCERT

SAVE THE DATE: Howie Newman returns to the Senior Center for another great concert experience!

WHEN: Wednesday, October 19, 2022 from 1:00PM-2:00PM

More information including how to sign up will be in the October newsletter.



GOOD NEIGHBOR PROGRAM

Good Neighbor Day is on September 28, 2022. The Department of Elderly Services would like to acknowledge that extra special good neighbor. That person that gets the mail, takes out the trash, shovels the walkway, picks up groceries and just goes above and beyond.

Please give the name and address of this special neighbor to the front desk or call us at 978-657-7595 by Friday, September 23, 2022 and we will make sure that your good Samaritan is acknowledged. There are so many special people that make up our community, this is one way that we can give back to those that make Wilmington the special place it is!



GAME NIGHT

Join us for Game Night on **Thursday, September 15, 2022 from 4:30PM-7:00PM** indoors or outside under the tent. A light dinner and dessert will be served.



Don't miss out on the fun!

Cost: \$5.00 per person

Sign up for this event will be in person on Friday, September 9, 2022 at 10:00AM with \$5.00 due at sign up. Those signing up must be present during the sign up event ***you may only sign someone else up without them present if they live in your household.***

Limited space is available.

MAUREEN'S CRAFTY CREATIONS CORNER

Join Maureen on **Monday, September 19, 2022 at 1:00PM** to create this serving dish.

This craft is free to join and all supplies will be provided.

Sign up for this event will begin on Wednesday, September 7, 2022 at 10:00AM.



BOOK CLUB

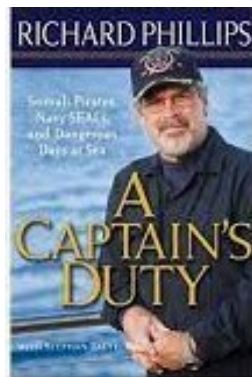
The Book Club meets on the 4th Monday of the month at 1:30PM.

The next meeting is Monday, September 26, 2022

If you are interested in joining, please call the center.

This month's book is
A Captain's Duty

By: Richard Phillips (2010)



BINGO is back! No sign up needed, just come on by!

This month, Bingo will be on

Wednesday, September 7, 2022 1:00PM-3:00PM

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

SEPTEMBER BIRTHDAYS

Harry Atamian	Grace Carroll	Angela Forte	Al LaValle	Ed Nash
Gerri Bellavia	Sandra Cosman	Bertha Gardner	Peggy Lowell	Sandy Rice
Cindy Bouley	Susanne Clarkin	Ellen Houle	Lynne Martell	Maria Sordillo
Rosemarie Bromander	Mary Downing	Jackie Holmes	Thomas Moran	GiGi Shenloogian
Ethel Butters	Bill Farrell	Thomas Haggerty	Mary McCauley	Norma Wallace
Diane Buttaro	Kelly Fordham	Janice LaCasse	Josephine Miano	

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!

ATTENTION SNOWBIRDS! REAL ID WORKSHOP

The Registry of Motor Vehicles will offer a free REAL ID workshop on **Wednesday, September 21, 2022 at 1:00PM at the Senior Center.** Topics include:

What is the difference between "Standard ID" and "Real ID" driver's licenses and ID cards;

How to renew a Massachusetts Driver's License or Massachusetts Identification (ID)

What are the new federal and state requirements for renewing a Driver's License or ID card

Join us to learn more and decide if REAL ID is right for you! Call the Senior Center to sign up.



SCAMS SEMINAR

Join us on **Friday, September 16, 2022 at 2:00PM at the Senior Center.**

As Chair of the Advanced IT, Internet and Cybersecurity Committee, Senator Finegold has partnered with the Middlesex Sheriff's office to raise awareness about scams, particularly those targeting the elderly. Financial scams targeting the elderly population are not only widespread but on the rise. In fact, according to the FBI, in 2021, there were over 92,000 older victims of fraud, resulting in \$1.7 billion in losses. This is a 74 percent increase in losses from 2020.

Please join Senator Finegold, the Middlesex Sheriff's office, and Chief Desmond to learn about the latest scams and how to protect yourself! **Call the Senior Center to sign up.**

SKIMMING SCAMS: THE DEPARTMENT OF TRANSITIONAL ASSISTANCE (DTA)

The Department of Transitional Assistance (DTA) is warning residents of skimming scams that have impacted some DTA clients. These scams are aimed at obtaining credit, debit, and Electronic Benefits Transfer (EBT) card information and Personal Identification Numbers (PINs). DTA is strongly recommending its clients frequently change their PINs.

EOEA is committed to working with DTA to assist in getting the message to potentially impacted clients. If any DTA client believes they may have fallen victim to a skimming or phishing scam, they are encouraged to report it to DTA's fraud hotline at 1-800-372-8399.

Additionally, there have also been reports of a phishing scam where individuals receive scam text messages that their Pandemic EBT (P-EBT) benefits have been blocked. The message directs individuals to call a number where they are asked to provide their P-EBT card number. This message is not from DTA. **DTA only sends text messages from 382-674 and would only direct clients to call the Assistance Line (877-382-2363) or EBT Customer Service Line (800-997-2555).** For additional information, please visit the DTA webpage on Skimming and how to protect benefits.

LET'S CONGRATULATE OUR AUGUST WINNERS!

QUILT RAFFLE

CONGRATULATIONS TO SUSANNE CLARKIN!
SUSANNE WON THE AUGUST QUILT RAFFLE.



ZOOM TRIVIA

**CONGRATULATIONS TO
LINDA WALSH**

Linda won
Nature & Wildlife Trivia in August!



CANDY RAFFLE

CONGRATULATIONS TO EDUARDA SPERA!

Eduarda won the August candy raffle. There were 233 Hershey Kisses in the jar and she guessed closest with 225!

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

One lucky winner will be chosen on
Wednesday, September 21, 2022



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, September 19, 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. Information about part II and part III are below.

On **Wednesday, September 28, 2022**, the Alzheimer's Association will present **"Dementia Conversations"**. This 45-minute program will focus on how to approach someone who is experiencing changes in memory, thinking and behavior and will provide tips and strategies for difficult (but important) conversations about changes that may be related to dementia. This program will be held at 6:30pm at the Wilmington Memorial Library, 175 Middlesex Ave, Wilmington, MA.

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.

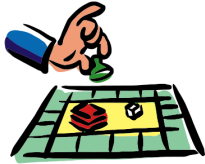
Registration is required. Please call the Buzzell Senior Center at 978-657-7595 to sign up for these programs. Light refreshments will be served.

ALZHEIMER'S ASSOCIATION®

ZOOM TRIVIA

Join Kelly for zoom trivia! This months trivia topic is Toys & Games. 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!



TOYS & GAMES TRIVIA

**WHEN: Tuesday, September 20, 2022
from 11:00AM-12:00PM**

**Winner will be announced in
the October newsletter**

MONTHLY HIKING GROUP UPDATE BY MARK RYAN

Tuesday, August 16, 2022: Today's hike was at the Tewksbury Hospital Forest. There were six attendees: Arnie, Rick, Rosemary, Janet, Bob and Mark. The weather was cool but you worked up a sweat from walking. Using the compass App, we headed in Northeast direction. The Alltrails App showed we walked 1.4 miles in 1:03 hours. Most of the walk was out in direct sun around a horse farm. The rest meandered through woodland trails. We paired off in twos and enjoyed casual conversation. I talked mostly with Bob and related a story of my childhood in Chelsea, MA in the 1950s when the Tobin Bridge cut the city in half. I lived at the end of Chestnut St. near the Naval Hospital. After the bridge was finished there were huge piles of sand left over in vacant lots. We called the area the mountains. After a while tall grass and weeds grew all over the sand and soil underneath. As kids we would make forts in the grass with left over wood from the houses taken down for the bridge. The tall grass supported wildlife and we found snakes, frogs, birds, rabbits and other creatures. It was like our own Forest in the city. The reason for telling that story was the tall grasses we were now walking through in the Tewksbury Forest. It brought back memories. As we walked the trailhead from Lot E at the hospital we soon came to a horse farm with fields of tall grass. There were large and small corrals holding horses. Some large horses and small ponies. One black horse was kept separate and had splotches of white salve all over his body. Poor animal must have got bitten by insects or flies. There were lots of plants and weeds to identify. Rick pointed out some thistle and Rosemary remembered the fairy tale about thistles that I soon forgot. Some of the plants you can see in the photos I identified as deer berry, hazelnut, huckleberry, low bush blueberry, wild carrot, milkweed, chicory, bull thistle, purple loosestrife, and honeysuckle. Along the woodland path we came across a play area for Elementary kids. There was a height board that measured your height in horse hands. I was 17 hh tall and Janet was 16 hh tall. There was another area that had plastic colored flowers

and a plaque that asked how many flowers of each color. Well that's it for this week.

View more photos at
[https://
photos.app.goo.gl/
vifEdVp9QPZqbyvq5](https://photos.app.goo.gl/vifEdVp9QPZqbyvq5)





TAX ABATEMENTS

The Town of Wilmington offers Tax Relief programs for 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 \$37,367 for a married couple, \$24,911 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.

Please feel to call with any questions or concerns or to make an appointment for assistance with filling out an application. 978-657-7595

UPDATE ON NEW SENIOR CENTER PROJECT

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



- The first of two important meetings that took place in August was the Board of Selectmen Meeting on August 8. The meeting was held in the auditorium of the Town Hall. In attendance were members of the Senior Center Building Committee, members of the Town Hall/School Administration Building Committee, the Finance Committee and the School Committee. George Hooper, Chair of both Building Committees, along with the architect for each of the projects, gave a presentation to bring the Board of Selectmen up to date on the status of both projects. The Town Manager began a discussion regarding the financing for both projects. More discussion is needed between the Town Manager, Board of Selectmen and Finance Committee to determine the appropriate amount of Free Cash to be used.
- Also, on the Agenda for the Board of Selectmen meeting was the setting of the date and time for the Special Town Meeting. It was voted that the Special Town Meeting will be held at 9:00AM Saturday, November 19, 2022 in the High School Auditorium. There are only two articles on the Warrant for that Meeting; one for the Senior Center and one for the Town Hall/School Administration Building.
- Prior to the Special Town Meeting, there will be a Public Forum on both projects; date is to be determined. In addition, the Finance Committee will have a Public Hearing, tentatively scheduled for October 18, to review both projects and the proposed funding.
- The second important meeting was the August 17 Senior Center Building Committee meeting. At that meeting, the architect and our Owner's Project Manager (OPM) presented the preliminary construction cost estimate prepared by an independent consultant. The detailed item by item cost estimate consisted of 21 pages. Final design, construction administration and inspection and testing and other services, as well as contingencies for design, construction and escalation were then added to arrive at a total project cost. The total preliminary project cost estimate is \$17.1 Million. The Committee is going to review the cost estimate and discuss it further at its August 31st meeting.

We have come a long way in getting a new Senior Center but we still have some important steps to take to bring it to fruition. Mark your calendars for the **Special Town Meeting; Saturday, November 19, at 9:00AM.** We will also keep you informed relative to the date of the Public Forum and Finance Committee Meeting. These are also important steps in getting this project approved.

SEPTEMBER 2022

SUN MON TUES WEDS THUR FRI SAT

Don't forget to mark your calendar for the Special Town Meeting on Saturday, November 19, 2022 at 9:00AM.

4	5	6	7	8	9	10
	CENTER CLOSED: LABOR DAY	<ul style="list-style-type: none"> HIKING GROUP 9:00AM DANCE & TONE 9:30AM FUNCTIONALLY FIT 2:00PM 	<ul style="list-style-type: none"> SPECIAL EXERCISE 9:30AM SIGN UP MAUREEN'S CRAFT 10:00AM CARDS & GAMES 1:00PM POKER 1:00PM BINGO 1:00PM 	<ul style="list-style-type: none"> GENTLE YOGA 9:00AM ART 9:45AM KNITTING & CROCHETING 10:30AM COUNTRY LINE DANCING 10:30AM CERAMICS 1:30PM FUNCTIONALLY FIT 2:00PM 	<ul style="list-style-type: none"> ZUMBA 9:00AM SEWING 9:30AM CHAIR YOGA 12:30PM POKER 1:00PM 	<ul style="list-style-type: none"> ZUMBA 9:00AM SEWING 9:30AM CHAIR YOGA 12:30PM POKER 1:00PM
11	12	13	14	15	16	17
<ul style="list-style-type: none"> GRAND-PARENTS DAY! 	<ul style="list-style-type: none"> TAI CHI: 9:00AM BLOOD PRESSURE 9:30AM SPECIAL EXERCISE 10:30AM 	<ul style="list-style-type: none"> HIKING GROUP 9:00AM DANCE & TONE 9:30AM FUNCTIONALLY FIT 2:00PM 	<ul style="list-style-type: none"> SPECIAL EXERCISE 9:30AM CARDS & GAMES 1:00PM POKER 1:00PM 	<ul style="list-style-type: none"> GENTLE YOGA 9:00AM ART 9:45AM KNITTING & CROCHETING 10:30AM COUNTRY LINE DANCING 10:30AM CERAMICS 1:30PM COMMISSIONER'S MEETING 1:30PM GAME NIGHT 4:30PM-7:00PM 	<ul style="list-style-type: none"> ZUMBA 9:00AM SEWING 9:30AM CHAIR YOGA 12:30PM POKER 1:00PM SCAMS SEMINAR 2:00PM 	
18	19	20	21	22	23	24
	<ul style="list-style-type: none"> TAI CHI: 9:00AM BLOOD PRESSURE 9:30AM SPECIAL EXERCISE 10:30AM CAREGIVERS SUPPORT GROUP 10:30AM-12:30PM MAUREENS CRAFT 1:00PM 	<ul style="list-style-type: none"> HIKING GROUP 9:00AM DANCE & TONE 9:30AM ZOOM TRIVIA 11:00AM FUNCTIONALLY FIT 2:00PM 	<ul style="list-style-type: none"> SPECIAL EXERCISE 9:30AM CARDS & GAMES 1:00PM POKER 1:00PM REAL ID SEMINAR 1:00PM CANDY RAFFLE 	<ul style="list-style-type: none"> First Day of Fall GENTLE YOGA 9:00AM ART 9:45AM KNITTING & CROCHETING 10:30AM COUNTRY LINE DANCING 10:30AM CERAMICS 1:30PM FUNCTIONALLY FIT 2:00PM 	<ul style="list-style-type: none"> ZUMBA 9:00AM SEWING 9:30AM CHAIR YOGA 12:30PM POKER 1:00PM LAST DAY TO SUBMIT YOUR GOOD NEIGHBOR 	
25	26	27	28	29	30	
	<ul style="list-style-type: none"> TAI CHI: 9:00AM BLOOD PRESSURE 9:30AM SPECIAL EXERCISE 10:30AM BOOK CLUB 1:30PM 	<ul style="list-style-type: none"> HIKING GROUP 9:00AM DANCE & TONE 9:30AM FUNCTIONALLY FIT 2:00PM 	<ul style="list-style-type: none"> SPECIAL EXERCISE 9:30AM CARDS & GAMES 1:00PM POKER 1:00PM PART II ALZHEIMER'S SERIES (LIBRARY AT 6:30PM) 	<ul style="list-style-type: none"> GENTLE YOGA 9:00AM ART 9:45AM KNITTING & CROCHETING 10:30AM COUNTRY LINE DANCING 10:30AM CERAMICS 1:30PM FUNCTIONALLY FIT 2:00PM 	<ul style="list-style-type: none"> ZUMBA 9:00AM SEWING 9:30AM CHAIR YOGA 12:30PM POKER 1:00PM 	



TOWN OF WILMINGTON

PRESORTED
STANDARD
US POSTAGE PAID
WILMINGTON, MA
PERMIT NO 10

CURRENT RESIDENT OR



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 |