



THE BUZZELL BUZZ

THE DEPARTMENT OF ELDERLY SERVICES

SEPTEMBER 2023



BUZZELL

SENIOR CENTER

15 SCHOOL STREET
WILMINGTON,
MA 01887

TELEPHONE:

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**MONDAY – FRIDAY
9:00AM– 4:30PM**



Department of Elderly Services

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NEWS & UPDATES

We hope everyone has been enjoying the summer so far. Its been a busy one at the Senior Center. September is Senior Center month! We are beginning to plan some fun fall events. One of which is a Halloween party! More information about this and other important upcoming save the dates can be found on page 5.

Now we know that no one wants to talk about the holidays, its just too early! But we would like to share that the Delvena Theatre company will be at the center to perform “A Christmas Carol” in December. More information can be found on page 5. We would also like to begin our recipe sharing again. So if you have a special recipe you’d like to share, give a copy to the staff and we will begin sharing a recipe each month in the newsletter.

We are beginning to look for volunteers to deliver our special homebound meals on Tuesday, December 5, 2023. If you are interested in helping out, please call the center. There is also another opportunity to volunteer... We’re having a tea party! There will be a special meeting for anyone interested in volunteering their time for this event and other future events, more information on page 4.

This months movie was suggested to us by quite a few people! If there is a movie you would like to see in future months, please let us know. Find out more about our September movie day on page 4. Make sure to stop by the front desk to enter our September candy raffle. Information about this can be found on page 4 as well.

There are quite a few different discussions happening at the center this month. There will be a panel discussion about services in the community, an informational seminar about Five Wishes, and Dovetail Companies will be here for “Coffee and Conversations: Right size your life by downsizing your stuff.” More information about these events can be found on pages 2 and 3. If you are interested in attending, please call the center to sign up.

Stay up to date on all the happenings of the new Senior Center. Some important steps are coming up! See an update on page 6.



The center will be closed on **Monday, September 4, 2023** for Labor Day. There will be no home delivered meals on this day as well.

INDOOR CORNHOLE TOURNAMENT

**When: Friday, September 29, 2023
at 2:00PM**

This is the tournament! Come join the fun!

Please call the center to sign up by
Friday, September 22, 2023.

"TOWN HALL MEETING" WITH SENATOR FINEGOLD

When: Tuesday, September 26, 2023
From 5:00PM-7:00PM

Where: At the Senior Center

Come to the center for a meet and greet with Senator Barry Finegold.

Call the center to sign up.



GAME NIGHT

When: Thursday, September 21, 2023
from 4:30PM-7:00PM



Sign up for this event will be in person beginning Monday, September 11, 2023 at 10:00AM.

Join us for dessert! This will be the last game night of the year.

PANEL DISCUSSION ABOUT SERVICES IN THE COMMUNITY

When: Tuesday, September 19, 2023 at 6:00PM

As we get older, some may experience some health issues that affect our ability to safely maintain our homes. Where do you turn to look for assistance. The Department of Elder Services will be sponsoring a panel discussion on Tuesday, September 19, 2023, at 6pm to help answer some of these concerns. Kelly Magee-Wright, from Minuteman Senior Services, Maryann Barry from Visiting Nurse and Community Care and Sylvia Clark from Benchmark Assisted Living will discuss ways their prospective agencies may be of help. Light refreshments will be served.



Please call the center to sign up

FIVE WISHES

When: Wednesday, September 27, 2023 at 1:30PM

One of the most difficult conversations to have is about end of life decisions. 5 Wishes is a document combining a Living Will, Health Care Proxy, and Power of Attorney in addition to addressing matters of comfort and spirituality. On Wednesday, September 27, 2023, at 1:30PM at the center, Dr. Susan Carrachino, a Wilmington resident for over 30 years and a registered nurse for the past 28 years, as well a current full time Associate Professor for Mass College of Pharmacy Health Science. Dr Carrachino has led numerous discussions on the benefits of 5

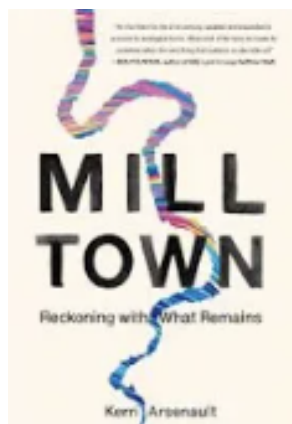


Wishes and brings her experience and insight to explain the importance of this document. Light refreshments will be served.

Please call the center to sign up.

BOOK CLUB

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



The next meeting is
Monday, September 25, 2023

This months book is
Mill Town

By Kerry Arsenault,
2020

MONTHLY BIRTHDAY CELEBRATION

When: **Tuesday, September 26, 2023 at 11:30AM**

The monthly birthday celebration will be the 4th Tuesday of every month. Come join the party. There will be cake and lots of laughs.



Anyone is welcome to come, whether its your birthday month or you would just like to help others celebrate theirs!

Call the center to sign up.

SEPTEMBER BIRTHDAYS

Harry Atamian	Mary Downing	Thomas Haggerty	Sandy Rice
Laura Warren	Bill Farrell	Grace Kent	Maria Sordillo
Barbara Brookings	Kelly Fordham	Norma Wallace	GiGi Shenloogian
Cindy Bouley	Angela Forte	Al LaValle	Carolyn Vecciareello
Diane Buttaro	Bertha Gardner	Lynne Martell	
Susanne Clarkin	Karen Goldblatt	Thomas Moran	
Grace Carroll	Ellen Houle	Mary McCauley	
Sandra Cosman	Jackie Holmes	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!

"COFFEE AND CONVERSATION: RIGHT SIZE YOUR LIFE BY DOWNSIZING YOUR STUFF"

When: Wednesday, September 13, 2023, at 1:00PM

September is National Senior Center month, and the Department of Elder Services will be holding several programs during the month. On Wednesday, September 13, 2023, at 1:00PM Dovetail Companies will be presenting "Coffee and Conversation: Right size Your Life by Downsizing Your Stuff."



Dovetail Companies is located right here in Wilmington and was founded to help manage the complex steps needed to ensure a smooth transition to a new living situation. During this presentation, several strategies will be discussed to help with downsizing our "stuff". Light refreshments will be served. Please call the center to sign up.

POWERFUL TOOLS FOR THE CAREGIVER

The Department of Elder Services is sponsoring "Powerful Tools for the Caregiver" presented by Minuteman Senior Services. By taking care of your own health and well-being you become a better caregiver. This six-week course is designed to build the skills caregivers need to take better care of themselves while caring for a loved one. Powerful Tools for the Caregiver will help you-reduce stress-improve self-confidence-balance your life-effectively communicate in challenging situations-increase ability to make tough decisions and locate helpful resources.

This program will be held on Tuesday, October 3, 10, 17, 24 and November, 7 & 14 from 1:00PM-2:30PM. Please note there is no class on October 31, 2023) *Space is limited.*
Please call the center to sign up.



CAREGIVERS SUPPORT GROUP

This month our Caregivers Support group will be on

**Monday, September 18, 2023 at
10:30AM**

The role of the caregiver can be a difficult one. If you are caring for a loved one, please feel free to join us.



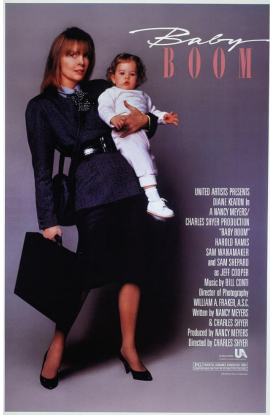
MOVIE DAY

When: Monday, September 18, 2023 at 1:00PM
Baby Boom (1987) Romantic Comedy

J.C. Wiatt thinks she has it all together. Beautiful and talented, she's on the road to certain success. So when an adorable baby girl comes into her life by way of a distant cousin's will, it's J.C. who breaks out in a rash! Juggling power lunches and powdered

formula, she is soon forced off the fast track by a conniving colleague and a bigoted boss. But this lady won't stay down for long. She'll prove to the world that a woman can have it all and on her own terms too!

Starring Diane Keaton
Call the center to sign up!



WE'RE HAVING A TEA PARTY!

We're planning a tea party and we need your help! We are looking for volunteers to help organize a special high tea at the center.

An informational meeting is scheduled for Tuesday, September 12, 2023 at 3:00PM

Please call the center if you are interested in attending this meeting.



CANDY RAFFLE

CONGRATULATIONS TO LINDE KASHIAN!

There were 233 peppermints in the jar. Linde guessed closest with 225.



Make sure to stop by the front desk to enter our September candy raffle.

One lucky winner will be chosen on **Wednesday, September 20, 2023**

WOOD CARVING

The New England Woodcarvers (NEWC) are happy to offer a woodcarving class at the center. Class is every other Friday between 10:00AM and noon and is limited to 8 people. The class is free with the exception of the wood. The wood may cost anywhere between \$1 to \$5 dollars depending on the project. Anyone signing up for the class is encouraged to bring their own carving knife.



The instructor is Darren Boehm who is a resident of Wilmington and a member of the New England Woodcarvers. Darren dabbles in various types of woodcarving from chip carving, spoon carving, caricature carvings and even chainsaw carvings. He is assisted by Mike Quigley who is a certified mountain man and an expert bush crafter. He enjoys carving knife handles, gun stocks, & green wood.

This month, we will be carving a mushroom house also known as a fairy house.

Classes will be held on Friday, September 1, 15, & 29 at 10:00AM

Please call the center to sign up.

BINGO



Join us for Bingo! Bingo is on the first and third Wednesday of the month. No need to sign up, just stop by!

Wednesday, September 6, 2023 at 1:00PM

Wednesday, September 20, 2023 at 1:00PM

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

HIKING GROUP

The Hiking Group meets on Tuesdays and Thursdays to hike in various locals both locally and in surrounding towns.



If you are interested in joining, please register at the senior center first and then you will be connected to the group via email with Arnie.

HAPPINESS: WHAT IT LOOKS LIKE AND HOW TO ACHIEVE IT



Save the date:

Join us for a discussion with Henry Quinlan about happiness.

Henry is a renowned publisher and owner of Omni Publishing Company.

When: Wednesday, October 25, 2023 at 1:00PM

Please call the center to sign up!

Presentation Comments:

"This was wonderful. I have never heard anyone talking about this and it makes so much sense. Thank you."

-Carol Wilson, Waltham

"I have had two successful careers, but this is information that I needed to hear."

-Joan Orr, Waltham

"Everyone loved it."

-Tina Close, Concord Senior Center

HALLOWEEN PARTY



Save the date:

Join us for a Halloween Party!

When: Tuesday, October 31, 2023

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!

Further detail next in month's newsletter.

****Please note that all other classes and activities will be cancelled this day.***



FUN DAY

Save the date:

**When: Wednesday,
October 4, 2023**

from 10:00AM-3:00PM



Games begin at 10:00AM. A lunch from AJ's Kitchen will be served.

Space is still available if you are interested in joining the fun, call the center!

****Please note that all other classes and activities will be cancelled this day.***

SAVE THE DATE: A CHRISTMAS CAROL

When: Friday, December 8, 2023 at 1:00PM

Sign up begins on Monday, November 6, 2023 at 10:00AM

The Christmas season comes alive with Delvena Theatre Company's production of the beloved story of *A Christmas Carol* by Charles Dickens. A dramatic reading of *A Christmas Carol*, complete with period costumes, features a narrator and two actors with more than 60 years experience among them.



Watch in fascination as Marley comes back from the dead to help Scrooge amend his miserly ways here on earth and transform himself in a pleasant, giving old gentleman. With the help of three ghosts – the Ghost of Christmas Past, Ghost of Christmas Present and the Ghost of Christmas Future – the audience will be mesmerized as old Scrooge takes a long look at his life and reevaluates its path.

Classic Christmas music puts the finishing touch on this wonderful message of hope and love – so fitting for the Christmas season!

UPDATE ON NEW SENIOR CENTER PROJECT

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

- The Senior Center Building Committee did not hold any meetings in August. Our architect, consultants, and OPM were busy completing the final plans, specifications and bid documents for public bidding.
- Our OPM conducted a pre-bid conference and site visit on August 14 for interested contractors.
- Sub-bids for the various trades to be used on the project were opened on August 29. The general contractors will use these prices when they prepare their bids, which they will submit on September 12. This is a key date in our project schedule. We will have the total construction cost of our new Senior Center.
- The Senior Center Building Committee has a meeting tentatively scheduled for Wednesday, September 13, at 6:00PM in the Town Hall.
- This is an exciting time in our project schedule. After the bid opening, we can look forward to a date for the groundbreaking and the start of construction this fall. Your new Senior Center is one step closer to becoming a reality. Continue to stay involved.



MEDICARE MARKETING VIOLATIONS: TIPS FOR PROTECTING YOURSELF AND MEDICARE

Unlike Original Medicare, Medicare Advantage (MA, Part C) and Medicare Prescription Drug Plans (Part D) are administered, marketed, and sold by private insurance companies. The Centers for Medicare & Medicaid Services (CMS) has guidelines for marketing Part C and Part D insurance that protect Medicare beneficiaries from manipulative and deceptive sales and enrollment tactics.

Please note, these guidelines primarily focus on activities and materials related to agents, brokers, and direct plan communication, as opposed to television and radio commercials or advertising.

Plan sponsors and their representatives, including agents and brokers, must follow these guidelines when marketing to beneficiaries. Marketing is seen as equivalent to “steering” beneficiaries toward a plan.

What are Examples of Medicare Marketing Violations?

- Receiving an unsolicited phone call from a plan with whom they have no prior relationship or from which they disenrolled
- An agent or broker representing themselves as though they come from or were sent by Medicare, Social Security, or Medicaid
- Receiving an unsolicited home visit – i.e., “door-to-door cold call”
- Receiving information such as leaflets, flyers, door hangers, etc. on their car or at their residence from a company with whom they did not have an appointment
- An agent initiating a discussion about other insurance products, such as life insurance or annuities, during a visit or meeting about a Part C or Part D Medicare product
- An agent returning uninvited to a residence after missing an earlier appointment
- Requiring attendees to provide contact information as a prerequisite for attending a marketing event
- Marketing event attendees are later called without permission
- Prospective enrollees are called to confirm receipt of mailed information

An agent signing a beneficiary up for a plan that is supposed to cover specific prescriptions or services but the beneficiary learning later that those prescriptions or services were actually not covered by the plan because they received a bill

SEPTEMBER 2023

SUN	MON	TUES	WEDS	THUR	FRI	SAT
					1 • ZUMBA 9:00AM • SEWING 9:30AM • WOOD CARVING 10:00AM • CHAIR YOGA 12:30PM • POKER 1:00PM	2
3	4 LABOR DAY CENTER CLOSED	5 • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • BEADING 10:30AM • FUNCTIONALLY FIT 2:00PM	6 • BLOOD PRESSURE 9:00AM • SPECIAL EXERCISE 9:30AM • CARDS & GAMES 1:00PM • POKER 1:00PM • BINGO 1:00PM	7 • GENTLE YOGA 9:00AM • ART 9:45AM • KNITTING & CROCHETING 10:30AM • COUNTRY LINE DANCING 10:30AM • CERAMICS 1:30PM • FUNCTIONALLY FIT 2:00PM	8 • ZUMBA 9:00AM • SEWING 9:30AM • CHAIR YOGA 12:30PM • POKER 1:00PM	9
10	11 • TAI CHI: 9:00AM • SIGN UP GAME NIGHT 10:00AM • SPECIAL EXERCISE 10:30AM • WII BOWLING 11:30AM • CRIBBAGE 1:00PM	12 • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • BEADING 10:30AM • FUNCTIONALLY FIT 2:00PM • Tea Party VOLUNTEER INFORMATIONAL MEETING	13 • BLOOD PRESSURE 9:00AM • SPECIAL EXERCISE 9:30AM • CARDS & GAMES 1:00PM • POKER 1:00PM • COFFEE & CONVERSATION 1:00PM	14 • GENTLE YOGA 9:00AM • ART 9:45AM • KNITTING & CROCHETING 10:30AM • COUNTRY LINE DANCING 10:30AM • CERAMICS 1:30PM • FUNCTIONALLY FIT 2:00PM	15 • ZUMBA 9:00AM • SEWING 9:30AM • WOOD CARVING 10:00AM • CHAIR YOGA 12:30PM • POKER 1:00PM	16
17	18 • TAI CHI: 9:00AM • SPECIAL EXERCISE 10:30AM • CAREGIVER SUPPORT 10:30AM • WII BOWLING 11:30AM • CRIBBAGE 1:00PM • MOVIE DAY 1:00PM	19 • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • BEADING 10:30AM • FUNCTIONALLY FIT 2:00PM • PANEL DISCUSSION 6:00PM	20 • BLOOD PRESSURE 9:00AM • SPECIAL EXERCISE 9:30AM • CARDS & GAMES 1:00PM • POKER 1:00PM • BINGO 1:00PM • CANDY RAFFLE	21 • 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	22 • ZUMBA 9:00AM • SEWING 9:30AM • CHAIR YOGA 12:30PM • POKER 1:00PM • SIGN UP CORNHOLE	23
24	25 • TAI CHI: 9:00AM • SPECIAL EXERCISE 10:30AM • WII BOWLING 11:30AM • CRIBBAGE 1:00PM • BOOK CLUB 1:30PM	26 • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • BEADING 10:30AM • BIRTHDAY CELEBRATION 11:30AM • FUNCTIONALLY FIT 2:00PM • "TOWN HALL MEETING" 5:00PM	27 • BLOOD PRESSURE 9:00AM • SPECIAL EXERCISE 9:30AM • CARDS & GAMES 1:00PM • POKER 1:00PM • FIVE WISHES 1:30PM	28 • GENTLE YOGA 9:00AM • ART 9:45AM • KNITTING & CROCHETING 10:30AM • COUNTRY LINE DANCING 10:30AM • CERAMICS 1:30PM • FUNCTIONALLY FIT 2:00PM	29 • ZUMBA 9:00AM • SEWING 9:30AM • CHAIR YOGA 12:30PM • POKER 1:00PM • CORNHOLE TOURNAMENT 2:00PM	30



TOWN OF WILMINGTON

PRESORTED
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CURRENT RESIDENT OR



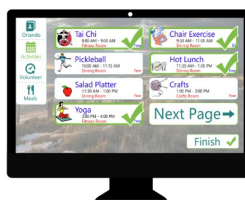
my seniorcenter™



Next time you are at the center, please take a moment to stop at the front desk. We would like to update your profile and make sure we have correct information for you including your emergency contacts. This will only take a minute or two.

REMINDER!

Just a friendly reminder that it is very important to sign in to all events, activities, and classes every time you come to the center. If you do not have a card to scan, please ask for a new one at the front desk.



CALL THE CENTER IF YOU NEED...

- Male or female incontinence products
 - Flushable wipes
 - Hearing aid batteries
- Medical equipment such as walkers, wheelchairs, commodes, showers chairs, etc.
 - Nutritional Drinks (Ensure/Boost)
 - Puzzles
 - Books and Puzzle Books
 - DVD's